

GUIDE 2

10

DAYS PROGRAM

*Emotional
gastronomy*





“Emotional gastronomy is the bridge between what you eat and what you feel.”

“Connect with your food and your emotions from your kitchen...”



“heal your story while you eat.”



Hi, I'm Myriam Lozano, a Wellness
& Mindful Eating Coach

This space was created especially for you, with care, intention, and roots in my own healing journey. Like you, I lived in deep disconnection for many years, and my own relationship with food was completely shaped by guilt, doubt, and constant self-judgment.

When I migrated from Colombia to the United States, that disconnection deepened as I lost touch with my essence, my roots, and my way of nourishing myself—not just with food, but with my very identity. That painful breaking point, however, became the beginning of my transformation.

I chose to rebuild myself from the ground up, so I stopped using restrictive rules and instead learned to listen to my body and heal my relationship with food from an emotional place. Today, with more than 11 years of coaching experience across both Colombia and the United States, I have supported and inspired countless individuals to transform their relationships with food and themselves.

This program contains everything I once needed to hear on my own path to healing, and if something inside you whispers that you are ready to transform your life, listen to it—this space is already becoming yours.





Welcome to Emotional Gastronomy

This 10-day program is not about tracking calories, restriction, or strict dietary rules. It is an invitation to explore the deep bridge between what you eat and what you feel.

»» **Every flavor you crave holds a memory, and every food choice you make carries an emotional story behind it.** ‹‹

For years, you may have experienced a disconnected relationship with food—marked by guilt, doubt, mental noise, and constant self-judgment.

This program is designed to help you look within, strip away that guilt, and rewrite your personal history directly from your kitchen. By pairing gentle meditation, unedited journaling, and somatic sensory practices, you will learn to identify your subconscious emotional triggers, de-shame your relationship with comfort foods, and tune back into your body's natural signals of hunger and fullness.

Transformation does not require perfection—it simply requires your conscious presence.





▶▶▶ PHASE 1

*Before
You Begin*

FOCUS ◀◀◀

*Preparation
Guidelines*

Before You Start..

To experience this process deeply, I highly recommend establishing a strong physical and emotional foundation before we begin our journey. strong physical and emotional foundation before we begin our journey.

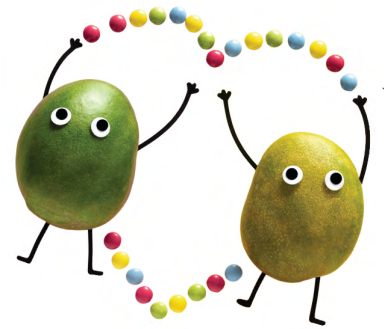
Dedicated Journal

Have a notebook or journal dedicated exclusively to this process.



Visual Memories

Gather images, photos, or memories from your childhood or meaningful moments



Emotional Anchor

Choose an image that represents your story with food to serve as your starting point reference throughout these 10 days.

Initial Self-Assessment

Reflect honestly. What emotions do you most associate with food?





What foods remind you of your childhood ?

Do you eat to celebrate, soothe, avoid, or comfort yourself ?



What story do you feel is behind the way you eat ?



What would you like to
heal in your relationship with food?



**ARE YOU READY TO BEGIN THIS JOURNEY
WITH YOURSELF ?**



▶▶▶ PHASE 2

Commitment Declaration

FOCUS ◀◀◀

Formalizing Your Intention



**Today, I choose to pause...
and give myself this space.**

I, _____, commit
to myself to move through this process
with openness, love, and patience
I recognize that my relationship with
food is part of my story, and today
I choose to look at it with more
awareness and less judgment. I don't
promise perfection, but I do promise
presence. I'm not trying to do everything
"right," but to learn to listen to myself
with more honesty and compassion.



I allow myself to feel, remember,
and discover, without pressure, without
guilt, and without rushing. Today, I take
this step as an act of love for my body,
my mind, and everything that I am .

DATE: _____

SIGNATURE : _____



▶▶▶ PHASE 3

*The Inner
Pause*

Focus: Day 1 ◀◀◀

Your Food Story

Meditation Guide

Close your eyes for a moment and take a deep breath,
inhaling and exhaling slowly bring your attention to
your body without changing anything. Now, gently
travel back a few years into your life and see yourself
in your childhood kitchen and table.



