

FOOD RUTS

rut (n.) - a habit or pattern of behavior that has become dull and unproductive, but is hard to change

Signs of a Food Rut:

- eating the same foods week in and week out*
- lack of enjoyment around food*
- indifference about what to eat*
- eating out more frequently*

PROBLEM



You believe in a false food dichotomy.

You think you "should" like more foods.

You want to try new foods, but feel anxious or overwhelmed about doing so.

Your food choices feel "safe" and you're afraid to change anything.

SOLUTION



Challenge "good" and "bad" food beliefs.

Aim for "good enough."

Identify why you want try new foods and use that as motivation.

Ignore "trendy" foods if they don't work for you.

Do your research.

Develop skills.

Take it slow.

Try without judgement.

Keep trying in new ways.

Examine your fears.

Make contingency plans in case a food rut occurs.

PROBLEM



You're just too busy, tired, etc. to try something different; auto-pilot feels easier.

You can't come up with any new food or recipe ideas.

If all else fails...

SOLUTION



Take baby steps.

Try one new "something."

Make slight alterations to old standbys.

Explore the grocery aisles (especially the international aisle!)

Get online.

Talk to other people about their meals.

Use your pantry or store deals for inspiration.

Avoid making character judgments.

Give yourself permission to try again another time.

Embrace the rut and focus on what's working.

“When we are stuck in a rut, we are being invited to grow and expand.”

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