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.

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Losing 100lbs with Corinne

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www.nobsfreecourse.com
Are You Ready?

It’s time to lose weight in a way you can live your life. No more wasting time cutting carbs, counting points, and cutting out every food you love.

The Losing for Life Kickstart Guide + Video Course helps you easily take control of food and quickly get started with weightloss without any bullshit tricks and gimmicks.

It's simple:

**Watch the Losing for Life videos as soon as they arrive in your email.** I'll send them one at a time. Don’t wait to watch. You know what happens when you put off something for later. LATER NEVER COMES.

There are only **THREE keys** you need to know to **lose weight**. I'll teach them to you quickly and then you’ll start doing them immediately.

The best part? Nothing you'll learn requires a “pantry purge” or a “last supper” meal. Together we are going to STOP the diet hamster wheel that frustrates you.

Your diet doesn't start tomorrow. **Your LIFE starts NOW.**

My three keys are commonsense. Unfortunately, commonsense isn’t always common practice and that’s why I’m teaching you quick, easy and doable things to take control of your food and your life starting now.

You and I are going to wipe out complicated diet rules that leave you feeling restricted, deprived and feeling like you can’t have a life while you lose weight.

**I’ve given you simple planner pages to help you use the three keys.** You’ll also find easy questions to answer that will help you understand how to eat and think about your food.

But, why should you listen to me? Well, I lost 100lbs after years of suffering with my weight. I always tell people the only time I didn't have a weight problem was at birth when chubby rolls were a badge of honor.

By the age of nine, I was the biggest kid in class and being bullied day in and day out. I often came home with tears running down my face saying, “Please don’t send me back tomorrow.”
Throughout my 20's and early 30's I weighed over 250lbs. Starting and stopping diets was now a hobby after years of trying to lose weight and “fix myself.” I woke up every day hoping I’d be good and then I’d try to follow some plan that took all the foods I loved away and barely gave me enough to eat.

You see, I know what it's like to feel as if you're a failure for not being able to eat and look like everyone else. I know how it feels to worry every day about what you weigh and what you can and can’t eat. It feels like weightloss consumes your life and you begin to believe you can't handle another failed diet.

But, I also know what it feels like to finally lose weight in such an easy, commonsense way that you know in your bones that the weight is never coming back. There's a better way and I'm teaching it to you.

The Diet Industry Sucks

When I weighed 250lbs., it seemed nobody had to work as hard as me with food.

My friends lost weight with little to no effort. They could just count some calories, take a workout class, and BAM they were down 10lbs. My husband could quit eating foods he loved on a damn dime, and I'd be sitting there wondering, “Why the hell can't I just eat what I want like a normal person?”

It felt like something was WRONG with ME. When I'm dieting I feel like I'm DYING!

Most of the time, I could force myself to be good a whole week...until Friday. By Friday, I just needed a break. Next thing I know I'm face down in margaritas, chips, and desserts celebrating “how good I've been all week.” On Monday I was hungover and bloated wondering, “Why do I keep doing this to myself?”

Insert the next diet and the hamster wheel started again.

Another problem I had was FOOD PUSHERS. Seemed like the second I went on a diet some asshat had free doughnuts and was telling me I should “live a little.”

I'll just tell you this.
I wanted to smack the shit out of food pushers. I would think, “Why do you want me to eat this? If you really want to help me why don’t you tell me to stop eating when I’m on my 3rd piece of cake?”

I had a 100 lbs. to lose and no matter how much I tried to “dress it down” it was obvious I often “lived a little” with food. My problem wasn’t that I needed more food in my life to enjoy it. The problem was I was living to eat instead of living out my dreams.

I want to teach you **how to change your life so you can lose weight**. No more waiting to lose your weight to change your life. That’s BULLSHIT and it stops with the Doable Hunger Method.

You shouldn’t have to stop living to lose weight.

What and how you eat to lose weight should work for you. It should be easy, doable, and something you look forward to.

