



Corinne : Hi and welcome to Losing 100 Pounds with Phit-N-Phat. I'm Corinne, I'm joined again by Ms. Kathy who's lost 80 pounds of her own and we are going to talk today about food rules. I swear to God I wanted to do this one because well I do Facebook Lives a lot and I get a lot of questions. I think it's huge for women. You feel inundated with knowledge. I mean I think about all the diets I went on and I know I talked about in the first one my breadstick diet. Although I didn't get that one out of a book.

A lot of times even back in the day I mean I've been maintenance 12 years, I was very confused. I mean back then we were in low-fat craze. So it was like eating Snackwell's like it was nobodies business for days. I remembered literally eating Snackwell's and wondering why I felt like shit two hours later. You know and it didn't dawn on me I was like "But it's fat-free!" But it was the sugar causing it.

So, one of the things that we want to do is we want to help you because I think that when you have a lot of weight to lose it is hard when you feel like you just don't know what to do. Who do you listen to? What's right? What's wrong? All of those things. So what we did was we asked the tribe. We were like "Hey P-N-P, what are your questions? What are the things that confuse you? Or what is it that you have been confused with in the past?" Cause I was like reading the questions and I literally looked at Kathy and I said "Uhhh these bitches better not be asking this now." Because I teach a completely common sense way of losing weight. If you've been listening to any of the other podcasts you know I like making small changes. I like you to think about how am I going to keep this weight off forever? I've taught you the concept of leveling up. It's all about like "I want to keep my weight off for the rest of my life so what am I willing to do every single day for the rest of my life?"

So, I want to help you with making sure that what I teach you today can fit into your life. I am not, I mean, I don't know. We keep calling ourselves experts. I'm a master weight loss coach. You've lost 80 pounds. I mean I feel like we're experts but I mean everything that I tell people is just common sense. It literally comes down to that. I mean I think that you have to kind of start with what feels right in my body. Like one of the biggest things that people ask me all the time is you know should they do this diet? Should they do, like Paleo, should I be a vegan, what are some of the other ones people always ask about?

Kathy: Gosh. We hear a lot about Weight Watchers and counting points ...



Corinne : Atkins. Like all the diets and I'm like "I don't care what you do. I don't think any of them are bad and I don't think any of them are great. I think that the very first thing that you have to agree to is I am going to try something because it seems like I could do it. It seems very reasonable to me that I could do it for a long time and it feels good in my body. That's the ultimate thing. There are tons of diets out there that could you know, rip the weight right off of you but if you have to struggle bus all the way through it, it's not going to happen for you. It will not stay off. You will not be able to be in maintenance and feel really good about yourself. So we just want to go through food rules today so Kathy's going to launch me some food rule bombs and then I'm going to tell you my opinion.

Kathy: Bombs.

Corinne : Yeah exactly. And then she'll give you some of her advice too. I mean, she's lost 80 she knows what she eats and food rules that she's dropped and all that kind of good stuff. So, what're we going to talk about first?

Kathy: Well lets talk about fats. You know, we spend a lot of time with fats these days and so if you want to talk about good fats versus not so good fats and whether or not there's an appropriate time of day to eat them that I think that'd be great.

Corinne : All right. So I'm a big proponent of fats. I think that women need them. I think your brain works better when you have them. I talk about this a lot so I want you to think about the Wizard of Oz and the Tin Man. And the Tin Man when he would get rusty they would have to give him oil in his joints in order for him to you know skip around with Dorothy and all that kind of good stuff. You're the same. You are a Tin Man. Or a Tin Woman. You want to make sure that you're getting good healthy fats in your diet because it's going to help with your joints. It's going to help you lose weight. It will reduce sugar cravings. It makes your brain work better. There's a lot of upside to having plenty of fat in your diet.

Some of the good fats are, well all your nuts and seeds, your avocados, your oils like olive oil. One of the ones that I use a lot of is coconut oil in our family. We also cook with avocado oil. I use walnut oil too. And then I also drink a coffee concoction where I put ... I buy the Bulletproof MCT oil you can if you go to my website where my blog is it's www.Phit-N-Phat.com and it's P-H-I-T. The letter 'N' P-H-A-T.com/ coffee. You will get my coffee recipe. When I do Lives I swear to God I must get I don't know how often ... How many people do you think every Live asks me about coffee?

