

Let's talk about DIETING

INTENTIONAL DIETING

Intentional eating helps you get started & build momentum to get on track. Measuring food does take effort, but as a short term tool it'll provide the foundation of education and motivation you need.

It's like practicing any skill - intentional dieting means going back to basics and practicing!



INTEGRATIVE DIETING

Once you're familiar with the types, times, and amounts of foods that make you feel awesome, you can start to relax a little! Yay!

You're still making conscious choices about what you eat, but you no longer need to measure and count every meal and snack.



INTUITIVE DIETING

Imagine eating nourishing, real food... not because you're trying to shed belly fat before your next vacay or because you're following a structured meal plan - but just because you feel like it. (You're going by feel, and feeling GREAT.)

That's intuitive eating, and that's where we all want to be!

