

# ***MECHANICAL EATING***



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FLERE VÆRKTØJER DU KAN BRUGE, NÅR DU ER I GANG MED AT BEKÆMPE EN SPISEFORSTYRRELSE



by Elitsa Holm

# ABOUT

## The Guide



HELLO

MY NAME IS ELITSA.

I AM A LICENSED PSYCHOTHERAPIST AND OWNER OF "THERAPEA".

THE IDEA ABOUT THIS LITTLE GUIDE CAME ONE EVENING AFTER A GROUP THERAPY SESSION, WHERE SEVERAL OF MY PARTICIPANTS WANTED A LITTLE MORE INFO ABOUT MECHANICAL EATING.

SO I USED MY PROFESSIONAL KNOWLEDGE TO PUT TOGETHER THIS LITTLE BOOKLET.

HOPE IT WOULD BE USEFUL FOR YOU TOO!

*xoxo*

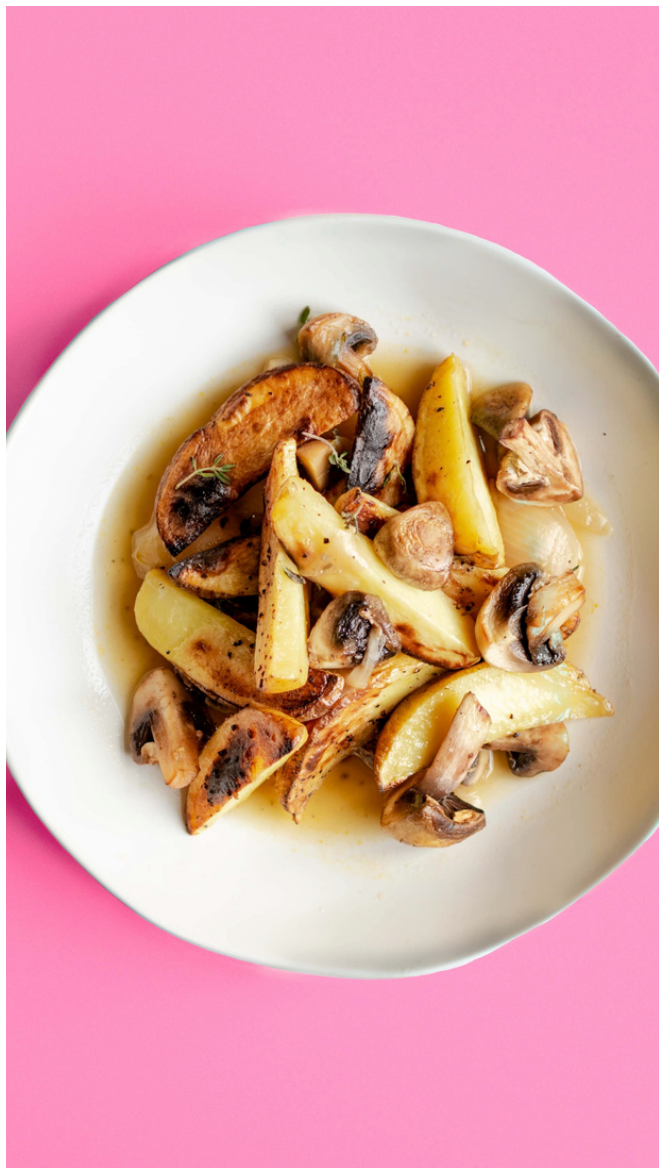
*Elitsa Holm*



by Elitsa Holm

# ***Mechanical Eating***

MECHANICAL EATING HELPS TO AVOID THE RULES AND RESTRICTIONS THAT AN EATING DISORDER CAN BRING ALONG.



## **IN SHORT**

MECHANICAL EATING  
CONSISTS OF 6 MEALS A DAY:  
3 MAIN MEALS + 3 SNACKS

MECHANICAL EATING  
HELPS YOU TO:

EAT  
REGULARLY AND MEET THE  
BODY'S BASIC NEED FOR  
NUTRITION

PUT TOGETHER YOUR MEALS  
CORRECTLY

UNDERSTAND THE BODY'S  
SIGNALS  
AND NORMALIZE FAT BURNING



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# How does it work?