Kathy: Oh gosh. If it's not 10 it's ...



Corinne : Right.

Corinne : It's like what coffee do you drink? Yeah exactly. But what I do is I put through it ... Like I drink three cups a day so I spread mine out but the total that I put in throughout the day is a full tablespoon of MCT. I do a full tablespoon of heavy whipping cream or canned coconut milk and I do those because they have great quality fats in them. And the reason why I use MCT oil is because it's called a medium chain triglyceride. All that means is that a lot of your nuts and your seeds and your basic cooking oils, they have a different chain. You want to have a variety of fats that do different things and so that's why I use that.

So that's my coffee recipe. I also eat full fat ranch dressing. That's probably the second, no the second most asked question is water which we'll talk about in a little bit.

Kathy: Yeah, we'll get to water. Sure.

Corinne : Almost every time I turn around somebody is like "What about ranch dressing? If I could just get off ranch dressing all my weight problems would be solved." And I'm like "Seriously?"

Kathy: Ranch dressing.

Corinne : Right.

Kathy: It's evil stuff.

Corinne : You're overweight because you're eating so many salads with ranch dressing. Like, that's not happening. Back in my day my problem ... Like I've always loved salads but my problem when I weighed 250 was not an over consumption of ranch dressing. It was an over consumption of McDonald's and Blizzard's and all the other good stuff that I was like "Yeah! Can't live without it!"

Kathy: How about it was just over consumption. Period.



Corinne : Yeah. You're over eating. Done. Right, so I tell people all the time like I would much rather you be eating full fat versions of cheese, of dressing, of those things versus eating the low-fat 'cause what happens is when they plug in low-fat all they're doing is taking out some fat and most of these things are, not all of them are they taking out the best fats but some of them they are, and they're plugging in sugar for you. Sugar is just like a gateway to fat on your ass. So you don't want to be messing around with that.

What was the other thing? Is there a good or bad time of day. I think like literally there's no bad time of the day to eat fats. I wake up every morning and I drink my fatty coffee. I put my dressing on my salad and my salad always has like either nuts or seeds on it. It's always got a lot of good fats in it. And then I usually eat fats at night. I mean I don't think there's, I would just say no. There's no bad time of day and any time during the day that you can add in a healthy fat is a good time of day to do so. So that's [inaudible 00:09:23]. Is there anything else you want to ask me about fats?

Kathy: No. No, you pretty much covered fats. You know, they also keep your skin moist.

Corinne : Yes.

Kathy: You know, in the winter time. You know, my skin gets really dry and I've noticed a huge difference this year and hair. It keeps your hair shiny and healthy, right?

Corinne : Yeah. It's just got a lot of really good benefits.

Kathy: Definitely.

Corinne : It's never going to be like "Oh my God, like here's all the detrimental things to fat." You know, and it's just add them in. To me, the easiest ways to add fats is when you're roasting your vegetables, throw on your oils. When you are doing your salads, use full fat. I mean it's just you know, throw some nuts and seeds on stuff. If you want to snack, snack on some nuts. I mean it's really easy to add in good quality fats. All right, so what's next?

Kathy: Definitely. Definitely. Why don't you talk about water now?

Corinne : Okay.



Kathy: Since we talked about all the benefits of fat, a lot of that translates into benefits of water as well, right?

Corinne : Yeah, so all right. I tell people this "Hey, do you want to lose weight?" And they're usually like "Yes, I do." "All right, then you need to drink your water." "But I don't like water Corinne." And then that's when I say "Oh, so when you say I don't like water you're saying I have no interest in losing weight? I prefer to be overweight." You're only going to lose water if you drink your, I mean you're only going to lose weight if you're drinking your water. Seriously. So it has to happen. It's a non-negotiable. Here's how you know if you're drinking enough. What I do tell people is start at 64 ounces. Just get good at that.

