
Freed From Binge Eating

Food Freedom Edition



Life-changing practices to break you free from
binge eating, and feel free.



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Introduction

I don't know about you but I love Summer time! The sun, barbecues, camping, beach, hiking, friends, and family! Oh and all the yummy food, we cannot forget the food!

But it didn't always use to be that way. I use to dread Summer for many reasons like, fear of wearing a swimsuit and not looking how I wanted to, binge eating a barbeques, and all the drinking!

I found myself dreading Summer more than I was enjoying it. I would be at an event scared to eat or scared to sit down incase my rolls showed. I was missing out on the fun at the event because my food and body insecurities were taking over.

Now, those days are long gone and I am going to give you all my top level tips so you can get back to enjoying your Summer time without fear around food or your body.


Imagine going to a barbecue and leaving feeling confident, light, and NOT overly stuffed. Imagine feeling in control around all of your favorite foods. I am giving you all the tips you need to leave binge eating behind and more!



What is Binge Eating?

By definition binge eating is "the consumption of large quantities of food in a short period of time, typically as part of an eating disorder."

"Behavioral and emotional signs and symptoms of binge-eating disorder include: Eating unusually large amounts of food in a specific amount of time. Feeling that your eating behavior is out of control. Eating even when you're full or not hungry."



Why Do You Binge Eat?

You binge eat for many reasons, but the major one is food is used as a coping mechanism.

Whether it is stress, anxiety, depression, or an emotional breakdown, you lean towards food to cope with these emotions because it is an instant relief.

Food gives us a momentary relief because food is associated with happy memories and brings us comfort. However, that relief stops as soon as we stop eating, so what do we do? We keep eating, and eating, also known as binge eating.

Another major reason we binge eat is due to the fact that we use extreme restrictions with certain foods. Have you ever said "I can't buy that or I eat the whole thing in one sitting?"

By not having it in the house you are making it a special, rare, treat, which makes you want it **EVEN MORE**. Your typical "dieting" usually only allows you to eat certain foods, Enter binge eating, because you are taught to **CRAVE** all the foods you tell yourself are "bad".



How Do You Stop It?

We are going to dive into all of my tips and practices to help you stop binge eating for good!

One reminder before we get started is that these are probably new practices to most of you and developing a new mindset towards food takes TIME.

Understanding that this is a practice, meaning in order to get the most out of it, you have to practice it frequently, daily.

This is not a miracle cure, or magic pill. So if that is what you're looking for you will not find it here.



The Mindset

First things first, let's address your mindset.

We want to get rid of words like:

"Can't have"

"Bad"

"Good"

"Cheat Day"

"Shouldn't have"

Your vocabulary is a huge part of your binge eating. It takes time to change so give yourself grace as you start to bring awareness to how you speak around food. A lot of those phrases and words are associated with negative or deprived feelings.

Replace with words like:

"I feel"

"Nutrient dense"

"Lacks nutrients"

"food is just food"

"One food does not make or break my health"



Include Your Favorites Often

Like I mentioned earlier, restriction will ALWAYS = Binge Eating. So it's important to include your favorite foods often.

Doing this helps take those foods that you deem "special" "treat" "Cheat day food" and turns them into just food. Nothing special. It takes your cravings away because you can have it any damn time you please. See how that works?

Now this can be a little scary at first, and may even cause you to binge in the beginning. That is normal. And so is gaining a little bit of weight. But please be patient and trust the process!

Giving yourself FULL permission to eat your binge foods is KEY to leaving binge eating behind.



During a Binge

When you notice yourself binge eating or getting the urge to binge here are a few steps you can take during your binge to help you.

1. Get up + shake your body. This breaks the pattern of the binge + gets you to stop eating.
2. Next, go splash cold water on your face. This also breaks up the pattern of binge eating, and adds a sensory disruption to the activity.
3. If you continue to eat after the first 2, you are no longer binge eating, you are just eating.



After a Binge

After you binge eat there are a few necessary journal prompts you should explore.

1. Ask yourself what triggered the binge eating.
2. What are you feeling in your body?
3. What emotions are you feeling?



Journal Prompts

- How do I plan to practice self care after this binge?
- Who can I reach out to for support?
- What steps can I take for the rest of the day to be gentle with myself?
- Am I blaming myself for this binge and why?



How to Stop Overeating

During Summer time, there are a ton of events. From weddings, to barbecues, to holidays, traveling and more!

Which means there is a lot more opportunity to eat and eat, and eat! So how do we enjoy all of the yummy food without overeating? Let's dive into it.



How to Stop Overeating

Tip #1

Eat before you go.

Always eat before you go to an event. Preferably something protein forward (more protein on your plate than anything else) to help keep you full. Why do we do this? If you don't eat before you go, most likely by the time you get there and the food is served your hangry monster will be out in full effect.

Eating before you go, tames the hangry beast, + will allow you to be aware while at your event. You will be able to be intentional with the food you choose instead of just trying to eat everything in sight.



How to Stop Overeating

Tip #2

Bring Your Own Food

I cannot stress this enough. Make a dish and bring your own food. This way you KNOW there will be a food there that you will enjoy, and fits whatever eating preferences you have.

