

MODULE 1- LESSON 4

What To Eat

The purpose of this lesson is to help you figure out how to set up your meals in a way that feels good for you. It's more of the **how** than it is the **what**.

I want to make this process easier for you by giving you tips that will help you stay fuller longer, and prioritize the right foods.

As you know, I don't tell you what to eat. I don't know what foods you like, I don't know your sensitivities, I don't know what feels good in your body. I want you to create a plan that you love and that is sustainable for your life.

Don't plan from a diet mentality:

- "How do I lose weight as quickly as possible?"
- "I can't plan bread."
- "I can't eat fun foods."

Prioritizing Foods

Protein

Prioritize protein- By prioritizing protein you make this process easier on yourself, because you won't be starving all the time.

- Protein keeps you satiated.
- Protein keeps you full.

Healthy Fats

- Healthy fats are so good for your body, brain, focus, and satiety.
- A healthy amount of fat will be important in your process.

Carbs

- Make sure your brain doesn't immediately go to ice cream or processed carbs.
- Complex carbs are a really good source of energy. (quinoa, brown rice, etc.)

Ratios

When it comes to ratios, this will vary from person to person.

- Practice planning and building meals, and then paying attention to how you feel after the meal.
- How you feel is going to give you the feedback of what works for you.
- The goal is that after you eat you're satiated for 3-4 hours.

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Water

Drinking at least half of your body weight in ounces is a really great place to start.

- When you aren't rehydrating, your urges and desires to go eat are going to go up.
- If you are keeping yourself hydrated your urges are going to go down.

Goal- The goal of what we eat, and how much water we drink, is to reduce our urges.

Satiety is **top priority**, and is how you will make this process as easy as possible.

Fun Foods vs. Fuel Foods

Fun Foods- Foods you love, that you want to practice enjoying without binging.

Fuel Foods- Foods that make you feel really good, and are good for your body.

You can plan both fun foods and fuel foods. Then pay attention to how these foods feel in your body.

Check Your Reasons for Planning Food

Make your daily plan and then ask yourself, "Why did I plan that for breakfast?"

Check for diet thinking:

- Are you planning from a restrictive mindset or from a curiosity mindset?
- Are you planning foods you enjoy and make you feel good, or the foods you believe you have to eat in order to lose weight?
- Are you planning foods so you can learn to eat them in moderation?

Meet Yourself Where You're At

Don't try to immediately start at the top level, start from where you're at. Meet yourself where you are. From there, look at where you're at, get a juicy protocol, and then slowly uplevel. Make small changes that will be sustainable, and will make you feel better in your body.

Don't try to jump to the top.