

1 Hour Guilt Free Holiday Guide

A Complete Resource To Help You Skyrocket Your Ability
To Enjoy This Holiday Season In A Way That Feels Good!



**MADE FOR YOU WITH
LOVE & SPRINKLES**

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How To Use This Guide



hey, gorgeous!

in Colleen!

YOUR NEW NON-DIET, INTUITIVE EATING DIETITIAN BESTIE

I'm so incredibly happy they you've decided to become a member of The SociEATy! You're going to absolutely LOVE this community and all of the support, guidance and accountability you'll get. I know, without a doubt, that by following the materials in The SociEATy you WILL learn to live a life of no food rules- which you so deserve!

I created this 1 Hour Guilt Free Holiday Guide to help give you a jumpstart on all of the materials because.... well... let's be honest- the holiday season is maybe not the most ideal time to add another task to your to-do list!

So, to help, I've compiled everything that you NEED to know right now in order to survive the holiday season and put it right here for ya. **If you do nothing else besides spend 1 hour reviewing this ebook during the holiday season you will skyrocket your ability to enjoy the holidays without a side of diet culture guilt...** but also in a way that FEELS good and isn't just binge eating the cookies. How does that sound? Fab, right?!

This ebook is not a replacement for what you'll find in The SociEATy so I want you encourage you to work through those materials when you can. In order to get the best results, work through each of the 5 stages that are laid out for you in the membership site. However, consider this your little 'cheat sheet' for now!

I'm so dang excited for you and can't wait to see your CRUSH IT on your intuitive eating, no food rules journey! Let's DO IT!

-xoxo Colleen

Index

Page 3.....	How To Fuel Your Body During The Holidays
Page 10.....	Your Full Holiday Party Plan
Page 14.....	How To Fight Food Guilt
Page 15.....	How To Handle Food Comments
Page 16.....	Ugh! I Don't Feel Good!
Page 17.....	5 Minute Body Image Routine
Page 18.....	More Body Image Boosters
Page 22.....	Help! I Ate Past Fullness!
Page 24.....	I'm Tempted To Diet
Page 25.....	I Feel Guilty Not Exercising
Page 26.....	Additional Holiday FAQs
Page 27.....	Next Steps

How To Fuel Your Body During The Holidays

Main Takeaways:

- **eat every 3-6 hours maximum and include carbs, fat and protein at most meals**
 - this will ...
 - refuel your body after dieting
 - help you get strong hunger and fullness cues to listen to
- **don't focus on going out of your way to break any other food rules...yet!**
 - focus first on refueling your body and getting strong hunger and fullness cues
 - if you skip this step of course you won't know how to stop eating once you break your rules foods!
 - this doesn't mean you can't break food rules, it's just we don't want to put our main focus there yet or stock our pantries with all of the things- that is typically too overwhelming for most people

Those are the 2 things you want to focus on right now.
Checkout the next pages for a more in-depth explanation.

How To Fuel Your Body During The Holidays- Full Explanation

The first thing you need to do before you even try to "listen to your body" is to refuel it properly after dieting. You're going to want to focus on something called 'biological reconditioning' before you even break any of your food rules.

As tempting as it is to go to the store and stock your pantry on day one of learning to become an intuitive eater, that is not what I'm going to suggest. This is typically too overwhelming for most people and causes you to wind up feeling binge-y.

Now this doesn't mean that you can't enjoy your food rule foods while working through the refueling side of things. You absolutely can and I want you to! Enjoy life! But it just means we aren't making breaking food rules the main focus. Still eat the holiday cookies and the cheesy appetizer dips when you want to. Order the latte with extra whipped cream! Enjoy these as they naturally arise but you don't need to go out of your way to include them (yet!) We will get to how to go about breaking your food rules in stage 4 of The SociEATy.

