



Corinne: Hey, everybody, and welcome back. Today we are going to talk about why meal plans suck. So I just did a ... Let's see, when you hear this ... Yeah, the Facebook live that I just did on this will have already released, and today, what we want to do is we want to talk about it a little bit in more detail.

And we came up with this when we were recording our last podcast, we were just kind of talking about why meal plans do stink, but here's the thing, I want you guys to understand that I do want you meal planning, but what we're really going to focus on today is meal plans that we find like on Pinterest, meal plans that we find from trainers, meal plans that we find in books and things like that, and addressing why that stinks, why it rarely works out for you, and more.

So, I'm joined here, today, with Kathy. How are you doing?

Kathy: I'm good.

Corinne: All right.

Kathy: How are you doing?

Corinne: I'm fine. I said, "So, like, before we get started, do you want to talk about something personal?" She's like, "Yes, I have a poop story."

Kathy: Yeah. Well, if you're a P-N-P tribe member, you know that poop stories are like, the thing.

Corinne: Oh, my God, so just for our regular listeners, I just have to say this. So, we're in Facebook in a private group. If we ever start talking about poop, ever, which happens on the regular, it is usually the biggest threads we ever have, everybody's got a story ... In fact, so, when we have new tribe members join, we put them in a special group, and then, after 30 days, they move over into our regular tribe and we do intros, and for a whole week, it's like, "Let's all get to know each other, you know, where are you from?" And talk about your pets.

This last time we did a day of everybody tell your best poop story.

Kathy: There were some great ones, too, weren't there?

Corinne: Oh, my God, I didn't even get to tell mine. Like, I got to reading everybody's. I never told mine.



Kathy: Gosh.

Corinne: I've got three.

Kathy: Funny.

Corinne: You tell yours, and that'll be my intro today as my favorite poop story.

Kathy: It's not really about me, but we kept the granddaughters yesterday, and you know that always makes me so happy, to keep those girls. And when my son and daughter-in-law dropped them off, they warned us. They said, "You might have a little bit of a stomach virus-"

Corinne: Yay!

Kathy: So we brought you some extra diapers, and here's the butt cream, okay?

Corinne: Oh, God.

Kathy: All right, so I sent Ken off to go to church without me and I said I'll stay home with the girls just in case, and oh, my gosh! The almost two-year old, blew out her diaper in the biggest, baddest way I've ever seen in my life. I mean, it was going up her back, it was going down her legs, it got all over her dress.

Corinne: Oh, my gosh.

Kathy: And she's going, "Kaka! Kaka!"

Corinne: Oh, my gosh.

Kathy: I was like, "Yeah! Kaka." And I've changed a lot of diapers in my day.

Corinne: Right.

Kathy: And I'm serious, I was gagging.

Corinne: Oh, Jesus.



- Kathy: I thought, "I'm going to throw up. I going to seriously throw up." So anyway, wiped her down, let her run around in a clean diaper for a little while, while I washed the dress and was really, really grateful this did not happen in church.
- Corinne: No crap! Because I remember you, yesterday, saying-
- Kathy: No crap!
- Corinne: Yeah, you were saying, "I'm just going to send Ken off to church. I really ... I'm just going to take care of the girls at the house. It'd be so much easier." Can you imagine?
- Kathy: Yeah, no, I can't because it would've been right in the middle of something important, I'm sure, and her standing up and hollering, "Kaka," would not have gone over well.
- Corinne: No, no. Poor baby, though.
- Kathy: Yeah.
- Corinne: That was terrible.
- Kathy: And then she started, after I started wiping her down, she started going, "Butt cream."
- Corinne: Oh, gosh.
- Kathy: "Butt cream."
- Corinne: Are they, like, sore and stuff?
- Kathy: Yeah.
- Corinne: Yeah, yeah. That's never good.
- Kathy: Anyway, that's my poop story.
- Corinne: Well, I don't know if it's my best poop story, but one of my best poop ones was when ... Well, I've, like, pooped on myself a few times as an adult.



Kathy: Oh, my!

Corinne: I'm going to tell you, the older you get ... And once you've had a kid, especially ... Logan was over nine pounds. Like, stuff starts shifting and changing down there, so I ... well, I'll just tell that one, and then I'll save my other one for another time.