If you're like one of those people who's not drinking the water or whatever, get really good at getting to 64 ounces. Then you want to start like watching your urine. When your urine is pale yellow you're good to go. You don't need anymore. If it's not pale yellow you want to keep on going. Or if it starts turning clear you want to back it off a little bit. I happen to be a heavy duty sweater and I don't know I just I like to stay hydrated. I drink about a gallon of water a day so I think the more active you are the more you're going to need or if you live in a climate where it is kind of like, you know, balls out hot or whatever. You're going to want to drink more water.

The other thing that I tell people is like most of the time people will ask me when it comes to water "Well I hate it so now I need to figure out how to make it better." And there's a couple things that I do. One is I used to love my diet sodas. I mean I still can like rock a Diet Dr Pepper. I mean I like them it's just my bone health doesn't enjoy them. They're not good for you so I just I mean they are the rare treat now than just you know like I'm drinking three or four a day. They're hard on your kidneys for one. So I drink Pellegrino. So I buy Pellegrino in the glass bottle. I think it just tastes so much better that way. You don't have to but it's just carbonated water so it's got the fizzy, I put some lime in it if I want some. If not, I just drink it regular. That helps.



Also I use a product called XTEND, that's X-T-E-N-D and I will put a link out to that in the show notes but it is branched-chain amino acids. Don't get carried away with what the hell does that mean or anything like that. All it means is BCAA's, if you have them in your system you're less likely to waste away muscle. It's like a meat-head bodybuilder kind of thing. But let me just tell you this. I like the taste of it and I've been drinking it for I would image eight years now. I drink grape. It's my favorite flavor. Mango also tastes good. It does have artificial sweetener in it so if you're not an artificial sweetener girl you're not going to want to order it. Let me see, what else. Oh, I drink a gallon of that a day and I put two scoops per gallon. Some people make it stronger and it tastes more like Kool-Aid. I don't like it that sweet, I like it kind of just like where it enhances the water essentially. But if you ever see me on a Live and I'm drinking something purple you can guarantee that it's XTEND. I really like it. All right. What's next?

Kathy: While you're talking about water? Talk just for a minute about how caffeine intake should be balanced with water intake? You know, if you drink a couple of cups of coffee should you increase your water by a couple cups?

Corinne : I don't. I mean, to me I just count coffee. I mean I think there's a lot of people that have different theories on that but I mean maybe if you were drinking a gallon of coffee a day that'd be one thing and I'm a pretty staunch coffee drinker now. I drink three 12 ounce cups of coffee a day but I put my fats in there and stuff but I count that towards my water but I also ... Well, I don't know. I mean I say I drink my XTEND too so I mean I stay pretty hydrated. Hydration is not one of my issues. Caffeine will like dehydrate you a little bit so I mean if you're power driving the caffeine then yes, you probably need to bump that water up. But it all goes back to this. When you're looking at your urine it needs to be pale yellow. If it's pale yellow you're doing fine. I mean that's the bottom line to it but ...

Kathy: So we're back to listening to our bodies again.

Corinne : Yes.

Corinne : Seriously like I know we're talking about food rules but you will never hear me beat this drum enough in my podcast on the idea that your body needs to be listened to. Your body is going to tell you everything you know. The biggest problem most women have is they've tuned out of their body for way too long and they need to dial in. They need to turn up that hearing aid and really hear what their bodies communicating to them about what it means, what it wants, and how is it performing it's best.



Kathy: Perfect. Perfect. Corinne, should I count calories?

Corinne : Kathy you shouldn't use lost 80 pounds. But here's the deal on calories so that's another question I get frequently. I do not teach my clients to count calories. I am a like I guess, rogue out there in the diet industry. I'm not all about, I mean I used to have them do it and what I would find is this. They're counting the calories and they're eating the food and they're having issues either staying within their calories because they're either not eating enough because their bodies getting overly hungry like it's like saying "Hey, like we're losing our energy. We're doing all the things to try to get you to eat a little more to sustain us and actually lose fat." Or they're eating all the food and their body doesn't even need that much but they're still in a good calorie range. I think calories are just a very ineffective way to lose weight.