If what you do to lose weight requires dread, willpower, and forcing yourself do shit then you are DOING IT WRONG. I don’t know about you but it’s hard to stay motivated if everything you do you DREAD.

I also believe how you lose weight should be so simple that you can do it for the rest of your life through the good times and bad. What you do to lose weight should be so simple that the shit can hit the fan and you can keep losing your weight.

You’ve likely been conditioned by the diet industry to “suffer” through weightloss.

What does suffering look like?

Going on diets where you are told to quit eating everything you love because it’s bad for you.

Hiring trainers and working out so hard you can’t freaking walk for days.

Starting diets that have you eating hardly any calories leaving you so hungry your pets start to look “tasty.”

The diet industry has taught us that food is to be feared and that there’s a “right way” to eat. They teach us to do such extreme ignoring of our own bodies that we don’t know how to be the least bit hungry without fear and panic coursing through our veins.
When you do enough bullshit diets you make this unconscious association that if you aren’t miserable you must be doing it wrong. If for one second you like what you do or enjoy what you are eating you immediately feel as if you are doing it wrong.

I tell you all this to WARN YOU!

I am going to teach you shit that’s so simple and easy to do it will go up against what you have been taught to believe.

For example, you’re going to eat like a normal person with my Losing for Life Kickstart Plan. I don’t cut foods out and I don’t tell you to count a fucking thing.

Now, let’s say you are going out Friday night. You plan a piece a cake. That’s normal. Normal people eat a piece of cake and they lose weight and keep weight off.

BUT, you got old diet industry horse shit rules and restrictions running through your veins. You eat your cake, you feel good and then PANIC ensues. You start thinking you’ve been bad or that this is going to screw up everything.

The problem isn’t the cake you just ate. The problem is you’ve been led to believe by the diet industry that if you ain’t miserable, you ain’t losing weight.

Your mind starts racing with all kinds of worries and fears. You can’t even concentrate for fear you’ve screwed up yet another diet.

You ate cake and yet you are thinking, “See, I can’t eat foods like this.” Nothing has really happened but your diet-conditioned mind thinks the world has ended as we know it.

I don’t know about you, but every time I dieted this happened to me. The moment I would eat something I wanted, I’d go bat shit crazy because I had no idea how to lose weight without misery.

The thinking about me being a failure after I ate one piece of cake would lead me to eating more so I could quit freaking out. I didn’t want more food really. I wanted relief from feeling like a failure.

I want you to remember that our goal together is to teach you EASY steps. We are re-training your brain that weightloss should have a sense of ease to it; not complication, fear, restriction, and deprivation.
Easy isn’t a bad thing. I think it’s required to lose weight.

When you keep what you do to lose weight simple and doable...you get tiny wins.

Those tiny wins allow you to make more doable changes that create momentum.

And, as you create momentum your confidence builds and you can make more and more doable changes that add up to feeling better, eating better and weightloss.

That’s what we need to feel if we’re going to lose weight. We need CONFIDENCE and that is earned with repeated effort that’s easy to do and easy to win with.

I promise everything in this course is based on No Bullshit Weightloss. I’m going to teach you how to go from being a hopeless dieter to a No BS Woman.

Doable Hunger Method

You are likely overeating right now in little ways that can be cleaned up easily and immediately. When you stop the easy “bullshit overeating,” weight comes off with simple changes, and motivation kicks in.

So, step one is to go after the small, easy wins with food.

There are two questions you need to ask yourself when you eat.

Am I hungry?

Have I had enough?
Why are these the two most important sentences of your whole weightloss journey? Each question makes you think about how much food you put in your mouth.

Most of us are going through life eating on auto-pilot or trying to enforce old diet rules that feel like shit.

We eat with our phones, watching TV, standing in front of the fridge, in the car, while working or passing by candy dishes. We eat because it’s snack time, dinner time, breakfast, etc.

**We don’t pay attention to our eating.**

We do most of our eating without even thinking.

Rarely do we ask, “Am I hungry?” before popping a piece of candy in our mouth.