Step 1

BREAKFAST - LATEST ONE HOUR AFTER WAKING UP

Step 2

SNACK - 2-3 HOURS AFTER THE BEAKFAST

Step 3

LUNCH - 1-2 HOURS AFTER THE SNACK

Step 4

SNACK - 2-3 HOURS AFTER LUNCH

Step 5

DINNER - 3 HOURS AFTER THE SNACK

Step 6

SNACK - 2 HOURS AFTER THE DINNER



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# compose your meal

ALL NUTRIENTS ARE IMPORTANT. CARBOHYDRATES AND PROTEIN PROVIDE ENERGY TO THE BODY'S CELLS. FATS ARE IMPORTANT FOR NERVE CELLS AND HORMONES, AS WELL AS PROTECT INTERNAL ORGANS. PUT TOGETHER YOUR MEAL ACCORDING TO THE PLATE MODEL.

1

## **CARBS** **45-60%**

CARBOHYDRATES CAN BE OBTAINED FROM BREAD, RICE, PASTA, POTATOES, BULGUR, FRUITS AND VEGETABLES, GROATS, CORNFLAKES, SPELLED.

2

## **PROTEIN** **10-20%**

YOU CAN GET PROTEINS FROM MEAT, FISH, MILK AND DAIRY PRODUCTS, CHEESE, EGGS AND LEGUMES.

3

## **FATS** **25-40%**

YOU CAN GET FATS FROM BUTTER, CREAM, OIL, DRESSING, NUTS, CHEESE, AVOCADO, OLIVES, PESTO.



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# the plate - modell

## 1 3 MAIN MEALS

DIVIDE THE FOOD SO THAT THERE IS A THIRD CARBOHYDRATES, A THIRD PROTEIN AND A THIRD FRUITS / VEGETABLES.  
ADD 2 TABLESPOONS OF FAT.

## 2 3 SNACKS

ONE SNACK SHOULD BE HALF OF ONE MAIN MEAL.

## 3 NOTHING IS FORBIDDEN

THE COMPOSITION OF THE MEALS KEEPS YOU FULL, CALM AND SATISFIED.

## 4 PATIENCE

NEW ROUTINES TAKE TIME - BE PATIENT WITH YOURSELF. YOU ARE GOING THROUGH A CHANGE. IT'S A PROCESS.



# Diet Diary

FILL IN YOUR DIET DIARY DAILY - IT'S YOUR PERSONAL TOOL TO REFLECT AND GET TO KNOW YOURSELF AND YOUR EATING HABITS BETTER.

NOTICE THE FOLLOWING:

## Food

TIME OF THE MEALS

FOOD

SATIETY

HUNGER

OVEREATING

SLEEP

MOVEMENT

## Thoughts

THOUGHTS

FEELINGS

REFLECTIONS

EXPERIENCES







# Goal Tracker

SET CROSS FOR EVERY DAY YOU HAVE EATED MECHANICALLY

Goal: **MECHANICAL EATING**

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Notes

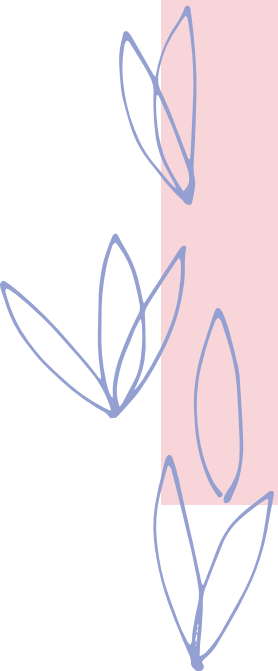
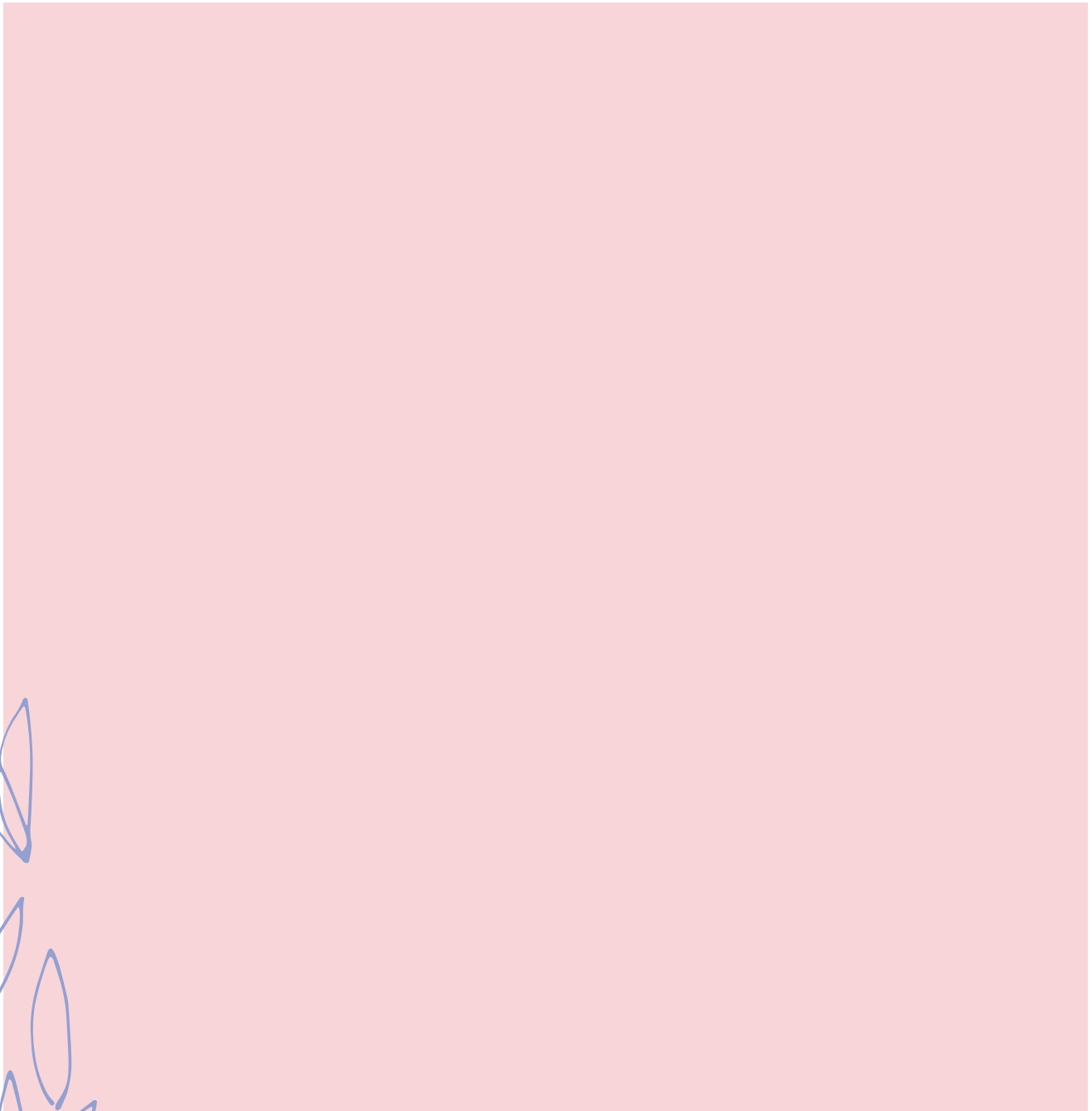


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# Important Notes

HERE YOU CAN WRITE DOWN YOUR MOST IMPORTANT DISCOVERIES, THOUGHTS, FEELINGS.



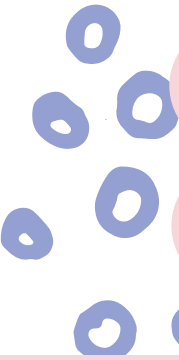
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# Gratitude Diary



WRITE DOWN ONE THING EACH DAY THAT YOU ARE GRATEFUL FOR.  
NOTHING IS TOO BIG OR TOO SMALL.

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*No more diets!  
Never again!*

## HEALTHY RELATIONSHIP WITH FOOD

THE GOAL IS TO HAVE A HEALTHY RELATIONSHIP WITH FOOD. THAT'S WHY, DIETING IS THE ONLY THING THAT IS FORBIDDEN DURING MECHANICAL EATING.

WHEN YOU ARE IN THE PROCESS OF COMBATING AN EATING DISORDER, DO NOT GO ON A DIET UNDER ANY CIRCUMSTANCES.

THE FOCUS, ON THE OTHER HAND, IS TO CALM DOWN AND ESTABLISH HEALTHY HABITS AND NORMALIZE YOUR RELATIONSHIP WITH FOOD.



IT WAS A PLEASURE TO FOLLOW YOUR JOURNEY!  
IF YOU HAVE ANY QUESTIONS ABOUT THIS LITTLE GUIDE OR ABOUT THE ONLINE GROUP THERAPY THAT I OFFER, YOU ARE ALWAYS WELCOME TO CONTACT ME.  
REMEMBER:  
YOU GOT THIS! I'M ALREADY SO PROUD OF YOU!



by Elitsa Holm