

# EAT OUT GUILT-FREE MASTERCLASS

*workbook*

FIT & FREE ACADEMY

# ***EAT OUT GUILT-FREE***

## **WHAT ARE MY CURRENT BELIEFS ABOUT EATING OUT?**

Eg. "If I eat out I will lose control" or "if I lose control I will gain weight gain weight"

## **WHERE DID I LEARN THIS?**

Eg. "I worked with a coach and he/she told me I wasn't allowed to eat out if I wanted to lose weight."



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## **IS THIS ACTUALLY TRUE?**

Eg. "No, because to gain a kg of body fat I need to eat 7700 calories on top of my maintenance calories and an extra 500 in one meal is not going to change anything."

## **WHERE CAN I FIND EVIDENCE IN MY LIFE THAT IT'S NOT TRUE?**

Eg. "My friends eat out all the time and they don't gain weight"



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**DO I FEEL LIKE I CAN TRUST MY HUNGER AND FULLNESS CUES, AND DO I LISTEN TO THEM? IF NOT, WHY? WHAT DO I NEED TO LET GO OF TO BE ABLE TO DO THIS?**

**DO I ALLOW MYSELF TO EAT FOR SATISFACTION WHEN I GO OUT? IF NOT, WHY? WHAT DO I NEED TO LET GO OF TO BE ABLE TO DO THIS?**



# ***EAT OUT GUILT-FREE***

**WHAT ARE THE 5 STEPS TO EATING OUT GUILT-FREE, AND HOW AM I GOING TO IMPLEMENT THEM NEXT TIME I HAVE A SOCIAL EVENT OR EAT OUT?**

(be as specific as you possibly can, painting the picture for yourself of your implementation plan from the moment you leave the house, making sure to plan in the reflection step!)