What do you see?

What are you eating? Who is with you?
Connect with the emotions

Was there calm, love, rush, silence,
or tension? Do not judge what
comes up, just observe it.





Day Exercise

Find a quiet place and write down your unedited memories regarding what you ate at home as a child, what mealtimes were like, and what emotions you remember at the table

If you don't remember much, write:
" I don't remember clearly, but I feel..."

Daily Quote:

" My story does not define me, but it helps me understand myself "



▶▶▶ PHASE 3

The Inner Pause

Focus - Day 2 ◀◀◀



Flavors That Hold Memories

Begin this day with YOU

The brain associates food with emotions and memories. Many times, we are not just eating food; we are actively trying to relive a past experience.

Meditation Guide

Close your eyes, take a deep breath, and slow down your rhythm. Bring a familiar, meaningful food to your mind. Observe its color, texture, and aroma.

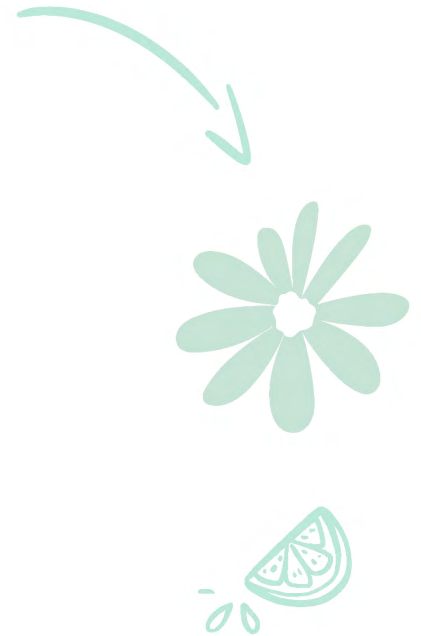
What moment or childhood scene does this flavor take you to? Who is with you? Feel the underlying joy, nostalgia, love, or emptiness without judgment.

Reflection

A single flavor has the profound power to instantly transport you across time and space, carrying you back to a precise, vivid moment in your life history.

Learning

Your brain naturally and deeply associates food with specific emotions and memories. Because of this powerful subconscious connection, you are often not just consuming a physical food item—you are actively trying to relive a past experience.

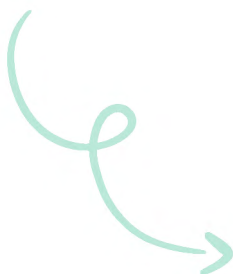


Day Exercise

Choose a food that has meaning for you and write without filtering: What do you feel when you think about that flavor?

What do you remember?

**What moment appears,
and what emotion connects to it?**



Integration Practice

Moving forward, when you feel the sudden urge to eat something in particular, pause and ask yourself:

Am I seeking the flavor... or the emotion that flavor gives me ? (Write Here)

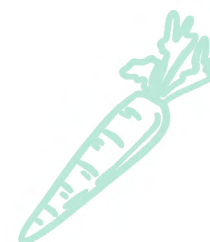


Daily Quote:

“Every flavor has a story that deserves to be heard.”

Day Closing:

Today you understood that you are not just eating food... you are also eating memories. And when you listen to what is behind it, you begin to choose from a more conscious place.





▶▶▶ PHASE 3

The Inner Pause

Focus - Day 3 ◀◀◀

Create Your Mindful Eating

Begin this day with YOU.

Many times we eat on autopilot without realizing what we truly feel or need. When you eat with awareness, your body regulates, your mind calms down, and your experience changes completely

Meditation Guide

Close your eyes for a moment, take a deep breath, and bring your attention directly to your body and to your breath. Now, think about your next meal; without changing what you are going to eat, just change the way you are going to experience it.

Imagine that you eat without rushing, without distractions, leaving just you and that moment. Breathe, and slowly open your eyes.

Reflection

Many times we eat on autopilot without realizing what we truly feel or need. Today is an opportunity to do something different.

Learning

When you eat with awareness, your body regulates, your mind calms down, and your experience changes completely. It is not just what you eat... it is how you do it.