I had just got through talking to one of the P-N-P girls in text, [inaudible 00:04:38] and she was a friend of mine, and she was talking about how she was having an emergency, she was running, and had to go in the woods. And, like, literally I'm on my phone talking about how I was in the neighborhood, too far away from the house, but I was in a neighborhood. There was no getting in the woods.

And I thought, "I'm just going to try to make it." About three houses from my house, it just let loose.

Kathy: Oh, no!

Corinne: And I was, like ... The only thing I could think of was, "Thank God I'm wearing black pants."

Kathy: Oh, my goodness.

Corinne: Seriously.

Kathy: Wow.

Corinne: So, I made it home, and those pants went straight in the trash.

Kathy: Wow.

Corinne: Yeah, but the funniest part of the story. The same thing happened like two weeks later. I don't even know why ... That's never happened to me before. And it was, well, I have pooped on myself before, but that was like in high school, but two weeks later, it happened again. Same walk. I was ... That's what I get for trying to be healthy in the morning.

Here was my thing. I'm going to get up in the mornings and I'm going to start my day with 30 ... I was walking to Joel Osteen, and twice, shit my pants.



- Kathy: Okay, so here's your P-N-P tip of the day.
- Corinne: Yeah.
- Kathy: Coffee, poop, then exercise.
- Corinne: Right. Then get the religious word in your head.
- Kathy: There you go.
- Corinne: So, anyway. All right. So, there's the poop stories that we have for you today. I hoped you learned a lot. That's the end of this episode-
- Kathy: No.
- Corinne: No, no, no. We got to talk about these meal plans. All right, so back to meal plans and why they suck. So I'm going to let you tell this story. Kathy coaches some of our clients, so most of our people are in our main membership, but we have a few people that love one-to-one attention, and one of our girls said something so freaking genius. She was telling me about this as we were recording yesterday and I was like, "Holy God, we got to make a podcast out of this." It's such a good topic!
- Kathy: Yeah, I mean, like you said, I have a few one-on-one clients, and every week we have group zoom call, where I get to coach them live.
- Corinne: Right. Like talking to them.
- Kathy: Yeah, talking to them, like a conference call. And this particular client, she told me, she goes, "You know, P-N-P is really different. I can't blame a meal plan, or a trainer, or an exercise plan. It's all me."
- Corinne: Right.
- Kathy: "It's all me." And I thought, "You know what, you're exactly right."
- Corinne: Mm-hmm (affirmative).
- Kathy: Nobody's tying you to a chair and cramming doughnuts in your mouth.



Corinne: Well, this was such a good point because I'm always trying to tell people what sets us apart from diets, right? People always, "What makes you different? What do I get when I join your program? And blah, blah, blah." And I'm like, "Here's where the rubber meets the road. We don't allow you to have bullshit thinking, like we teach you how to figure out what you're thinking, and why. If it's wrong in your life, it's because you need to change."

People always want there to be something to blame, or somebody, or I'm broken. Something along those lines. We really teach people, first and foremost, how to own their decisions, how to own their choices, and how to own how they think. And when you really take ownership, everything has to change. When you're not allowed to blame a piece of paper, "Well, that diet just didn't work for me, so now I'm moving on, or I'm going to three weeks eating like crazy person because that piece of paper, or that trainer, or whatever, failed me.

When you have to say, "The reason why I'm eating like a crazy person is because I chose a plan that I'm not following. It's my choice. It's not the plan's fault"

Kathy: Right. That's exactly right.

Corinne: We wanted to give you some things about why meal plans don't work, and I want to say this because ... Well, let me just start on the other side. I totally believe in meal plans. I don't want you sitting here thinking, "Oh, I thought you always talked about planning. You're the queen of planning. You're always food prepping and blah, blah, blah."

I really do like that stuff, but I want you to learn how to do it and how to be like, "I am choosing these foods because I'm ready for these foods. I'm choosing these foods because I know without a doubt I will eat them." When we get past all the reasons why this stuff doesn't work, we're going to tell you the three key things that I want you doing when it comes to planning.