When is the last time you really stopped before eating to consider if you were truly physically hungry? Do you even know what slight hunger feels like?

Sometimes we do wait for hunger but it’s only because we MISSED A MEAL with a busy life. Most meals we eat because it’s time, it’s there, it's fun, or because everyone else is eating.

It’s bad enough we don't really eat because we’re hungry, but we also keep eating because we aren't thinking about it! If you start eating on auto-pilot you likely KEEP eating on auto-pilot, too.

How often do you stop eating in the middle of a meal and think about if you’ve had enough?

If you’re like most people you don’t do it that often.

You’ve likely had enough when the plate is clean, when you feel like you got your money’s worth, or you're so full that your pants are ready to be unbuckled.

**AM I HUNGRY?**

Before you put anything in your mouth, I want you to notice if you are physically hungry. Ask yourself, “Am I hungry?”

Hungry isn't ravenous or feeling like you’re going to starve.
Hunger is a slight twinge of physical symptoms. Watch for things like loss of focus, feeling tired and yawning, SMALL belly gurgles, or sometimes a dull headache begins.

When you “think” you are hungry, EAT.

It’s that simple.

The goal is to normalize eating only after you “think” you’ve found your physical sensations. We’re de-conditioning eating that is habit and without any consideration of your physical needs.

Again, you will eat when you think you’ve noticed physical hunger. You aren’t waiting until you want to gnaw off your arm.

This is just basic human hunger you were built to feel to operate at your best. By design, you have a stomach that talks to your brain. You’ve just been taught to quit listening to it by the diet industry.

If you’ve been eating on autopilot or simply when you WANT to eat, this may be hard for you.

So many of my clients haven’t even considered being hungry as a reason to eat, since they were five years old!

They don’t know any physical signs of hunger at first and that’s OK. Keep asking and keep noticing your body. Over a few days you’ll pick up more and more signals.

You might also find after a few days you notice a lot of WANTING to eat when you aren’t physically hungry.

This is good because I want you to notice how often you eat when your body doesn’t need food. This allows you to start deciding if you want to eat or if you want to wait a few more minutes. Sometimes waiting a few more minutes lets you lose interest in the food.

See, a lot of our eating is emotional. We eat to deal with stress or we eat to have a good time.

I want you to start noticing the times you want to eat when you aren’t hungry so you can identify where you might be emotionally eating instead of physical hunger eating.
HAVE I HAD ENOUGH?

The second question happens while you eat. I want you to ask, “Have I had enough?” The goal is to learn how to stop eating BEFORE you are full.

I want you to end the auto-pilot eating until you are full or see a clean plate.

The best way to nail this is by eating a little less than you do now. Leaving behind 2-3 bites each meal makes a big difference over a week. I often have clients track their bites and notice by the end of the week they have over two full meals saved!

And, to make it easy on yourself, you can always serve yourself a little less food than usual. I want you to make eating a little less than normal as easy as possible.

When you finish, the goal is to feel a little less than your usual full.

When I eat enough versus full, I often feel things like….

I could go for a decent walk.

My breathing is easy when I’m sitting. When I eat until I’m full I often feel like I can’t breathe quite as easy and relaxed because my stomach is too full.

I’m not excessively burping or feeling bloated.

At first, stopping your eating might be hard simply because you aren’t used to stopping. That’s OK. No beating yourself up if you forget. Keep reminding yourself at each meal until you get into the habit of it. Habits take time but they do form if you don’t give up on them.

Am I hungry and have I had enough are the FIRST steps to helping you finally figure out how to lose weight for good.

I want you to start noticing patterns. Getting aware of your eating habits MUST happen to lose weight.

If you notice you are eating outside of being hungry and having enough you might feel bad about this.

Sometimes when you start seeing your patterns in eating that keep you overweight you feel bad and think you’re broken or alone.

You ain't broken or alone for sure.
You are just like me and all my weightloss clients. You are over-served in restaurants, taught to clean your plate, asked if you are sick if you aren't hungry, or told you aren't fun if you say no to a cookie.