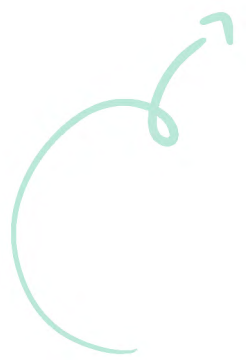


Day Exercise


In one of your meals today, practice eating with all your senses by looking at your food before starting to observe its colors, shapes, and details.

Intentionally smell the aromas, feel the texture, chew slowly, and savor every single bite, do this completely without your phone and with absolutely no distractions, leaving space for only presence.

Emotion of the day:



Hunger/emotional moment:



What did I learn today?:

Commitment to myself:

Integration Practice

Today you realize something:
When you are present, you don't
need as much... because you are
truly experiencing.

Daily Quote:

“ When I pay attention, I
nourish my body and my soul.



Day Closing

Today you did not change what you ate... You changed the way you relate to that moment. And there... the real transformation begins.



▶▶▶ PHASE 2

The Inner Pause

Focus - Day 4 ◀◀◀

The Emotional Refugee



Begin this day with YOU

Begin this day with yourself. Today, gift yourself this 10-minute space again. But today you are not here to change anything... you are here to understand something very important. Your way of eating has also been a way of taking care of yourself. Take a deep breath before you begin.



Meditation Guide

Close your eyes... Take a deep breath. Think about that food you turn to when you don't feel well... the one you seek when you are sad, tired, anxious, or in silence. Observe it. Now go beyond the food...

In what moments does it appear?

What is happening in your life when you need it?



And now connect with the most important part: What emotion is there ?

maybe it is loneliness... stress... fatigue..



need for calm...Breathe...

Reflection

We all have foods that work
as emotional refuges.

Learning

It is not the food that is the problem...
it is the emotional function
it serves in your life. When you
understand this, you stop
fighting with yourself and you begin
to understand yourself.

Day Exercise

Answer honestly
What is your comfort food ?



**In what moments
do you usually reach for it?**

**What emotion
does that food calm or cover?**

**What do you truly
need in those moments?**





Integration Practice

Today observe with more awareness: When you feel the urge for that food, ask yourself: Do I need food... or do I need to feel different ?

You don't have to change anything yet. Just become aware. (Write here)



Daily Quote

“Today I observe without judging what brings me calm.”



Day Closing

Today you understood that you
are not just eating food...
you are also eating memories.
And when you listen to what
is behind it, you begin to choose





▶▶▶ PHASE 3

*Cook
With Intention*

Focus - Day 5 ◀◀◀

*Cook
With Intention*

Begin this day with YOU.

Today, give yourself 10 minutes (or more) to experience something different. Today you are not just going to cook... you are going to connect. Because cooking is not just about preparing food, it is a way of giving yourself care, attention, and presence. Take a deep breath before you begin.



Meditation Guide

Close your eyes for a moment... Take a deep breath. Think about your kitchen... the foods you have... Today, don't see them as routine... see them as an opportunity. An opportunity to nourish yourself, to choose yourself, to be present.

Now imagine preparing something with calm... You feel the ingredients in your hands... you observe colors... you notice the aromas... And little by little, that moment becomes yours. Breathe... and return.

Reflection

Cooking is also a form of caring.

Learning

Preparing your food with intention completely changes the emotional experience. It is not just what you eat... it is the energy with which you prepare it.



Day Exercise

Today, I invite you to cook something incredibly simple, but do it with total conscious presence.

As you move through your kitchen, take a moment to carefully observe the raw ingredients, feel the varied textures in your hands, and notice the drifting aromas.

Give yourself permission to move completely without rushing and connect deeply with the unfolding moment. Remember, you do not need to make something visually or culinary perfect; you just need to create something mindful.





Integration Practice

While you cook, ask yourself :

Am I cooking from rush...
or from care? Make this moment
an act for yourself. (Write here)



Daily Quote

“ Cooking with love is also
nourishing myself . ”

Day Closing

Today you didn't just prepare food.
You prepared yourself to receive
yourself with more awareness, and
that is also healing at a soul level.