So, one of the things that I don't like about Pinterest plans, or, what are some of the other ... Where are people finding meal plans these days, other than ... I always see the really excellent ones like the Flat Abs on Pinterest. I'm like, "Who the fuck's doing that, seriously?"

Kathy: Yeah, no.

Corinne: Long-term? Right.



Kathy: Do you remember the one, I don't know, it was probably eight or ten years ago that the ... And I'm using air quotes here ... American Heart Association came out with? Where you ate beets three times a week, and dry tuna, and you know.

Corinne: That sounds delicious.

Kathy: Oh, well, anybody who knows me knows I hate beets.

Corinne: I love beets.

Kathy: I actually was trying to lose ten pounds in three days, and I was choking on beets.

Corinne: I should go get that meal plan because I love them.

Kathy: Oh. But anyway, they come around, they circulate in spam emails, they're all over the internet.

Corinne: Facebook has a lot of them.

Kathy: Facebook, yeah, they're all over the place.

Corinne: I will say this, I know some of you find me on Facebook and stuff. I'm not saying that everything out there ... I'm not trying to demonize all the help that's out there. There are plenty of great things, but be very wary about just getting a meal plan and thinking, "This ... And here's the crux of it. "This meal plans' my answer."

The meal plan is a guide. The answer is you showing up for the meal plan. It's still all on you. You have to learn how to pick them. You have to know that you are committed to it and all this other kind of stuff. But finding something out there that looks great, but you're like, "Well, I could probably do that for ... I could probably do it for about ten weeks, or two months."

But then what?

Kathy: Yeah.



Corinne: What've you learned? You've learned how to do a piece of paper for two months. That's it. You've not learned how to do life, you've not learned how to think differently about when you want to eat because you're pissed at your husband. You've not done any of that work.

Kathy: Yeah, you don't know how to plan for your birthday-

Corinne: Right.

Kathy: Or, like you said-

Corinne: What meal plan's-

Kathy: What do you do when you get mad at work?

Corinne: In the summer.

Kathy: Go eat beets.

Corinne: Yeah, I'm going to get down on these beets because that'll teach everybody.

Kathy: Yeah.

Corinne: But they don't go on vacation with you.

Kathy: Right, right.

Corinne: The thing is, is I'm all about a plan, but I want people to learn how to plan. And all the facets that come in with it, because I think that when we start relying on somebody else to create it for us, and I was talking about this in the Facebook Live, that we want to advocate our responsibility for our choices, our decisions in our life.

Like, that's very natural in us. It is so much easier to say, "If so-and-so was different." "If this trainer only knew." "If ... Whatever.

Kathy: Yeah.



Corinne: That's the easy way. The hard way that's going to give you a payoff, is to be like, "You know what? I'm going to figure it out." We always go back to, "I'm going to figure it out." You know, it's not easy to learn how to meal plan, but it's necessary. You know, the hardest parts of meal planning is making one, F'ing it up, and being able to go back and look at it and say, "Here's my process errors. I'm not shaming today. I'm not making this mean I'm a failure, and I'm going to fix things."

Kathy: I love process errors.

Corinne: I do too.

Kathy: I really like that term. Because that's what it is.

Corinne: I've been using it so much lately-

Kathy: Yeah, that's a good-

Corinne: That is the jam these days.

Kathy: Because it takes all the emotion out.

Corinne: It does.

Kathy: You know, you didn't screw it up, it was a process error.

Corinne: Yeah, I mean, it's just ... It's a beautiful way to look at things, you know, it's like ... And I was ... I've been talking about it a lot lately, especially with our clients, but when you really can sit there and tell your brain, "Look, I get that we want to make this very judgy of ourselves, but we're just not doing that."

The only way to improve is to go to the process. When you are ... When the judgment starts, when you start calling yourself "stupid," "lazy," "never going to get it," when you start having all of that, you're standing in the way of action at that point.

Kathy: Yeah.



Corinne: You're going into a space where you can't act in the way that you need to in order to move forward. When you take all that out and you're like, "No. My job is to figure out what's not working and why it's not working, and when I know the why, then I can start working on the fixes."