I cannot tell you how many times I have gone to a bbq and everything has dairy in it and then theres only one food I am able to eat that turns out to be crap. Bringing a dish will help you alleviate food anxiety and everyone loves food so everyone will love you! Make sure you bring enough to share!



How to Stop Overeating

Tip #3

Small Plates

Often at a Summer event it's typical to grab a plate, and fill that thing up as much as you can before you sit down. We are getting rid of that method as it leads to overeating. Start with a small plate with about 3 different foods on it. After you sit down and eat that food, if you are still hungry or want more you can go grab it!

Because you take a smaller amount of food at one time you are able to eat then ask yourself if you're still hungry. This gives you room to listen to your hunger cues, because you have to stop, and walk to go get more food before continuing to eat.

How to Stop Overeating

Tip #4

Take it to Go

There is no rule that says you have to eat all of the food on your plate right then and there. Take the food to go! If you are full in the moment but you still have more food or say you want to eat a brownie but can't possibly eat anymore in that moment, take it to go!

You can always take food home with you and enjoy it when you are hungry again. You always have a choice to eat in the moment, or eat later depending on your fullness and hunger cues. You get to decide if you want to be overly stuffed or if you would rather stop eating now and continue later. You can even ask yourself in the moment, what sounds more enjoyable?





How to Stop Overeating

Tip #5

Nothing Special

The food at barbeques is nothing special. I know I know, it's delicious! BUT truthfully you can make it anytime of the year. It is nothing special. And you will probably get a chance to either make it again or eat it again this Summer.

This mindset helps you see food as just food and nothing more. It is not special, it's not a treat, it is all just food you can have anytime you want.



How to Stop Overeating

Tip #6

Chew Each Bite

This one might seem obvious but we don't actually chew our food enough! Chewing helps you breakdown the food so it can be digested and absorbed properly. Fun Fact *chewing your food more helps reduce bloating . But let's talk about WHY chewing helps you NOT overeat. For this tip, I would like you to chew each bite of food 20 times.

Yup 20 times! This is my clients least favorite task because it's annoying and it WORKS! Chewing each bite 20 times forces you to really slow down and focus on your food. If there was one practice I could give to all overeaters this is IT! Give it a shot.



How to Stop Over Drinking

When the weather gets warmer it gets easier and easier to just grab a cold drink out of the fridge, whether its a beer, cocktail, wine spritzer or whatever floats your boat.

Drinking causes inflammation, bloating, + a swollen appearance. It can also cause unbalances in your hormones, contribute to gut health issues, as well as allergies among other things.

So do we stop drinking all together? Personally I don't feel that is necessary. I think there is a way to include drinking in your life if you want it. So let's dive into my favorite ways to enjoy a drink without over drinking.

How to Stop Over Drinking

Tip #1

Water Between Drinks

This one is super simple but extremely effective. Sometimes it can be easy to just keep grabbing a drink. But whether you are at home or at a bar, having one glass of water between drinks can be a game changer. The obvious benefit is that it slows you down. It also fills you up because of the volume!

Drinking water will help break the pattern of you constantly grabbing an alcoholic drink and will help keep you full. You also still get to have something in your hand which is a plus and get to have your alcoholic drinks too.





How to Stop Over Drinking

Tip #2

Go Out to Get it

I know it's cheaper to buy your own alcohol and make your drinks at home. But if you have it at home it's also easy to drink it constantly. So I recommend NOT keeping it in the house and going out to get your beer or cocktail this Summer.

This is a fun way to go out with your friends or your honey, you also aren't completely cutting alcohol out. Austin and I do this and it is so much more fun to go grab a beer. We also do it less because it costs more money. It's a great way to slow your drinking and have some fun dates or friend get togethers at the same time. The goal isn't to completely cut it out obviously, but to be more intentional about when you grab a drink. You will be less intentional about it when money isn't on the line and it's just sitting in your fridge.



How to Stop Over Drinking

Tip #3

Replacement

If you are someone who always grabs a beer, white claw, or glass of wine, I recommend getting a sparkling water replacement. Often it is just the action we are use to and not the drink itself. I do this myself with sparkling water and put it in a wine glass or beer glass to give me the same effect.

This is simple, but powerful.

Pro Tip * not all sparkling water is made the same.

What to look for in your ingredient list:

- Water
- Fruit Juice

*That's it! If something says "Natural Flavors" I would look for a different option as "Natural Flavors" is just a phrase to cover up a slew of chemicals that have been put into your food.



Cocktail Tips

Use vodka, Monkfruit Extract, ice, and citrus fruit to make a sugar free cocktail. *Monkfruit Extract is a sugar free sweetener. You can buy it on Amazon or from the Lakanto website.

Try tequila on the rocks, with lime.

Try a low calorie beer if you keep it in the house like Michelo Ultra.