▶▶▶ PHASE 3

*Choose
Different*

Focus - Day 6 ◀◀◀

Choose different



Begin this day with YOU

Today, gift yourself another 10 minutes just for you. But today, something is different... Today you are not just going to observe, today you are going to choose. Not from guilt. Not from pressure. But from awareness. Take a deep breath before you begin.



Meditation Guide

Close your eyes... Take a deep breath.
Think about those moments when you eat on autopilot... without thinking... without feeling... Now imagine that same moment... but this time, you pause. You breathe... and you choose differently.

Maybe you eat more slowly... maybe you decide to stop... maybe you choose something that makes you feel better. It is not a perfect choice... It is a conscious choice. Breathe... and return.

Reflection

Your history influences you... but it does not decide for you.

Learning

Every conscious choice creates a new pattern. You don't need to change everything... just start with one different decision.





Day Exercise

Today, choose one thing different from what you usually do on autopilot.

I invite you to select just one of the following intentions and do it with true, conscious dedication: you can choose to eat more slowly, opt for something more nourishing, stop eating before feeling completely full, or pause to deeply listen to whether you are truly hungry.

Whichever choice you make, choose just one, and do it with intention.



Integration Practice

Observe how you feel after choosing differently.

Did it feel strange ?

Did it feel good?

What changed in you?

There is no right or wrong here...
only awareness. (Write Here)



Daily Quote :

“ Today I choose differently,
because I deserve to feel better. ”

Day Closing

Today you did something
very powerful: You proved
that you can choose.
And every small choice...
is a step toward a new
relationship with yourself.





My Food Story Journal

“Connect with your food and your emotions from your kitchen... heal your story while you eat”.

Use this dedicated space to write down your unedited thoughts, childhood memories, or emotional insights that surfaced today. Do not filter, judge, or format your writing—simply allow your hand to move across the page as you unearth your personal history with food.





▶▶▶ PHASE 3

*Cook
With Intention*

Focus - Day 7 ◀◀◀

*Experience
Your Mindful*

Begin this day with YOU.

Today, gift yourself another 10 minutes just for you. But today you are not here just to observe... you are here to create. Because real change doesn't come from big decisions, but from small actions repeated with intention. Take a deep breath before you begin.



Meditation Guide

Close your eyes... Take a deep breath.
Imagine your next meal... But this time,
before starting, you pause. You don't rush.
You don't get distracted. You simply pause.
You breathe... you give thanks...
you become present.

And that small moment...
becomes a ritual. A space that is yours.
Breathe... and slowly return.

Reflection

Habits are built through
small actions repeated with intention.

Learning

A mindful ritual transforms the
everyday into something meaningful.
It's not about doing it perfectly...
it's about making it yours.



Begin this day with YOU.

Practice your ritual at least once today. Notice how your way of eating changes and how you feel when you give yourself that moment. Write about your mindful practice with yourself (Write Here)

Daily Quote:

“My habits build the relationship I have with myself.”

Day Closing

Today you didn't change what you do... you changed how you experience it. And in those small moments... a new version of you is being created.





PHASE 3

*The
Inner Pause*

Focus - Day 8

Nourishment is also Emotional

Begin this day with YOU.

Today, gift yourself another
10 minutes just for you.

But today you are going to discover something important... Not everything you need comes from food. Many times, what you're seeking is not food... it is calm, rest, connection, or companionship. Take a deep breath before you begin.

Meditation Guide

Maybe rest... maybe talking to someone...
maybe pausing... maybe feeling
supported. Breathe... (Lined Space)

Reflection

Real change happens when you
stop seeing yourself as you were...
and begin to see yourself as
who you are building.

Learning

Your identity influences your daily
decisions. When you change the way you
define yourself, your choices
change... without forcing them.



Day Exercise

Complete the sentence several times,
based on what you want to build:

“I am a person who...” For example,
you might write: “ I am a person who
listens to myself when I eat, ”
“ I am a person who chooses from love, ”
or “I am a person who respects myself.”

Don't overthink it.

Simply write what
you want to begin to believe...

Don't overthink it.

Simply write what you want to begin to



Integration Practice

Throughout the day, remind yourself to
pause and ask this guiding question:
“ Is what I'm about to do... aligned with the
person I am becoming?”

Use this gentle check-in to bring conscious
awareness to your choices and write down
your reflections in the space below.

