



The Arrived Eater

How To Know If You're In It

- You've tried more diets than you can count
- You've spent the majority of your life going on a diet in an attempt to lose weight and keep it off
- You're so OVER diets and refuse to go on another one (even though you may be tempted)
- You've lost and gained more weight than you can count
- You're bingeing and/or dieting weekly
- You feel hope that there has to be another way (but aren't sure what it is or how to get there)
- You are ready for something new that lasts long term

What To Expect Emotionally

- You're a bit skeptical that ANYTHING will actually work to solve your food issues
- You experience frustration almost daily around food
- You want to lose weight but know that dieting doesn't work long term
- You can feel overwhelmed and confused at what's "right" for you (as there is so much information out there)
- Even though you are skeptical, deep down you have a glimmer of hope that SOMEDAY you can eat normally
- You feel open to a new way of being around food (even if that's mixed with doubt)

What To Focus On In This Stage

- What normal eating means to you
- Eating every 3-4 hours
- Incorporating meals of proteins and carbs
- Meal planning and preparation
- Beginning to pay attention to how food impacts you and your body
- Food Journaling to help you see food patterns and behaviors
- Rebalancing your body physically

Benchmarks To Hit Before Moving To Stage 2

You're eating every 3-4 hours

You have a great balance of eating protein and carbs

You are regularly planning your meals and snacks

You've defined what normal eating looks like for you