

10 Crazy Things I Did When I Was Hangry

Have you ever experienced a state of extreme hunger combined with irritability? That's what we often call being hangry! When you reach this point, strange things can happen. As a self-professed foodie, I've had my fair share of hangry moments, where my hunger has led me to do some pretty wild things. Here are 10 entertaining stories about the things I did when I was hangry!

1. The Impatient Drive-Thru Incident

One gloomy evening, my hunger levels were off the charts. I didn't want to spend the time cooking, so I decided to hit up the nearest drive-thru. When I got there, the line was incredibly long. Impatience got the best of me, and I ended up honking endlessly until the car in front of me finally moved. Everyone in the vicinity gave me disapproving looks, but hey, hunger can make you lose your cool!

2. The Hangry Grocery Shopping Fiasco

Once, while grocery shopping on an empty stomach, I ended up unintentionally grabbing large quantities of everything enticing. From boxes of chocolates to exotic fruits, I didn't realize I had gone overboard until I reached the checkout counter. I had to sheepishly remove items from my cart, feeling like a kid who had been caught red-handed with stolen candy.

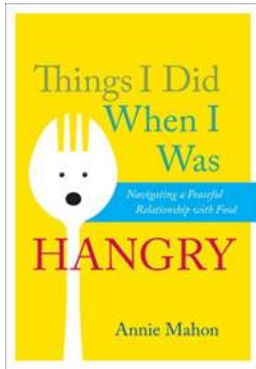
Things I Did When I Was Hangry: Navigating a Peaceful Relationship with Food

by Annie Mahon (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2064 KB



Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages



3. The Hangry Kitchen Experiment

When hunger strikes, rationality goes out the window. On one particular day, I decided to whip up a gourmet meal entirely from scratch. However, due to the intense hunger clouding my judgment, I transformed my kitchen into a chaotic mess. Ingredients were so haphazardly mixed that the final result was an unappetizing mush. It took hours to clean up the mess I had made and start over with a proper meal.

4. The Hangry Late-Night Snacking Disaster

Evenings spent studying or working late can sometimes trigger severe hunger pangs. During one such night, I ransacked the pantry in search of a quick snack. I devoured anything in sight but failed to notice an unfriendly encounter with an oversized jar of pickles. In my haste, the jar slipped from my hand and shattered noisily on the kitchen floor. Cleaning up glass shards and pickle juice at 2 am was not exactly what I had envisioned!

5. The Hangry Food Delivery Impatience

Ordering food through delivery apps can be a lifesaver when you're desperately hungry. However, waiting for the delivery driver to arrive can feel like an eternity.

One day, when I was hangry, I became so impatient that I kept refreshing the delivery tracker every 30 seconds. I must have worn out my phone's battery life in the process!

6. The Hangry Restaurant Incident

Picture this: a fancy restaurant, dim lighting, and the aroma of exquisite dishes. It was the perfect setting until my hunger took over. I became restless, tapping my fingers on the table, and loudly sighing while waiting for the food to arrive. The most embarrassing part was when the waiter politely asked me if everything was okay, and I stormed out, feeling ashamed of my hangry behavior.

7. The Hangry Food Competition Debacle

Being competitively hungry can lead to dire consequences. I once foolishly entered a hot dog eating contest while in a hangry state. Midway through, my stomach rebelled, and I ended up abandoning the challenge with a face smeared with mustard and ketchup. Not my proudest moment, but at least I entertained the crowd!

8. The Hangry Social Media Venting

Emotions run high when you're hangry, and sometimes, the urge to share your struggles becomes impossible to resist. I once took to social media, posting a series of dramatic rants about my hunger. The replies flooded in, ranging from sympathetic to amused, but it did help distract me until I could finally grab a bite to eat.

9. The Hangry Coffee Fiasco

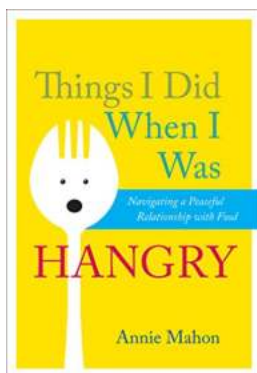
Coffee can be a crucial antidote to hunger, providing a temporary energy boost. Once, I walked into a café, desperate to satisfy my growling stomach. In my hangry state, I impatiently shouted my order, failing to notice that I had stepped

into a decaffeinated coffee shop. The barista looked at me like I was from another planet as I grumbled and stormed out, realizing my coffee hopes were dashed.