How To Fuel Your Body During The Holidays - Full Explanation (cont'd)

There are two main steps that make up this 'biological reconditioning' process which, again, is what we are doing as we refuel our bodies after dieting and following food rules.

step one: eat every 3-6 hours max

Firstly, you're going to want to **give your body consistent, adequate energy**. This typically looks like giving our bodies energy, meaning **feeding it, every 3-6 hours max**. (This is a maximum- it's common to feel hungrier much more often at the beginning of this journey. Honor that! It will die down as you refuel your body.) This is based on the amount of carbohydrates (our body's preferred energy) that we have stored in the liver in the form of glycogen to readily use for energy.

The key with this is to feed our body frequently enough to prevent us from getting too hungry, which leads us to overeating and then pendulum swinging back and forth between the two. If you think you might struggle with remembering to eat every 3-6 hours, such as if your body isn't giving you hunger cues to follow right now, you're overscheduled, or you're just not used to it you can try setting a reminder on your phone to check in and see if you'd like to offer your body some food.

How To Fuel Your Body During The Holidays - Full Explanation (cont'd)

If you haven't yet gotten rid of your food tracking apps like calorie counters, point tracker, or macro counters this is your time to take steps to do so. Even if you think you're doing it to ensure you "eat enough" I don't recommend this. It will only keep one foot in diet culture land. If this is scary you can try to not track one meal a day, then after that feels okay try to drop another the following week, etc. and work your way up from there.

step two: eat all 3 macronutrients

The second thing to do, after allowing yourself to eat enough energy overall by eating every 3-6 hours during the day and eating the amount of food that your body is asking for (not restricting amounts!), is to also **give your body all TYPES of energy meaning we are eating carbs, fat, and protein.** This is where I'm going to introduce a little bit of the gentle nutrition basics here. On the next page you'll see some examples of the different macronutrients.

How To Fuel Your Body During The Holidays - Full Explanation (cont'd)

Carbohydrates (carbs)

Carbohydrates main role is to provide energy and fuel the body kind of the same way gasoline is going to fuel a car. They are our bodies preferred energy source.

Protein

Protein is important for a variety of reasons such as growth and development as well as the repair and maintenance of body tissues. It also really helps us to stay feeling full and satisfied.

Fat

Fat provides the structure to our cells, provides some cushion to our actual membranes to help prevent damage from them and is important to our body's production of hormones. Fat is also important for us to actually absorb and utilize some different vitamins and minerals.

Foods that contain each macronutrient:

carbs

- bread
- cereal
- tortillas
- quinoa
- rice
- potatoes
- pasta
- couscous
- oats

fat

- avocado
- full-fat dairy
- oils
- nuts
- seeds
- nut butters

protein

- beef
- tempeh
- fish
- beans
- tofu
- cow/soy
- chicken milk
- eggs
- greek yogurt

How To Fuel Your Body During The Holidays (cont'd)

Frequently Asked Questions:

- **Question:** But... aren't I supposed to listen to my body and not eat on a schedule? Eating every carbs, fat and protein every 3-6 hours doesn't sound very intuitive.
 - **Answer:** You're right! It doesn't sound intuitive. Because at first intuitive eating isn't intuitive. This is what everyone gets wrong and why they feel so frustrated, like it doesn't "work" (my past self included). Your ability to listen to your body will come as you work to regain your hunger and fullness cues through biological reconditioning. For more on this see stage 3.
- **Question:** But what if I already broke all of my food rules?
 - **Answer:** While I don't advise breaking all of your food rules at once, don't worry if you did. Shift your focus for now to biological reconditioning. You don't need to put food rules back in place just simply avoid intentionally challenging any more... for now! [Checkout this resource](#) for more guidance. We go over breaking food rules in more detail in stage 4.

protein

How To Fuel Your Body During The Holidays (cont'd)

Additional Resources:

- In stage 3 you will learn more about hunger, fullness, and biological reconditioning.
- In stage 4 you'll learn exactly how to go about breaking your food rules after you regain strong hunger and fullness cues.
- Need some meal planning inspo? [Checkout our sample ones here!](#)
- If you do not currently have hunger cues read this resource from the resource library: [How To Get Hunger Cues](#)
- I don't recommend breaking food rules all at once or before you've worked on biological reconditioning. Already broke them all? No worries! Read this resource from the resource library: [Oops! I Broke All My Food Rules At Once!](#)
- Struggling with how to feel your fullness? Read this resource from the resource library: [How To Feel Your Fullness](#)
- Have other questions? Be sure to work your way through the membership materials for a full explanation and more guidance. You can also [click here to submit them for our next group coaching session.](#) They happen each week!

