

YOU ONLY LIVE ONCE - EAT THE BREAD!

- This too shall pass.
- Always do things that make you feel good.



- Food is good, shame is bad!
- Enjoy it, like when you were a kid and did not categorize food into carbs, protein and fats. Food is just food & often times it'll make you feel better.
- Nourish not Punish!

FOOD HAS NO MORAL VALUE.

- Food does not have morals, they don't make you better or worse
- Food is not only for nourishment, it is also for enjoyment and a social activity
- Bigger things happen when you stop focusing on being smaller.
- Scales are for fish.
- Riots, not diets!