

# 4-Week Food Obsession Boot Camp: Week 3



Jill Coleman, MS, @JillFit

## Review of Week 2



- ☞ Week 2: Mindfulness & Moderation
- ☞ Goal: Never feel deprived!
- ☞ Mindfulness:
  - ☞ Notice and name hunger and cravings
  - ☞ Realize you have a CHOICE in how you proceed
  - ☞ Create strategy in the moment
- ☞ Moderation:
  - ☞ Preemptive cheats
  - ☞ Satisfy & move on
  - ☞ Eating to 80% fullness
  - ☞ Surfing the disappointment once a day (practice)
  - ☞ Balance: Never feeling deprived but also never eating with abandon either

## Why Did We Skip Food Prep?



- ☞ Control vs. trust
- ☞ Ask, “What’s my strategy if I don’t have “my food” in my Tupperwares?”
- ☞ Should you let yourself get hungry?
- ☞ Ask, “What will I do if I get hungry?”
  - ☞ Mindfulness
  - ☞ Choice
    - ☞ What are your strategies for trigger times?
    - ☞ What’s your “alternative plan” (frappachino vs. Americano)?

## You Have to Pick + Choose Your Nutrition Battles



- ☞ Something’s gotta give 😊
- ☞ #Moderation365 is the answer
- ☞ Preemptive strategy:
  - ☞ What you CHOOSE to eat on Monday...
  - ☞ What you CHOOSE to eat for breakfast...
- ☞ Examples:
  - ☞ “I’m going to give up dairy and fruit...”
  - ☞ “I am not going to eat rice cakes tonight!”
  - ☞ “Sugar-free gum is poisonous!”

## Week 3: Control vs. Trust



- ☞ You can never trust the situation, but you CAN trust yourself:
  - ☞ When you rely on the environment to dictate what you eat, you are making a DECISION
  - ☞ When you rely on your inner power & “okay-ness with moderation,” you are making a CHOICE (give yourself permission to build in strategic “imperfections”)
  - ☞ Goal: Never feel deprived
- ☞ The ultimate freedom is knowing you can be anywhere anytime and choose the best option available to you (SELF-TRUST)

## Control vs. Trust



### **This goes to 2 mindsets:**

- ☞ Abundance vs. scarcity
  - ☞ Situational Eating
- 1) Abundance vs. scarcity
- ☞ “What if there’s not enough food?”// Anxiety
  - ☞ Ask, what’s the worst case scenario?
  - ☞ Ask, is this the last time I will ever have the opportunity to eat this food?
  - ☞ Ask, if it is, what am I “missing out” on if I skip it?
  - ☞ Ask, will I regret skipping it?
  - ☞ Remember from last week: surf the disappointment + it passes

## Situational Eating

### 2) Situational Eating

- ☞ Can be people/peer pressure
- ☞ Can be Food FOMO
- ☞ Can be emotional eating/brain shut-down

#### Tools to avoid this:

- 1) Reaffirm your goals
- 2) Resist urge to get defensive/make excuses, instead, be inclusive, own it, use The Power Lead
- 3) Mindfulness (avoid brain shut-down)
- 4) Choose food item that hits you at 4, 5 or 6 on the DIS (moderate AND satisfying) – find your “alternative”
- 5) Mental plan, i.e. “dessert defense” aka discernment

## Situational Eating Strategies

- ☞ Have a mental plan BEFORE you even get to a place (you make CHOICES, not decisions)
- ☞ What will you eat...
  - ☞ Out at dinner with your family?
  - ☞ At the movies?
  - ☞ At BBQs/parties?
  - ☞ At a catered work event?
  - ☞ At your child's ballgame
- ☞ How do you avoid temptation?
  - ☞ You've been implementing your no-deprivation strategy
  - ☞ You stay mindful
  - ☞ You intermittently sample (taste everything, binge on nothing)
  - ☞ You reaffirm your goals & adopt an abundance mindset

## Control vs. Trust



- ☞ Time to start questioning “the rules” – THEY ARE MENTAL DRAINS!
- ☞ Eating according to your body’s cues, not the clock:
  - ☞ How many times a day to eat?
  - ☞ What if you don’t get a certain # of protein grams?
  - ☞ What if one day you eat more carbs?
  - ☞ What if you don’t get all your water in?
  - ☞ What if you just snack all day, no big meals?
  - ☞ What if you wait some after your workout to eat?
  - ☞ What if you go too long without eating?
- ☞ Your HW – pick 3 of your rules and shirk them this week

## Questions?