Your Full Holiday Party Plan

One of the great joys of the holiday season is to enjoy gatherings and events that involve food. In this section you'll learn exactly what to do before, during and after.

what to do before:

- **don't 'cut back'** and continue to eat normally (per the previous guidelines!)
 - cutting back will set you up to overeat at the party
- **aim to arrive comfortably hungry** when possible
 - this may mean shifting some of your usual eating patterns during the day
 - if you arrive too hungry or you arrive not hungry at all that is a-ok! take note of what you might do differently next time.
 - too hungry? be mindful of this and your tendency to inhale food when this happens
 - not hungry? you still have permission to eat and enjoy if you like! that's not wrong. if eating wouldn't feel good or be satisfying you could ask for the recipe, take some home or find a similar recipe to make at home.
- **don't over exercise**
 - this will have the same effect as cutting back
- **practice visualization** and/or journal your feelings
 - our thoughts and feelings are powerful. practice seeing yourself at the event and having it go well. journal out your thoughts so they're not swirling around in your head causing worsened anxiety.

Your Full Holiday Party Plan (cont'd)

what to do during:

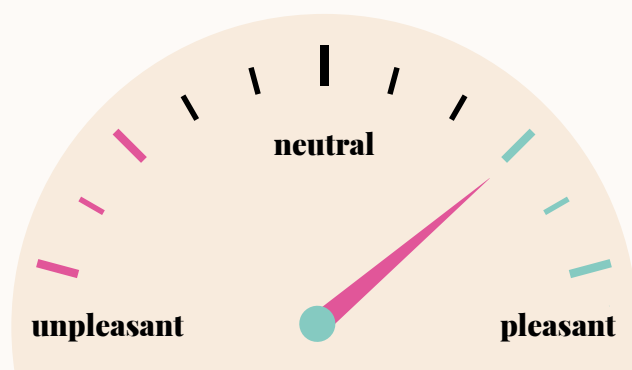
- **survey the food** before filling your plate
 - decide what food looks good to you and fill your plate with that. sometimes we can get so overwhelmed when we just go down the line and the next thing we know we need eight arms to carry our food! we might feel stuck with foods that we don't even want and feel like we have to finish it all in order to be polite.
- **eat mindfully** and experience your food
 - allow yourself to stay present during the eating experience and truly enjoy it! this can help you become more attuned to fullness/satisfaction cues. try asking yourself these questions as you eat: what does it look like? smell like? taste like? does the fourth bite taste as amazing as the first? what memories pop up enjoying this food?
- **keep an eye on your hunger and fullness level**
 - ask yourself on a scale of 1 to 10 how hungry or full you are. 0 is you're SO hungry and 10 is stuffed to the brim! checking in can help you stay at a comfortable hunger and fullness. don't like using numbers? simply ask yourself if what you're experiencing is comfortable/pleasant, neutral, or uncomfortable/not pleasant! (sample hunger scale on the next page)

Your Full Holiday Party Plan (cont'd)

OPTION ONE

-  **1** Painfully hungry. Primal hunger, very intense and urgent.
-  **2** "Hangry", Ravenous and irritable. Anxious to eat.
-  **3** Hungry and ready to eat, but without urgency. A polite hunger.
-  **4** Subtly hungry, slightly empty.
-  **5** Neutral. Neither hungry nor full.
-  **6** Beginning to feel emerging fullness.
-  **7** Comfortable fullness. You feel satisfied and content.
-  **8** A little too full. Not pleasant, but not quite an unpleasant experience.
-  **9** Very full, too full. Uncomfortable. Want to unbutton your pants or remove belt.
-  **10** Painfully full, stuffed. May feel nauseous.