Look. We gotta get back to what makes sense when it comes to eating.

You got a stomach and a brain. They talk. And they know if you need food or not. And that’s the ONLY opinion that matters.
Take Action!

Answer the following questions after a couple of days using the Doable Hunger Method to help you understand what you're learning about your eating patterns.

What did I notice when I asked, “Am I hungry?”

Did I stop any eating that I normally would do without even thinking about it?

What did I notice when I asked, “Have I had enough?”

Did I stop any eating that I normally would do without even thinking about it?
I bet you are like me. You’ve done ALL THE DIETS. I’ve done Weight Watchers more times than I could count, low fat, high fat, and every kind of plan that had me counting calories like it was my job.

Following these plans felt hard. I’d get up each day hoping I could be good and then spend the day making myself do things I didn’t like.

These diets didn’t take into consideration what I liked eating. I thought there was no way I could lose weight eating the things I loved. The only thing that happened when I ate things like chips, nachos, wine and Milk Duds was weight gain.

I didn’t realize it was simple. The foods I ate weren’t the real problem. The real problem was I overate them. When I ate cake I had an extra piece because I was afraid I wouldn’t get it again in a long time. When I ate ice cream I ate from the carton mindlessly. When I ate pizza I didn’t stop until I was just a little past full.

I ate with a hopeless dieter mindset.

My past diets taught me good food vs. bad food mentality. That’s how they get you and me to choose their program. It’s kind of sneaky but effective. If you just cut out certain foods you can eat as much as you want.

Hello! That’s just teaching you that some overeating is “OK.” No. Your body wants you to eat when it’s hungry and then call it quits before it’s full. PERIOD. I want a life where I don’t need to eat in order to feel better. I want a life where I know how to feel better ON MY OWN.

The problem that arises for all of us is simple.

When you think there are bad foods you set yourself up for thinking YOU ARE BAD if you eat them.

The second you eat something a diet has told you is a no-no, you mistakenly trigger the desire to OVEREAT and get all you can before the food is back to being restricted.

It’s crazy but I believed when I ate foods I loved I was being bad. And when I ate foods I didn’t like I was being good.

This set me up to fear food, feel inadequate by my choices, and worry constantly about what I could and couldn’t eat.
What's the bottom line?

I thought food was the problem. I was wrong.

The problem was the bullshit diet rules. I only needed to do one thing.

Learn how to eat foods I loved in a way that helped me lose weight.

If I learned that then I could lose weight and keep it off.

The Doable 24 Hour Plan allows you to plan foods you like while losing weight. After a week or two you'll start to feel confidence and control around food...maybe for the first time in a long time.

The Doable 24 Hour Plan is simple.

Each morning when you wake up you will write down everything you want to eat that day AHEAD OF TIME.

You write in breakfast, lunch, and dinner and any snacks you want.

There's no wrong or bad foods. You think about what you want to eat and you write it down. You include foods you love to eat. If you want a burger and fries for lunch, you'll write down burger and fries.

No “amounts” are needed because you'll only eat if you are hungry and you'll stop at enough. You'll still be doing what I taught you in the Doable Hunger Method.

My first plans looked like this.

For breakfast I liked waffles with peanut butter and maple syrup. Instead of dousing the waffles with syrup thinking I'd gag without a truckload, my first plans said “light drizzle” of syrup. That was DOABLE.

At lunch I usually ate fast food. I’d think about what restaurant I wanted and wrote in what I would get. For example, two cheeseburgers with mayo
instead of mustard, fries and an Oreo McFlurry. My first plans no longer had super-sized fries. I went to small fries. Instead of medium shakes and ice cream I switched to small.

Dinner was usually pizza. I’d typically get thick crust and eat until I was miserable. The first plans said 3 pieces on my plate to start; think before you eat more. I also convinced my partner to switch from thick to thin crust.

I had to figure out how I could lose weight without learning to cook every night while also eating things I was comfortable having.