So, is there anything else ... What else is those ... Well, and here's the other thing I don't like about what I would call shelf meal plans. So let's categorize it. There's the shelf meal plans of what somebody gives you, and says, "Hey, do this," and, there are meal plans that are yours, or even if you take shelf one, you take these things into account.

Basic meal plans, they don't allow you to start learning your body. They don't allow you to start figuring out ... If your rule is, "I have to follow this in order to lose weight," what if your body doesn't like it? What if your body is not agreeing with you? Then you're probably going to quit because your body's not agreeing with you, but make it mean your a failure. Or, you're going to be doing something that your body doesn't like, which is never a good deal.

We talk about this all the time. Apples are super-healthy, but they break my mouth out in sores. I can't have apples. It's not a good deal for me. And, so if my meal plan required one, I've got two choices. Feel like a failure because I can't eat apples, or get mouth sores to follow the meal plan.

Kathy: Feel like a failure because you can't follow the meal plan.

Corinne: Right.

Kathy: Well, I can't do this one either.

Corinne: And the problem with pulling those things off the internet, unless you're really good at this, of saying, "Okay, well I can't have an apple, so let me be creative with it." Most people, when they're looking for those meal plans, are so afraid to make the decisions themselves, because they think, "I'm going to screw it up."

Kathy: Yeah.

Corinne: So they're just follow it blindly. Then that leads into white knuckling. Because then what happens when you need to go out to dinner with people? Do you start going into deprivation mode?

Kathy: You leave your lunch at home.



Corinne: It's not on my meal plan, so I just can't have that, you know, and then you start thinking all those shitty thoughts. End of the day, guys, if you don't clean up how you think about your food, you will not keep trying to lose weight. Nobody will sit there for the long term and be able to take that kind of internal chosen pressure, and that's a key thing.

You are putting pressure on yourself, you're feeling terrible because of how you're thinking about it. And you really have to start owning that side of it. And then what else does it do?

Kathy: It doesn't prepare you for what happens when you've lost the weight.

Corinne: No!

Kathy: No, if you've lost 10 pounds eating beets and dry tuna, and that was your goal, what are you going to do when you come off the beets and dry tuna?

Corinne: Worry.

Kathy: It doesn't tell you what to do.

Corinne: You're either going to worry or you're going to convince yourself, "Well, because I've gotten here, I'll just have a little, and I'll have a little, and I'll have a little," until a little becomes, "Now I'm out of control."

It's so funny to me how quick having a little bit of something will ... If you have not prepared ... If you have not learned how to take control and ownership of your choices and your actions, then when you have a little, you will slip into, "I'm out of control so easy," because you never taught yourself you were ever in control. You taught yourself, "I'm following this plan until I get to this goal, and when I get there, I'll probably be so damn happy that I won't want to put my weight back on." You've not learned how to address things.

Kathy: Yeah, you didn't pull up those old habits and address them, and figure out what they were and how to change them. You just put them on the shelf.

Corinne: Right.

Kathy: So, you put the meal plan and you take the old habits off the shelf.



Corinne: Exactly. All right, well let's tell them how you fucking do this like a boss. Let's talk about that. Now that we've told you all the ways you're probably broken when it comes to meal plans. Let's lift them up just a tad.

So, the very first step ... I want to say this, first of all. If you have not done my free course, P as in Paul, N as in no, P as in Paul, 411.com, We are basically going to tell you the down and dirty version of this free course I have. But when we were mapping this out, we're talking about meal plans suck, I kept saying, "Well, they got to do this and they got to do that," and she was like ... Kathy said, "Well you have to teach them how to do that," and I said, "I do in my free course."

She hasn't taken it because she's been with me for so long, but the very first thing is, you need to learn how to make your own meal plan. That is in Video Two. So, if you want to know how to do that, get it, and then go to Video Two. It's really key.

When you know how to make a meal plan, when you know how to take ownership, and you know how to take the control, you can go on vacation and still have a meal plan, and it doesn't have ... I tell people all the ... They'll ask me, "I'm going to need travel tips, oh, my God. I'm going out of town. I don't get to pick the food, and I don't get to pick where we're going." I'm like, "So what. You're still in control." And they're like, "Well, no I'm not because I don't have a plan." I'm like, "You have to get your mind into the mindset of 'I always have a plan.'"

