

JODY'S *weight loss tips*



Weigh yourself

Get up each morning, go to the bathroom, and then weigh yourself. Write down your weight every day.



Your brain lies

Your brain is going to tell you that you are going to DIE if you don't eat. It's lying to you.



Hunger is NOT an Emergency

Eat a max of 2-3 meals a day. No snacking!



Don't eat after 6pm

Go as long as you can between dinner and your next meal to allow your insulin to drop and fat adaption to happen.



Establish a Plan

Decide when and what you are going to eat at least 2 days before you eat it. Make your food boring.



Dine In

Think of your fat stores as meals you haven't eaten yet and dine in occasionally. Skipping meals does NOT slow your weight loss.



Read Labels

If you are going to eat carbs, make sure there is more protein than carbs. No trans fats!



Quiet mealtimes

When you truly pay attention and taste your food, you will have a very different experience than when you eat it in a distracted state on your phone or in front of the TV.



Joy eats

Plan to have 1 treat as a joy eat once a week. Not a joy meal. Either eat one meal off protocol or have dessert but not both.