The Food & Body Coach

BECOME A FOOD DETECTIVE

CRAVING	Crispy	Crunchy	Sweet	Bitter	Spicy	Burnt	Soft	Hard	Chewy	Slimy	Smooth	Fresh	Runny	Viscous	Juicy	Dry	Light	Airy	Dense	Rough	Creamy	Greasy	Meaty	Startchy	Sweet	What colour	What temperature	ALTERNATIVE FOODS	EMOTIONS