I can always make decisions ahead of time. That's all a meal plan is, guys. It's taking in consideration what the Hell's going on this week, and making the choices ahead of time. So if you were on vacation ... Here's how I do it when I go on vacation. I think about what we're doing the next ... I'll think about the vacation as a whole, and then I know that I'm not going to eat past satisfied. That's like one of my meal plans.

Kathy: That's the top one for me, too.

Corinne: Yeah. My other meal plan is I don't eat bread baskets. You will never see me munching out of bread baskets. It is, like, "No." I just don't do that.

Kathy: I don't even let them bring them to the table.

Corinne: Yeah, you just start thinking about ... Like in my home, I always eat a healthy breakfast, but when I go on vacation, I almost always do eat breakfast. I don't eat breakfast as much at home, but I do more when I'm on vacation.



Because we're ... Well, now, I will say we go to Vegas, our breakfast is usually rolling up at noon, but ... but still, when I have my, let's say, first meal of the day, I always make the first meal of the day, the best meal. That's always a thing that I do. For me, my meal plan on vacations, or when I travel or whatever, when I choose to have treats, it's usually always going to be at night.

I'm not going to eat I-Hop or doo-doo just because I'm there. So, when I'm in the mindset of first meal of the day is the best meal of the day, I can find healthy options, and if I can't find a super-healthy option, I default back to, "Make the best choice you can that you will feel proud of when you finish eating." That doesn't mean that it has to be perfect. It just means it has to fit that criteria.

So a lot meal planning is your mindset. It's not saying, "I know exactly what I'm going to eat, exactly when." And that's the problem with the main meal plans out there. They tell you when to eat, what to eat ... God forbid, life happens and you have to change things.

Kathy: Yeah, it's back to that thought work, right?

Corinne: Always thought work.

Kathy: The other thing I do, on top of that, is I will not let myself react. If I hear my little devil on my shoulder saying-

Corinne: I'd like to see your devil.

Kathy: You know, you really could have some ice cream right now.

Corinne: Mm-hmm (affirmative).

Kathy: I don't react. It's always the decision I've made ahead of time. Ahead of that meal.

Corinne: Well, that's all a meal plan is, it's like-

Kathy: Just shut it down.

Corinne: And for some of you, you're not even ready to think about an entire week. Which one of your podcasts, where we were talking about Marie, when she did-



Kathy: Oh-

Corinne: "Food prep."

Kathy: Yes.

Corinne: Yeah, it was in our "Food Prep" episode.

Kathy: I think it was "Weekends."

Corinne: "Weekends."

Kathy: I think it was actually "Weekends."

Corinne: Okay, it was our "Weekends" episode. So, like, think about if you're not ready to do a whole week, just make a meal plan for the next two to three days.

Kathy: Right.

Corinne: And then reassess and just keep doing it a couple days out until you get to where you want to add more, and you want to add more. And that kind of rolls up into point two, which is your commitment level. When you're making your meal plan, whatever it is that you do, I want you guys all in on your choices.

So sometimes, when you've got more than 100 pounds to lose, it's like me. I was all in on eating ice cream out of a big-ass bowl in the beginning, and not going back to the carton. But I wasn't all in on giving up my ice cream just yet. So that was part of my plan. Commitment is actually Video One in that free course, so seriously, y'all, I'm telling you, get that free course.

But, I want you to look at whatever it is that you're thinking about doing, or agreeing to do, and ask yourself, on a scale ... And this comes from Coach Kathleen, so just want to give her some kudos. So, on a scale of one to ten, if you are not an eight or better on your choices, you are not making a meal plan. You are wishful planning at that point.



I want you to make sure that you are committed. The problem that most of us have, is that we practice quitting, giving up, or being reactive, and you need to practice your commitment. You need to get to where you're like, "I am out of ... I am totally taken perfect out of the equation." Because that's I think what happens. We have so many of our girls, their pain point is perfectionism.

Kathy: Yes.

Corinne: I have to be completely right. I'm afraid to make a mistake. What will people think and all that kind of bullshit.