It was the first time I wasn’t punishing myself to lose weight through restriction. Most diets I talked like a complete asshole to myself. I’d say things like, “You can’t have that.”

I decided I was going to have a plan every day. That plan was always going to have foods on it I liked and felt like I could eat for that day. Before I made the plan I asked one simple question.

What **can I do today** to lose weight?

This is where I started and it was magic. It’ll be magic for you, too, regardless of how much or how little weight you have to lose.

I was asking myself each day what **CAN** I do instead of talking to myself about everything I couldn’t have or couldn’t do. It felt hopeful instead of hopeless.

The Doable 24 Hour Plan + Doable Hunger Method work. The small changes start to add up. You’ll feel in control of your choices and your eating quickly. Weight will come off because you are making small changes that get consistent.

Weightloss happens faster when you are consistent; not perfect. Keep making plans and asking your questions and you’ll see results and feel motivated. You’ll no longer be forcing yourself to “be good.” You’ll be doing good things for yourself because you WANT to.
MY BEST TIPS TO GET IT DONE

Do The 24 Hour Food Plan first thing in the morning every day.

Don’t spend more than 3-4 minutes on it.

Write down the things you’ll like eating and can see yourself eating all day without dieter bullshit judgement.

Plan for more food than you think you’ll need.

**Remember, you are only going to eat if you are hungry.** You might plan snacks, but if you aren’t hungry you skip it. You have plenty of food to look forward to.

This is the EXACT method I teach my clients and they lose weight.

You plan foods you like and can easily eat when hunger hits. You only eat if hungry. If not, you wait until you are. And, when you feel you’ve had enough, you stop eating.

You never have to worry you aren’t going to get enough food or what you like.

A WORD OF CAUTION

You’ll likely still want to eat off plan because you’re used to deprivation diets. Even if you plan ALL THE THINGS your brain will find some random snack or food it NOW wants.

You have to watch for this and remember you can plan for it tomorrow. You got what you need right now and what you decided in the morning when thinking about your goal.

Also, you’ll probably want to eat when you aren’t hungry. Something will just look good or somebody will surprise you with cake when you planned for an apple.

That’s OK. Your brain is used to wanting to eat whatever is put in front of it. You aren’t going to die or get pregnant if you miss out on your co-worker’s birthday cake.
You might also think, “Corinne, there's no way I can eat the foods I love and lose weight. If I make a doable plan I will be out of control and eating things that make me gain weight.”

Not true.

Remember you are only eating when hungry and stopping when you have had enough.

The problem right now is you aren't eating these foods ON PURPOSE and you are eating them on auto-pilot.

You are eating them them when you have a shitastic day, caving to cravings, or without thinking much about it at all.

The Doable 24 Hour Plan includes things you want to eat and teaches you how to eat them MINDFULLY instead of mindlessly.

This is a game changer for my clients and will be for you, too.

This is how you start building TRUST with yourself around food. You start feeling in CONTROL of what you eat and how much. You no longer need to break your diet because it sucks the life out of you.
Take Action

What are the benefits of making a Doable 24 Hour Plan?

What foods do you want to include that you've been thinking are "bad"?

What can you do to make it easy to eat those foods only when hungry?

What can you do so that when you've had enough, it's easier to stop eating?
How to Quit Quitting

If you want to lose weight FAST then don’t quit when something goes wrong. Seriously, the people I’ve worked with over the years who’ve lost all of their weight are the ones who decided to learn and keep going.

There’s not much difference between someone who loses weight and someone who does.

Both overeat. One person keeps planning for the next meal and one person eats their face off in shame.

Both have weeks the scale doesn’t move. One person eats their planned lunch and the other person says, “F-it, nothing works,” and goes out for drinks that night.

Both have days where everything goes wrong. One person cries while staying on plan and another numbs out with ice cream and Netflix.