Daily Quote

“ I am becoming
the person I want to be. ”

Day Closing

Today you took a different
step...You didn't just change
what you do,you began to
change who you are.
And when your identity
changes...everything else
begins to align.





▶▶▶ PHASE 3

*The Inner
Pause*

Focus - Day 9 ◀◀◀

*Your New
Identity*

Begin this day with YOU.

Today, gift yourself another 10 minutes just for you. But today you are not going to look at your past... you are going to start building who you are becoming. Because real change doesn't happen only in what you do, but in how you see yourself. Take a deep breath before you begin.



How do you see this new
version of yourself ?

How does she speak to herself?

How does she feel ?

Reflection

REAL CHANGE HAPPENS WHEN YOU STOP SEEING YOURSELF AS YOU WERE... AND BEGIN TO SEE YOURSELF AS WHO YOU ARE BUILDING.

Learning

Your identity influences your daily decisions. When you change the way you define yourself, your choices change... without forcing them.



Day Exercise

To complete today's exercise, take some time to complete the sentence "I am a person who..." several times based entirely on what you want to build for your future self.

For example, you can write powerful statements such as:

"I am a person who listens to myself when I eat,"



“I am a person who chooses from love,”
or I am a person who respects myself.”

Don't overthink it as you put pen to paper;
simply write exactly what you want to
begin to believe and to ultimately become.

**How do you see this new
version of yourself ?**

Integration Practice

Throughout the day, remind yourself:
Is what I'm about to do... aligned with
the person I am becoming?



Daily Quote:

“ I am becoming
the person I want to be .”

Day Closing

Today you took a different
step...You didn't just change
what you do,you began to
change who you are.And when
your identity changes...
everything else begins to align.





PHASE 3

The Inner Pause

Focus - Day 10 ◀◀◀ —

Integrate Your New way of nourishing Yourself

Begin this day with YOU.

Today, gift yourself another 10 minutes just for you. But today is not just any day... Today you are not closing this process, you are opening a new way of living. Take a deep breath before you begin.



Meditation Guide

Close your eyes...
Take a deep breath.
Mentally go through these past few
days... Everything you felt...
what you remembered... what you
discovered about yourself.
Observe yourself now...

You are not the same person who
started. There is more awareness.
More connection. More presence.
And that... is already transformation.
Breathe... and slowly return.

Reflection

This is not the end...
it is your new beginning.

Learning

Integration is repeating with
awareness. You don't need to do it
perfectly, you just need
to stay present in what you do.



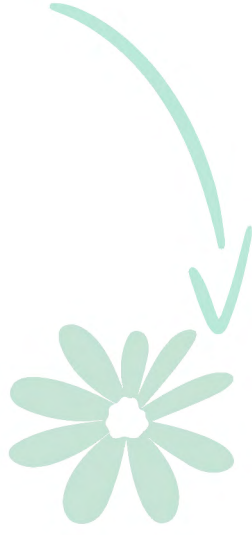


Day Exercise

Reflect and write:

What new habit do you want to maintain?

What changed in your relationship with food?



**What did you discover
about yourself in this process?**

**What are you taking
with you from today forward?**

Integration Practice

**Choose one specific action you want to
continue practicing starting today.**

**Make it part of your life,
little by little. (Write Here)**

Daily Quote:

“Today I take
with me tools for life.”

Day Closing

Today you are not finishing
this process...Today you begin
to live differently.

And everything you learned,



What new habits
did you begin to create?

What did you discover about
your emotional relationship with food?

Take a moment to answer honestly:

Final Evaluation



What changed in the way you choose your food?

What did you learn about yourself?

What did you learn about yourself?



What commitment will you
keep with yourself from today forward?





ONE FINAL MESSAGE...

Your story with food is not erased. It transforms. Today you possess more awareness, more tools, and a new way of seeing yourself.

Remember that it is never about controlling what you eat. It is entirely about understanding yourself as you do it. Thank you truly for allowing me to support you through this deeply personal process during this 10-day Emotional Gastronomy journey.

Sent to you with love and awareness,
Your 10-Day Emotional Gastronomy Program.

Myriam Lozano
WELLNESS AND EATING COACH