



Conscious Eating Guide



**A DAILY COMPANION
FOR HEALTHY WEIGHT &
LASTING HEALTH**



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THE CONSCIOUS EATING GUIDE

This one-page guide is designed to complement the podcast episode, “Weight Loss Secret in Practical Benefits of Conscious Eating.” You can listen (or replay) the episode anytime for the full teaching, but here you’ll find a quick-reference tool to help you remember the principles.

CONSCIOUSLY EAT MORE FIBER

When you choose foods that God created in their natural state—seeds, grains, fruits, vegetables—you’re inviting simplicity and freedom back into your life. Each bite of fiber food clears both body and mind, making room for spiritual discernment.

CONSCIOUSLY EAT PLANT-BASED

Plant foods are the original menu given in Eden, and they still hold power today. Plants nourish without burdening the body. They give you energy that lasts, not spikes and crashes. But more importantly, they restore order to your appetite.

CONSCIOUSLY FEED GUT HEALTH

Your gut is often called the “second brain.” But spiritually, it is also a filter: what you put inside affects your sensitivity to God’s voice. A clean, plant-rich diet builds serotonin, the “feel-good” hormone, which nurtures joy, clarity, and peace of mind.

THE HOLISTIC METHOD

Do things decently and in order. —1 Corinthians 14:40
Order matters. When you build health on the wrong foundation, results don’t last. But when you follow God’s divine sequence—Spirit first, Body second, Weight last—success follows.

HEALTHY SPIRIT

Your spirit is the command center. So prioritize care of your spirit. It teaches you to say “yes” to wisdom and “no” to confusion. Prayer, Scripture, and reliance on God create the mindset to choose well.

HEALTHY BODY

When you nourish your body with plant-based, high-fiber foods, energy rises and cravings quiet down. A strong body is not the goal itself—it’s the vessel through which God equips you to serve.

HEALTHY WEIGHT

Weight loss is not the starting point. It’s the overflow, the evidence of living aligned with Spirit and Body. This frees you from chasing numbers on a scale and allows you to enjoy the true benefits—clarity, peace, and vitality.

Conscious eating is not just science—for we are not just a physical body, we’re also spiritual.

[Replay → Weight Loss Secret in Practical Benefits of Conscious Eating](#)