Nobody loses weight perfectly. There are no unicorns who have it easier. And there are no hard cases where life is tougher. You can watch some stories of my clients by clicking here to see people of all ages, sizes, health conditions, and backgrounds defying what they thought was an impossible dream.

Mistakes are going to happen as you try to lose weight.

Sometimes you’ll eat before you are hungry. You might finish off the planned dessert after you knew you had enough. Somebody will bring in that cake and you’ll give in before you know it.

Guess what? That’s normal! You aren’t perfect. Welcome to being human and figuring out how to keep going when shit doesn’t go as planned.

I used to quit diets over and over again back when I weighed 250lbs. I’d quit because I would screw up. I’d have an F-it moment where I just wanted to eat. Maybe I got my period or had a bad day. I’d end up eating and next thing I knew I’d be feeling so bad about myself that I would give up.

It never occurred to me to just keep going with the next meal as if it wasn’t a big deal. You see, I made it a big ass ordeal to have a bad day by turning it into a bad weekend, bad week, or a total quitting my diet moment.
I had to quit fucking up the day when **saving the day** was an option.

I did this with the scale, too. I'd see it go up a pound even if I ate perfectly. Immediately I would feel dejected thinking, “I'll never get this weight off.”

You know what I did to fix the scale going up? **EAT!** My solution for not losing weight was to eat ice cream and throw a pity party.

You must stop talking to yourself like an asshole when things go wrong. That’s how you quit quitting on yourself when you want to throw in the towel.

All of us quit diets at some point to get some relief. We want relief from our own crappy inner critic!

Think about it. If you were your ultimate cheerleader, telling yourself how good you are doing, looking at mistakes and thinking, “You can figure this out...let's try this next time,” and expecting that no matter what happens you’ll eventually lose weight...

Would you EVER quit your diet?

No! Why would you?

The only reason we quit diets is because we’re assholes to ourselves.

You aren't being your own cheerleader. You probably spend your time thinking you HAVE to do this or you CAN'T eat that. You hope and pray you’re finally getting your shit together and worry when the other shoe will drop.

I don’t know about you, but none of that sounds like what a cheerleader says to motivate the team. It's controlling, punitive, threatening, and fearful. Yet we “wonder why” we quit on our dreams.

We also quit because we make mistakes. We overeat and immediately think, “I'll never get this. I can't eat like a normal person.”

We don't consider a solution to stop overeating. We think terrible thoughts and then go hunting for more food to get away from ourselves.
Quitting is a byproduct of abandoning yourself at the very moment you need you the most.

That shit stops now and I’m going to show you how.

You see, hopeless dieters think their weight is the problem. The No BS Woman learns that to lose the physical weight you got to work on what’s really weighing you down. Your mental weight.

The moment you learn how to be there for yourself with a mistake, the process of weightloss becomes way easier.

There’s nothing wrong with YOU as a person when you struggle. There is only something wrong in the choice you made and the way you talk to yourself AFTER the decision.

This is the most important weightloss key I’m going to teach you.

You must accept that you will make mistakes and then learn how to keep going.

I watch so many women set themselves up for diet failure by thinking the mistakes they are making are a reason to quit.

NO.

The mistakes you are making are telling you what to work on with your eating and thinking.

When I lost my weight my food and life really didn’t change that much in the beginning. I made small changes that most people will blow off as not good enough.

The real change I made was in my thinking. When I thought better, I felt better and then it was easier to do better.

The first big shift in my thinking was so simple. I told myself...
I don’t know what I’m going to do but **I’m going to figure it out.**

I had never lost my weight and kept it off. There was no way I could know ALL the things I would need to do when I first started.

If I didn’t give myself some certainty by thinking, “I’m going to figure it out,” I knew I would be doomed to confusion and overwhelm.

Your brain WANTS certainty more than anything in the world. Its natural design is to want to know what’s going to happen so it can feel assured and safe.

Think about your birthday. If you’re getting presents you likely want to know what you’re getting. Even if it’s going to be an amazing surprise, your brain still feels a little on edge with the “not knowing.”

