

# Motivation Quotes

It is important to provide inspiring and motivating information to your customer community. Below, you will find 52 quotes that can be used on Social Media. **Think Motivation Monday Posts for your community.**

*TIP:* Be sure to write a personal message when sharing a quote; don't just post and pray. Be sure to make it relatable and engaging, the goal is to strike up a conversation with your members.

## Motivating and Inspiring Food-Related Quotes

### Quotes on Good Food

1. "You don't need a silver fork to eat good food." — *Paul Prudhomme*
2. "Good food is the foundation of genuine happiness." — *Auguste Escoffier*
3. "One cannot think well, love well, sleep well if one has not dined well." — *Virginia Woolf*
4. "Food is symbolic of love when words are inadequate." — *Alan D. Wolfelt*
5. "Cooking is like love. It should be entered into with abandon or not at all." — *Harriet Van Horne*
6. "The secret of success in life is to eat what you like and let the food fight it out inside." — *Mark Twain*
7. "Food is the ingredient that binds us together."
8. "Laughter is brightest where food is best." — *Irish Proverb*
9. "Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love." — *Giada De Laurentiis*
10. "The only thing I like better than talking about food is eating." — *John Walters*

### Quotes on Eating Well

1. "To eat is a necessity, but to eat intelligently is an art." — *Francois de La Rochefoucauld*
2. "Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable." — *Horace*
3. "Eat food. Not too much. Mostly plants." — *Michael Pollan*
4. "Let food be thy medicine and medicine be thy food." — *Hippocrates*
5. "An apple a day keeps the doctor away." — *Proverb*
6. "The first wealth is health." — *Ralph Waldo Emerson*
7. "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." — *Adelle Davis*
8. "Your diet is a bank account. Good food choices are good investments." — *Bethenny Frankel*
9. "The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison." — *Ann Wigmore*

10. "To eat is to nourish not only the body but also the soul."

## Quotes on Meal Prepping

1. "Meal prepping is the art of reimagining your kitchen as a wellness haven."
2. "Preparation is the key to success and health in the kitchen."
3. "Failing to plan is planning to fail in the world of meal prep."
4. "A little effort in meal prep goes a long way towards a healthier life."
5. "Planning your meals is planning your health."
6. "Meal prep today, healthier you tomorrow."
7. "The future belongs to those who prepare their meals."
8. "Simplify your life with smart meal prep."
9. "Cooking is love made visible, especially when you meal prep."
10. "Success is the sum of small efforts, repeated day in and day out, starting with meal prep."

## Additional Inspiring Food Quotes

1. "Love goes through the stomach."
2. "A recipe has no soul. You, as the cook, must bring soul to the recipe." — *Thomas Keller*
3. "The fondest memories are made when gathered around the table."
4. "Food is not just eating energy. It's an experience." — *Guy Fieri*
5. "Cooking is about creating something delicious for someone else."
6. "Food is our common ground, a universal experience." — *James Beard*
7. "We all eat, and it would be a sad waste of opportunity to eat badly." — *Anna Thomas*
8. "In the end, it's not the years in your life that count. It's the life in your years, and that starts with good food."
9. "Eating well is a form of self-respect."
10. "Food is the ultimate comfort."

## Final Quotes to Inspire

1. "Eating is a necessity, but cooking is an art."
2. "Cooking is a language that expresses harmony, creativity, happiness, beauty, poetry, complexity, magic, humour, provocation, and culture." — *Ferran Adrià*
3. "Cooking is at once child's play and adult joy. And cooking done with care is an act of love." — *Craig Claiborne*
4. "The discovery of a new dish does more for human happiness than the discovery of a new star." — *Jean Anthelme Brillat-Savarin*
5. "The kitchen is a place of adventure and entirely what you make of it." — *Gordon Ramsay*
6. "Food should be fun." — *Thomas Keller*

7. "The more you know, the more you can create. There's no end to imagination in the kitchen." — *Julia Child*
8. "Cooking is one of the strongest ceremonies for life." — *Laura Esquivel*
9. "Food is essential to life; therefore, make it good."
10. "The greatest wealth is health, and it begins with what you eat."
11. "In the garden of life, eat well and be nourished."
12. "Cooking is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity." — *Guy Fieri*