This goes straight back to listening to your body. So I teach a method with my clients of one, we are going to clean up the food. We're going to put more fuel in, then we're putting in joy. And then the second big thing that I teach them is hunger scale eating. All that means is that my girls learn how to start listening to when they start getting slightly hungry. Noticing what that feels like in their body and then they're going to stop eating when they get satisfied and I don't mean like "I need to loosen some pants and stuff." That's bull. We want to go to just satisfied. Your body is geared to teach you how to do that. The biggest issue that women have is they don't want to listen to it. They want to eat for emotion and they want to eat for a lot of other things. So that's one of the things that I've very different on. I don't think people should count calories but there's a system to it. You have to be willing, and this is hard for women, you have to be willing to trust your body works.

If you can't trust that your body works to tell you when it needs food and stuff, then that's just not going to work for you. The whole idea of listening to your body to lose weight is built upon the foundation of my body will tell me what it needs. Period.

Kathy: Yeah and when it needs it.

Corinne : And when it needs it.

Kathy: Yeah, exactly. So do you want to talk about macros for just a minute too?



Corinne : Yeah. So this ties right into counting calories. People will always say like "Well do you count macros?" Like "Well if I'm not counting calories I'm not counting macros." What I do is I think, and I think this is what you should do, like this is how I would advise any woman that was talking to me. I think you should have a good blend of just healthy proteins, healthy fats, healthy carbs, and a lot of vegetables and fruits and water. If you do all of that, you're going to be fine. It is rare that I see somebody who is just eating with common sense and being like "You know what, I just want to enjoy a meal with like, I'm going to have me some vegetables and I'm going to put some butter on my vegetables, a good quality one, going to eat some protein. You know, I'm going to have like a small baked potato with it." I've never met anybody who's doing stuff like that and not overthinking it and their macros are just screwed.

Macros are one of those things where there's two camps of people that probably do want to count macros and it's not somebody that needs to lose 100 pounds. It is someone training for an incredible athletic feat and I don't mean a 5k or a half marathon. I've done plenty of those. I didn't even count macros ... I did a race a few years ago called the Dopey where on Thursday we ran a 5k. On Friday we did a 10k. On Saturday we did a half marathon and on Sunday we did a full marathon. I didn't even count cal- or calories. I didn't count calories either then, or macros back then. What I did do was I made sure that I was listening to my body and I mean we ate quite a bit back then. I mean we would eat a lot of carbs. I mean healthy stuff. And I remember needing to eat it then because it was like my body was quickly telling me when I didn't get enough stuff.

Kathy: Yeah.

Corinne : You know, and this was before I even started really buying in to like the concept. I like knew that counting calories was just not something I wanted to be doing and I really did ... I wanted to be intuitively eating back then so it's all kind of just morphed into all of the stuff that we teach now. But it's like, I just don't think macros are super important for people to count. The other person who might want to count macros is if you are ... So I don't want you guys to think I've done everything but let me tell you one other thing I've done. Back when I first lost my weight I also did like bodybuilding type competitions. When you are ultra lean, like you already are really small and you need to get ultra lean for something. Yeah, you're going to count macros. Because at that point you're not talking about common sense anymore. You're talking about manipulating your body.

Kathy: Oh wow.



- Corinne : Yeah, so that's ... That's a different ...
- Kathy: It's hardcore.
- Corinne : It's not even hardcore. I think anybody who's trying to lose weight's hardcore. I think what it is, is like "All right. I've already done all the things that would make sense to get small. Now I'm going to do something that's so extreme it's going to take an extreme method to get there." That's where I think like macros and stuff kind of almost falls into. And honestly if people wanted to count macros that's fine. If you're a numbers person I think that's fine. But the majority of the people that I work with do not want complication. They don't want it to be hard and they don't want it ... That's why we're doing diet rules today. 'Cause most people complain it's confusing, it's hard, "I've heard so much stuff. I need to like ... Can you make it easy? Just tell me what to do."
- Kathy: And you're making it sustainable too. Nobody wants to count calories for the next 80 years.
- Corinne : No! No! I mean seriously. Who's going to be like 75 and being like "Man I can't wait to log my food today."
- Kathy: Yeah, or "I ate too much for lunch. I'm going to have to have green beans for dinner."
- Corinne : Right.
- Kathy: Yeah, nobody ...