OPTION TWO



**checkout
this resource!**

[How To Use The
Hunger Scale](#)

Your Full Holiday Party Plan (cont'd)

what to do after:

for more on
fighting food
guilt see stage
1 video 3!

- **fight food guilt**
 - practice positive self-talk. pretend a friend was struggling with feelings of guilt- what would you say to them? try a mantra or affirmation! "guilt is not an ingredient" or "I deserve to enjoy this"
 - focus on the memories that you were able to create. write down 3-5 positive memories you have from the experience- shift your focus away from the guilt and onto the things that truly matter.
- **don't cut back**
 - even if you ate past fullness! this will re-enter you into the restrict binge-cycle. instead? ask yourself "what would feel good?" "what does my body need?" and continue with the guidelines previously advised for biological reconditioning.
- **use it as a learning experience**
 - eat in a way that didn't feel good? take a moment to reflect on why this happened. show up too hungry? eat mindlessly? take note of what you might change for next time. no need to judge! just observe.
- **get support.**
 - The SociEATy is here to support you! post in our private Facebook group to a group of gals who get it to come runnin' to support you!

How To Fight Food Guilt

This is an exercise that you'll learn in stage 1 video 3 of The SociEATy materials to help fight food guilt. Practice using this when you feel guilt for enjoying foods during the holiday season.

1. **Approach your thoughts with curious awareness.** Just observe them without judgment. You can do this by imagining that these thoughts don't necessarily come from you- because that's the truth.
2. **Take this thought and ask: Is this true?** Where did this thought come from? Is this thought serving me or helping me achieve my why? What do I know to be true about the thought itself or what this thought will lead me to?
3. **Now, reframe this thought** to match what you know to be true.
4. Then, once you're all done with your actions for the scenario, **reflect on the situation.**

EXAMPLE:

1. **Thought:** You shouldn't eat that much food for lunch!
2. **Question the thought:** This actually isn't true. I actually need a lot more food than I think (and what diet culture has told me). Food is energy to live and my body has the ability to tell me when, what and how much it needs.
3. **Reframe:** No amount of food is "too much". I get to decide how much feels good to me.
4. **Reflect:** Maybe you realize- Wow! Eating to satisfaction felt so good! It's not as scary as I thought. Maybe in the evening you no longer have a magnetic pull towards the chips in the pantry as a result because you actually got enough food.

How To Handle Food Comments

Your food choices are no one else's business... if only other people realized that too! If you have people in your life who may make comments about food/body here is how to handle that:

- **prevent it** when possible- let them know about your journey
 - send them this SociEATy resource: [How To Support A No Food Rules Journey](#). I've spelled everything out for them including how they should NOT make comments
- **how to respond** if it does happen
 - take a moment to have a few responses ready
 - option 1: change the subject --> example: "how is your dog?!"
 - option 2: educate --> "I'm so over dieting. have you heard of intuitive eating?"
 - option 3: make a joke --> example: "the only bad food is stuff that has mold on it or that you stole!"
 - option 4: say nothing --> example: you have permission to give the stink eye!
- **get support** when they really get under your skin
 - as always, The SociEATy community is here to help give you a pick-me-up when you need it. just [post in our private Facebook group!](#)

have 60 min?

[checkout this full workshop](#) on how to handle the dieters in your life!

Ugh! I Don't Feel Good!

Along with all of the rich, delicious holiday food might come... a stomach ache, bloat, just feeling 'blah', etc. If you find that you are eating in a way that doesn't feel good for whatever reason here is what to do:

- **know this is normal** and not necessarily 'wrong'
 - we often have these seasons where we have more 'soul nourishing' VS 'body nourishing' foods and that is ok! this likely won't greatly impact your nutritional status or health- it's normal! it's temporary.
- **reflect** on how/what you're eating
 - it's okay to say "eating cookies every day doesn't feel good" and guess what? you don't have to! ask yourself "what would feel good?". this isn't from an "I should" perspective but rather a honoring your body one.
- **stay hydrated**
 - hydration can help things "move along" in your digestive tract
- **add fiber** to your meals
 - fiber is fabulous! it can help you stay full, stabilize blood sugar, as well as aide digestion. try adding some whole grains, beans, and/or fruits/veggies.
- **try sipping on warm tea**
 - warm liquids like hot tea can be very helpful for bloating. try ginger, chamomile, or peppermint tea
- **wear comfy clothes**
 - too tight clothes can be physically uncomfortable, contribute to that mental discomfort (guilt) and negatively impact digestion