Kathy: Well, if I make one small mistake, I've just blown the whole thing.

Corinne: Right. So, when you are starting, you've got to let go of what you think is perfect and what you think will get the weight off, and what you think will do all this. You're mind has to be totally drilled on to the idea of, "The way I'm going to lose weight is by making decisions and being committed to them." No wavering.

So start small. You can't start small enough, guys. I promise you, it snowballs. If I can start with a fifteen minute walk and a big-ass bowl of ice cream every night, and lose 100 pounds over 18 months, then you can start small too. You have to let go of the idea that you're screwing it up or you're not doing enough. This won't be fast enough. I have so far to go. We have podcasts on all of that now.

Kathy: Yeah, we do.

Corinne: Go back and listen. If your problem is I have so far to go, so I need something strict, oh come on. I love it when somebody tells me, "Well, I'm not following this plan, so I need a stricter one."

Kathy: Right. "I'm not losing weight fast enough," is what we hear.

Corinne: And it's like ... My big one though, is I love when somebody says, "I wasn't able to follow this one, so-"

Kathy: "So now I need another one."

Corinne: "So now I need a stricter plan." A stricter one. Let me just turn the heat up.



Kathy: Yeah.

Corinne: "Because if it's harder, I'll probably do it." I'm like, "Do you hear the words coming out of your mouth?" If you don't, you just heard them coming out of mine. So make sure that you are practicing being all in and committed to what you're going to do.

Kathy: And you know, that's really important. On the commitment, when you start those small commitments, you begin to teach yourself how to commit.

Corinne: Yes.

Kathy: You begin to teach yourself that it's okay to commit, and then you see the successes of those commitments, and that enables them to get bigger. That enables you to commit to something just a little bit stronger.

Corinne: You also get to feel success.

Kathy: Yeah.

Corinne: So many of you never even give yourself the opportunity to feel success, which totally leads us into point three, which is, at the end of the week, or at the end of every day, I want you to assess what happened. When I say be all in and committed, that doesn't mean you're not going to mess up sometimes. Stuff still will happen, but I want you to go back, and the first thing I want you to ask yourself because nobody ... I don't know a woman who does this enough. Prime your brain to look for what went right first, before you look for what went wrong.

You will never keep your weight off if your brain is always looking for what went wrong. "What's going wrong? What is wrong with me?" You've got to start working on training your brain on how to think about, "Here's the things that actually go right in my life. Here are the ways that I actually showed up for myself."

If you look at your day and it was all a train wreck, then your success is, "I'm at least looking back at my day." There's my success.

Kathy: That's it.



Corinne: I'm showing up for me today. Start with that. The second thing is commit to yourself that you will not judge your day. You are not going to sit there and you're going to say, "I'm terrible because," of all these reasons. "I'm a failure because of that these reasons." You're going to be like, "No, we ... And that will happen, girls. I'm not kidding. When you start this process, all of this is very trained behavior for yourself.

The only way to break the behavior is to start doing it a different way, allowing that to be uncomfortable, while allowing listening for the old behavior. It can happen, you just don't have to fight it. Just let it be there and say, "Yeah, but we're still going to look at this. We're still going to figure out what process was broken today? What am I going to try that's new tomorrow?" Or, "What am I going to try that's new for the next week?"

My tribe members do a ... they have something that they do every Sunday. They submit plans, and on their plan, the very first thing I have them do is "Keep, start, stop." I learned it in yoga. It's not a big secret. I even have blog on it. If you go to pnp411.com, click on the "blog" link and search "keep, start, stop." You'll find a whole blog on explaining it.

But the short of it is, is that the very first thing you want to do when you're looking at your day, or you're looking at your week. What do you want to keep doing? You had something that went right today. Find it, and that's your success. The next step is where do I want to start? What is the ... keep start stop. Just making sure I didn't get it out of order.

Kathy: Yeah, you got it. This is my favorite exercise. I love it.

Corinne: The next thing is we start with the starting. The reason why we do that is to get your brain pumped into, "What do I want to start doing this week? What do I want to start doing tomorrow?" Start thinking forward. Start thinking confidently.