Corinne : I mean at some point we all need to release those bullshit thoughts. I mean we just really need to like stop that stuff. And I think that doing it when you're losing weight is the absolute best time because then you teach yourself how to have that lifestyle. It's all about having the lifestyle that you want to live the rest of your life. If you love the way you're losing it you will keep doing it, and doing it, and doing it. If you hate it all the way down it ain't going to suddenly get better because your ass is small. It's just not. At some point when you're in maintenance nobody is saying "Oh, you look so small! Oh, you've lost so much weight!" All the [inaudible 00:22:33]'s gone, you're left with your lifestyle and your commitment and if you didn't lose it the way you wanted to live it you're sitting around with ... You're not getting the scale payoff anymore, you're not getting people telling you things anymore. It's ... I don't want to say it's lonely but it's just life at that point, and it's like "Well, the excitement's gone. Do I really want to keep counting all these macros?"

You know, then it goes back to what we've been talking about. The little quits start popping up 'cause you're like, you want to find those little hits of joy. And when you have had problems with food most of your life you start looking for the little hits of joy in the exact places you didn't want to look for them.

Kathy: All right. Lets do one more.

Corinne : Okay.

Kathy: Talk for a minute about if you should stop eating at a certain time of day. Like, how many times have you heard "Do I need to stop eating after six o'clock?"

Corinne : Well, there's a lot of research that says that if you eat after 6:00 PM you're just going to have a weight problem.

Kathy: No there's not.



Corinne : So it's kind of like one of those things where I've talked to people all the time about it, it's like what we want to do is we want to listen to our body. Most of the people that I work with, here's the thing. Like I don't care if you eat past dinner. I just want to make sure you're hungry. You need to be physically hungry at night and not just eating at night because like "Oh! Well I didn't eat much today. So now I'm just going to have this." Because then what happens is you form the habit of just eating at night when you're really not hungry and then you have days where you eat plenty of food and then it's just extra. So it's really up to you, your body is not going to lose weight faster because you quit eating at a certain time. Your body loses weight at a good clip when you are giving it food when it needs it and you're stopping before it's stuffed. You just don't need to be full, you don't need to eat past being satisfied. If you stay in that range the weight comes off. I mean, and that's the thing. Food rules are complicated because it's like "Well, if I make it really hard then I don't have to try as hard because then I can just sit here and live in confusion."

What I want you guys to understand is you don't have to be confused. Most of the stuff I'm going to tell you is always going to boil down to listen to what your body is saying. Is your body actually hungry? Not emotionally hungry but is your body physically hungry. If it's not then you need to not go get food you need to ask yourself "Why am I looking for food?" There's all of solving weight issues right there. A lot of the diet rules clean themselves up when you start focusing in on true hunger and what am I doing that I know I can do for the rest of my life? If you keep those in your will house you'll be fine. I just I really believe that. I just do. Do you? I mean, that's kind of what you do too right?

Kathy: Yeah. Yeah. I mean that's where the rubber meets the road right there.

Corinne : Yeah. All right. Well that's it for today. We're going to have a Part 2 where we're going to go in to a few more of the diet rules that are out there and if you guys have any questions or anything you can always leave comments. I am really good about responding to people. You know, my goal is just to help women. That's what I really want to do. And I know that this stuff's not easy. I mean it took me years to finally get to the point to where I could say like "Enough's enough. Like I'm really ready to live the best life I can so how am I going to get to that point?" And when you start looking at things from a lens of "How can I do this the rest of my life? How can I do the things that I really want to do?" I promise you, the diet rules and everything they start becoming clear and they start like ... I don't know, just making sense. We will talk to you guys next week!



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