It’s the same for restaurants. If someone asks you to a new restaurant you probably don’t say, “Whatever you do don’t tell me what kind of food they serve!”

You probably want to know type of food is served so you know if you’ll like it or not.

So many of us start diets needing to know all the things we have to do. We fool ourselves into believing if we know the things we have to do then we will know if it will work.

That’s the huge flaw we’ve been taught all of our lives with dieting. You can’t know everything you will have to do to lose all of your weight when you first start.

You just have to be certain you will start, you will keep going, and you will figure it out.

The exact things you will need to do as you lose weight will come to you as the mistakes are made and the problems pop up.
You won't know it all ahead of time. You don’t need to if you are no longer being mean to yourself about the process (that includes mistakes).

**You learn and move on to your next best decision.**

You ONLY need to know that you won’t quit when things go wrong; you’ll figure out the next best decision in each moment.

I’ve taught you when to eat, when to stop, and how to make a plan each day of the food you’ll eat.

As you do that, you’ll uncover the times it’s still hard, the excuses you use to break plans, and the times you eat for your emotions instead of your hunger.

My doable methods help you SEE your patterns that have held you back in the past and that you quit over.

Losing weight isn’t about a collection of perfect days.

It’s about consistently learning what to do and how you will talk to yourself when you aren’t perfect.

You might be thinking, “OMG you want me to make mistakes and be OK with it? Won’t that make me complacent?”

No.

You are here because you over diet. You keep doing diets that suck, eventually break, and then beat the shit out of yourself for all of it.

Isn’t that why you need a NEW way to lose weight? A new way that addresses the real problems once and for all?
WHAT TO DO NEXT

Keep making your Doable 24 Hour Plans no matter what happens.

Train yourself to use the Doable Hunger Method by asking am I hungry and have I had enough at every meal.

Any eating that’s off plan, when you aren’t hungry, or past having enough, write about it.

Use the No BS Sample Planning Pages in this guide for one week.

Write down a couple of sentences about what happened.

You just want to get the facts down and leave off the self-loathing.

Every few days take a look at what you are writing and find patterns. Instead of beating yourself up, build yourself up with ideas and plans to move forward.

Relying on yourself to figure out what to do next is how you create certainty in weightloss.

You become certain that you will make mistakes, you will figure out things you can do next time, and you try them until you fix it.

Facing the things that don’t go as planned is the weightloss secret nobody teaches us.
No more looking for restrictive diet plans to fix your life and how you talk to yourself.

Imagine what you'll feel like in a week from now if everyday you think about what you CAN do to lose weight instead of ruminating over all the bullshit things you can’t do to lose weight.

Imagine If each day you told yourself, “I’m going to figure this out,” over and over instead of, “Why can’t I figure this out?”

Losing your weight for life is possible when you keep it simple.
Take Action

What can I tell myself when I make a mistake?

What can I do after a mistake to get right back on track?
Sample Doable 24 Hour Plan

Use the spaces below to decide what you will eat for the day. You don't need quantities because you'll use the Doable Hunger Method. Feel free to put as many options for each meal as you want so that you feel certain you'll stick to your plan. Make copies and use for the next 7 days.

<table>
<thead>
<tr>
<th>Planned Food for the Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Lunch</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Dinner</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Snacks</td>
</tr>
</tbody>
</table>

Do I feel like this is doable? Why or why not?

If no, what can I do to make it more doable?

If things get hard, I will remind myself...
Sample Assessment of My Day

Complete this either at the end of the day or right before you make your daily plan the next morning.

<table>
<thead>
<tr>
<th>What I Actually Ate Today</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Did I eat when hungry?</td>
</tr>
<tr>
<td>Did I stop when I had enough?</td>
</tr>
<tr>
<td>Notes</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Did I eat when hungry?</td>
</tr>
<tr>
<td>Did I stop when I had enough?</td>
</tr>
<tr>
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<td>Notes</td>
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</tbody>
</table>

What's one thing I can do better tomorrow?