10. The "Hangry Amnesia" Incident

Extreme hunger can sometimes lead to brief moments of forgetfulness, much like temporary amnesia. Once, while cooking, I put a pot of water on the stove, intending to boil spaghetti. However, my growling stomach distracted me, and I completely forgot about the boiling water. It wasn't until the smoke alarm went off, filling my kitchen with loud beeps, that I realized I had neglected my cooking duties completely. Thank goodness for fire safety!

In , being hangry can make you do some pretty quirky and entertaining things. From impatient drive-thru honking to kitchen experiments gone wrong, these moments make for great stories to share and laugh about. While we may not always be proud of our hangry actions, they do remind us of the transformative power of food and the importance of nourishing our bodies. So, the next time you find yourself in a hangry state, take a deep breath, and remember that food is just around the corner!



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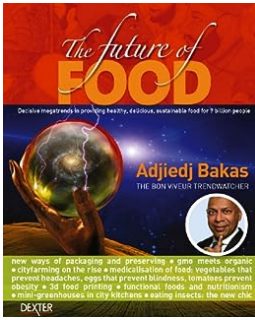


After years of struggling with eating disorders and anxiety around food and eating, Annie Mahon figured that having a path, any path, would be helpful. When she read *The Miracle of Mindfulness* by Thich Nhat Hanh, she found a path that not only changed her (and her family's) relationship with food, but also transformed nearly every aspect of her life.

In *Things I Did When I Was Hangry*, Annie shares her path to mindful cooking and eating. The tools Mahon offers fit together like a wheel, rather than sequential steps. Readers are invited to just jump in and take what works for them.

Each section has a short humorous story about Annie's own journey toward more conscious cooking and eating. She shares practices for developing mindfulness that will support more ease around food, and journal questions to help you look more deeply at the roots of your thinking about food, cooking, and eating. Simple, delicious, vegan recipes complement each section, demonstrating mindful alternatives for every meal and many eating challenges, including eating at work and school, eating at restaurants and on vacation, and mindfully feeding friends and entertaining.

Mindful eating has been shown to improve body acceptance, diminish negative self-talk and support weight loss. Mindful cooking is a mindfulness practice in itself, creating more ease in our day-to-day lives. Annie Mahon's recipes and suggestions are scaffolding anyone can use to build their own mindful kitchen and eating practices.



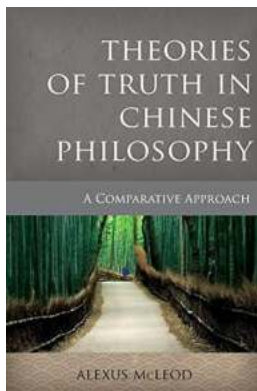
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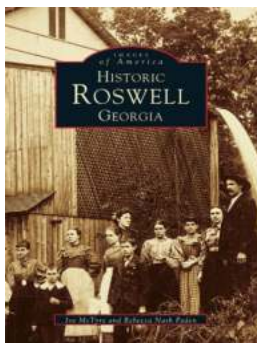
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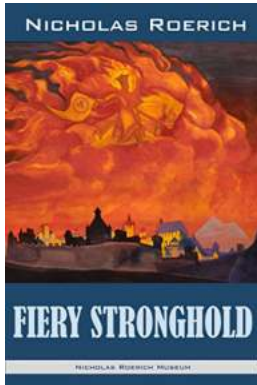
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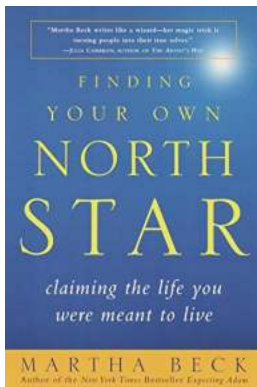
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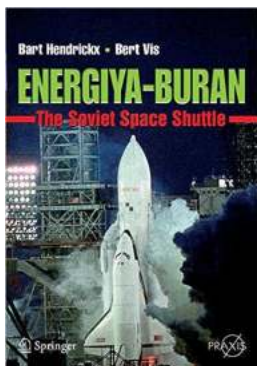
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