The last step is looking at, okay, given all that, "What is one thing that I can say that's not helping?" And I'll work on that one thing this week, or this one thing tomorrow, and stop doing that. And get it in your brain.

When you follow "keep, start, stop," it's very hard to judge yourself.

Kathy: Yeah.

Corinne: It's very hard to bully yourself. It's almost impossible to call yourself names in that process.



Kathy: It also allows you to think outside the box.

Corinne: Yeah.

Kathy: It allows you to look at things without judgment. It's really an awesome exercise, and if you tell yourself the truth, you're really expanding your mind, and looking at new possibilities.

Corinne: And I'm not 100% sure. I'd have to go back and look, but I think on the free course, I want to say they have the planner page that we use in the tribe, and the "keep, start, stop" is on there. If it's not on there, just write it on the back of your paper. Seriously. It's on our tribe one, but I might've pulled it off of the course, just because I don't cover that in the course, but it's a beautiful exercise, but that's all it takes to make meal plans.

Kathy: And let me just say this one more thing about "keep, start, stop."

Corinne: No.

Kathy: There is always something to write.

Corinne: Always.

Kathy: Don't let your brain go to, "I don't know what to start, so I'm going to leave that blank."

Corinne: Never.

Kathy: No. There is always something to write down.

Corinne: I don't care if it's, "Start drinking one more ounce of water next week." I mean it just ... You need something, and the purpose of doing that is to practice that behavior of always trying to figure out, "How can I level myself up? How am I becoming the best version of me?"

So often we think in terms of, "I don't want to be me. I don't like who I am." We did that whole podcast on "I'm too fat." We think about what we don't want to be, and we sit there and we dwell on it, and we never even think about, "What if we quit doing that and we start thinking about how am I going to be the best version of myself?"

Kathy: Yeah.



- Corinne: Just ask that question. But that's really all it takes to meal plan, guys, it's ... And here's the funny thing, in our podcasts we rarely talk about food. We have I don't know how many episodes. We're coming up on number 10 when this one's recording, which we will have probably 16 or 18 by then. And we have two whole podcasts dedicated to actual food choices.
- Kathy: Right.
- Corinne: And when I do lives, every now and then people will ask me about ... The only question I really ever get now is carbs, coffee, and extend. "Tell me about your coffee, Corinne." "What's that purple drink you're drinking?" And, "I'm afraid of carbs."
- Kathy: Yeah.
- Corinne: But other than that, it's so much about ... And that's not even important, but everything we teach you is about how you think about food. It's not so much what you're eating. You nail how you think about food, then the quality of your food automatically rises. You want the better food. You're not using the crappier food as your crutch anymore. And that's where it all changes.
- Kathy: Sure does.
- Corinne: Anything else, Missy?
- Kathy: You know, I just think it all goes back to taking responsibility for what you're eating, and the decisions you're making about what you're eating.
- Corinne: Yeah, just own it.
- Kathy: Yeah, you've got to own it.
- Corinne: Well, and that's the whole part of creating your own meal plan. When you start creating your own, you're owning all your choices.
- Kathy: That's right.
- Corinne: You're like, "I've thought about it. I've really taken it into consideration. Here's the things I would enjoy, and here's the things I'm committed to. This is all me, now."



Kathy: Yep. And when you tweak it, you're owning it even more.

Corinne: Oh, yeah.

Kathy: Yeah, it's awesome.

Corinne: All right, everybody, that's it for today. I hope you enjoyed, "Why meal plans suck," and that you're going to be motivated to go out and ... When you get this podcast, it's a Friday, so I want you to think, like, "I want to plan my weekend." Take the three lessons we taught you about, "What do you want out of this weekend?" Like, "What are you committed to?"

Put some stuff down on a piece of paper, and at the end of the weekend, just go back and tweak it, and say, "This worked, this didn't," so my weekends can get better.

Talk to you later.

I hope you enjoyed today's show. I'd love to help you with your weight loss, too. Come on over to pntribeshow.com, that's P as in Paul, N as in Now, and P as in Paul, tribe, show, dot com. You'll find a free course that is sure to give you more tips and things you can do, starting today, to lose weight. I'm on a mission to make sure every woman has what they need to change their life, just like me.