ABOUT CORINNE

Corinne Crabtree

Founder and CEO of The No BS Weightloss Program
Host of the Losing 100lbs Podcast with over 15 million downloads

Corinne Crabtree is a top ranked health podcaster, Master Weightloss and Life Coach, motivational speaker, and all around badass. She's an expert in the field of weightloss where she teaches her unique No BS Weightloss Program that helps women lose weight the way they want to live their lives. She is known for telling it like it is, showing up looking sassy or showing up with morning hair getting sassy. She lets nothing stop her from helping her women figure out their shit so they can live the healthy life of their dreams. She's a proud Mommy Tiger to Logan, wife to Chris, devoted cat lady and holds it all down in Nashville, TN.

Follow Corinne on Social

Facebook: www.facebook.com/pnpgirl

Instagram: www.instagram.com/corinne_crabtree

Follow and use the hashtag: #noBSwoman and #noBSwomen

Listen and Subscribe to the Podcast

Losing 100lbs with Corinne

New episodes every Friday and Saturday
HOW TO GET THE MOST OUT OF BEING HERE

Arrive Ready to Go and Ready to ACT
Make sure you have your digital workbook ready, a pen you love, a highlighter for extra awesome insights, and a good attitude. You'll take a lot of notes and use your guide a lot. You are more likely to remember things you take note of.

Bring WATER
Yep. We’ll play the Corinne Drinking Game. I cuss - you DRINK. Be prepared to know what it’s like to be properly hydrated! You might find you are thinking clearer, too.

Act Like You Are in the Room with Me
When I ask a question, answer it. Do the worksheets. No checking your phone or “side tasking.” If you have kids I get it; you might have to take care of them. But remember, you signed up to learn how to make a No BS Food Plan. No sabotaging your future by acting like an inattentive asshole. Just because I can’t see you doesn’t mean you can’t see yourself.

Include Your Friends and Family
Have your friends sign up, too, so y’all can keep the momentum going after our class. You'll get to reinforce what you learn by talking about your insights, aha's and things you are going to start doing.

Connect with No BS Women
One of the best ways to feel connected is to visit my social media and comment on posts. Go to my Instagram and Facebook pages to leave comments. Use #noBSwoman in your own posts. You can also meet people in our live chat throughout class.

Keep the Learning Going
You will learn a lot but what you DO with that information is key. It's not enough to hear it and get inspired. You need to set your mind to doing the things you learn.
What We Will Do

I’m going to show you how you can go from starting overly complicated diets full of BS rules and restrictions that feel like they are a second job to do, to making doable, daily food plans that you look forward to eating, know you can do, and help you lose weight the way you want to live your life.

If your diet requires a ______________________________, a ______________________________, or you having a ______________________________ then you are doing it wrong.

Whatever I do to lose weight I will do the rest of my life.
What would life be like if you never worried “if” you’ll stick to your diet or “if” you’ll be able to keep your weight off?
Real, lasting weightloss happens when you quit _________________ and ____________________ restrictive and overly complicated diets, and start learning how to make food plans that are so _________________ it's a _____________________. Do that and you lose weight for good.

I don’t know what I’m going to do but I’m going to figure it out.
4 Steps to a Doable No BS Food Plan

STEP ONE: A NO BS FOOD PLAN IS DOABLE

It will...

☑️ Build trust.

☑️ Lessen the chance of caving.

☑️ Help you take control over food.

How to make it doable.

1. Put foods on the plan you will ______________________________ and you ______________________________.

2. Plan more food than you think ______________________________.

3. Decide ______________________________ you will do it for the next 7 days.

What should you consider?
## Tomorrow's Doable Plan

<table>
<thead>
<tr>
<th>Breakfast</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
</tr>
</tbody>
</table>

The goal is to make sure you have a food plan you **WILL FOLLOW**.
STEP TWO: BE AN 8 OR BETTER

Always ask yourself am I ______________________________?

You must learn how to WANT to follow through more than giving into your WANTS and temptations in the moment.

HOPELESS DIETER
Forces self to follow plans
Gets exhausted with dieting
I can't have it mentality
Wonders how long you can hold out
Overeats to take a break

NO BS WOMAN
Follows plan willingly
Motivated by choices
Knows plan allows for foods you want
Likes what you do
No need to escape the diet
STEP THREE: ONLY EAT WHEN HUNGRY

Check the boxes if you are a yes. Do you...

☐ Eat when not hungry?
☐ Have binge and restrict patterns with food?
☐ Go on or off the rails with food?
☐ Eat when it’s time?
☐ Clean your plate even when you’ve had enough?
☐ Take bites, licks and tastes of food while cooking or cleaning up?

You are going to make a doable No BS Plan and then eat
______________________________________

Not because you ________________________________.

Having the plan makes all the other eating ________________________________.
STEP FOUR: GOOD BETTER BEST SYSTEM

The GBB system is how you categorize the food you eat and make new decisions.

It helps you find ways to challenge yourself with new foods to try and it spotlights a good mix of foods that taste good, feel good, and work for you.

It’s simple. Do the following each week. There’s no right or wrong way.

1. Look at your past weeks' plans.
2. Mark each food as Good Better or Best choices.
3. Ask, “What's the next level choice?”

What is one food you currently eat that you could make a little better this week? How?
Additional Resources

Want to hear more about Doable Food Planning? Listen to my podcast suggestions below.

From the Losing 100 lbs. with Corinne podcast:

Episode 085: How To Stay On Your 24 Hour Plan
September 7, 2019, Facebook Live: How Realistic Plans Help You Lose Weight
March 7, 2020, Facebook Live: How To Make The 24 Hour Food Plan Easy

For more information on how to work with Corinne, visit www.joinnobs.com.