Nutrition Tips

Your Favorites but BETTER

Barbeque Sauce Primal Kitchen BBQ Sauce
(less sugar + whole food
ingredients)

Pasta Salad Try Banza Pasta, no pasta
at all, make it with
chickpeas or potatoes
instead of pasta

Potato Salad Try Primal Kitchen Mayo

Coleslaw Try Primal Kitchen Mayo
or no Mayo + use olive oil
instead

If you need help with a Summer
recipe shoot me a dm on
instagram + i'll help you out!
@freednutrition

A close-up photograph of a hand with a ring on the ring finger, carefully placing a fresh blueberry onto a bowl of yogurt. The yogurt is topped with various fruits including strawberries, kiwi, and blueberries. The background is softly blurred, showing more of the same dish.

Nutrition Tips

How do you feel?

Your body knows what you need or don't better than any nutritionist, dietitian, health coach. I know that goes against everything you have been told but it is the truth. Do not underestimate the fact that you and your body know when it feels the best.

Ask yourself how you feel after every meal, every food, every drink.

You will start tuning into what foods make you feel like a rockstar and which really make you feel crappy.

You will then start choosing foods based off of that simple question. It is life changing and something simple you can do every day.

This is a small intro into intuitive eating and it's powerful!



Nutrition Tips

Foods in Season this Summer

- Apples
- Apricots
- Avocados
- Bananas
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Cantaloupe
- Carrots
- Celery
- Cherries
- Corn
- Cucumbers
- Eggplant
- Tomatoes
- Garlic
- Green Beans
- Herbs
- Honeydew Melon
- Lemons
- Lima Beans
- Limes
- Mangos
- Okra
- Peaches
- Plums
- Raspberries
- Strawberries
- Summer Squash
- Tomatillos
- Watermelon
- Zucchini

Seasonal eating is great because different fruits + veggies have different vitamins + minerals. When you eat seasonally you get a wide variety of all the nutrients your body needs throughout the year.

It is also great for gut health biodiversity.



Nutrition Tips

Shop Locally

Support your local Farmer's Market and buy fruits and vegetables. With prices increasing everywhere this is an awesome way to put money back into your community and get extremely fresh food that tastes 1000x's better than the grocery store food.

Get brave, try new foods, include your kids, and make it an experience.



Last's Remarks

You do not need a diet to be Summer ready.

You do not need to be skinny to wear a bikini.

You do not have to eat only salads to be healthy.

What you truly need is to develop a new mindset towards food so you can be free from all the bullsh*t thrown your way.

Tuning into your body and just paying attention to how it feels will do WONDERS. The guide gives you a damn good start to rebuilding your relationship with food and finding your food freedom.



Family Body Shaming

Nothing is worse than going to a family barbecue and one of your family members commenting on your weight.

It's hurtful, it ruins your day, and just makes you feel like sh*t.

And ya know what? You cannot control what other people say but you can control your response to these comments so that is exactly what we are going to work on.

The truth is, your family member probably does not realize their comments are hurting you. So it is your job to tell them. Now before you get nervous I will walk you through my favorite steps to gain confidence in this area.



Family Body Shaming

First, we need to pick a few statements for you to say back to said family member when they comment on your weight or how you eat. Here are my favorites but feel free to tweak them and make them your own. It is important to remember that we want to be straightforward but not hurtful.

Someone comments on your food:

"My food choices are none of your concern"

"I am nourishing my body in a way that makes me feel confident"

"I know what's best for my body, please do not comment on the way I eat as it is hurtful"



Family Body Shaming

Someone comments on your weight:

"You may mean well but those comments are extremely hurtful"

"I do not comment on your weight so please do not comment on mine"

"I am at a weight where I feel comfortable and confident, please do not comment on my weight again"

"My weight is not your concern"

"There is more to me than just my weight"

"This is not the appropriate time or place to comment on someone's weight"



Family Body Shaming

Ok, so now you have your statements, what next?

Next you are going to practice saying those suckers out loud. Yes out loud. In your shower, in your room, on your walk. Wherever.

The point is to gain confidence with those phrases coming out of your mouth. Because it is such a tender subject and emotional, sometimes it can be hard to stand up for ourselves in the moment.

Practicing out loud helps you get comfortable saying those words so when you finally get to the event and someone makes a comment you are prepared and confident!



Family Body Shaming

I would also like you to keep in mind, when family members comment on your weight it is because they are insecure about their own weight.

Keeping that in mind, in the moment, can be life changing! It has helped me an incredible amount when people comment on my weight.

No one comments about someone's weight unless they are insecure about their own weight.

Repeat this before every family event. Eventually you will just automatically be thinking it after practicing it for a while.



Family Body Shaming

The best way to stop family members from commenting on your weight is to tell them.

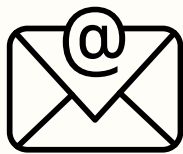
If you don't speak up they will just keep doing it. Be brave, practice, you deserve peace around your body and food. This is a piece of that puzzle.

You are so much more than just a Body and weight is not a complete picture of your health so please know that you hold value outside of your weight.

If you want to practice your statements with me for feedback, I would love to support you. Reach out to me on instagram @freednutrition

Stay Connected

Helping women find food freedom is my passion which is why I am beyond excited you are here! If you need more support, please reach out I would love nothing more than to support you on your journey.



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Let's Connect!