5 Minute Better Body Image Routine

Body image can be tough during the holiday season for a variety of reasons: we're seeing people we may not normally and be self-conscious about it, it may be caused by general stress (worsens body image!) or maybe it's certain comments that are made from loved ones or past traumas arising. To help fight negative body image try this easy 5 minute better body image routine each morning for a boost of confidence!

- **Speak to your younger self**
 - tape a photo of you from childhood to your mirror, wall, etc. and each day look at that photo and tell you younger self what you wish they would have heard- you're worthy. you are enough. your body does not define you. you can also keep an image on your phone for easy access!
- **practice gratitude**
 - list 3-5 things you appreciate and/or respect about your body- what does it DO for you?
- **wear comfortable clothes**
 - your clothes should make you think of your body less- not more. there is a difference between clothes fitting and clothes being comfortable. ask yourself if what you picked out that day is comfortable to your body. (lots more info on clothes in stage 2 including how to clean our your closet and restock it- even on a budget!)

More Body Image Boosters

One of the first things I ask clients when they are having a rough time with body image is "how do you FEEL?" Do you feel like you're fueling your body in a way that feels good, for the most part? Do you feel as though you're moving your body in a way that feels good? If not, those are things we can work on with a goal of FEELING better. If you do say 'yes' to those questions then it's a sign the work is on the body image side of things- you're feeling like you're being bad VS feeling bad.

a note on embodiment

It's also incredibly important to check in with your emotions during times of poor body image. Embodiment is defined as a tangible or visible form of an idea, quality, or feeling or an outward appearance that is maintained to conceal a less pleasant or creditable reality. It's not uncommon for us to embody our thoughts, feelings and emotions in our body image.

It's not uncommon for body image to worsen during times of stress, anxiety, depression, etc. Ask "what else is going on?" Often we use our bodies as a scapegoat. We misattribute our negative feelings and project them onto our bodies, causing challenging body image. We do this to avoid feeling our feelings, because they're hard and uncomfortable. Take note of your emotions when body image is tough.

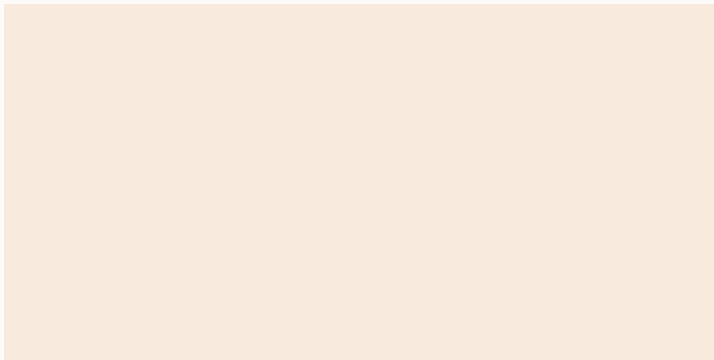
More Body Image Boosters (cont'd)

and therapy

Allow me to introduce you to something called '**AND**' therapy. When you have a challenging body image day this is going to help you remove your identity from your body.

First, write down 8-10 characteristics that you admire or respect about yourself. Then, pick the top 3 most powerful and important to you. You can absolutely use them all but focusing on the ones that you feel most strongly about can be helpful.

My top 3 non-body characteristics are...



When you're having a challenging body image day try this: state "I am having a challenging body image day... **AND**... I am *insert one of your top 3 characteristics here*."

Example: I am having a challenging body image day AND I am a loving wife and dog mama. Or, I am having a challenging body image day and I am a unique and creative human being.

I am having a challenging body image day
(We are not trying to invalidate our feelings- it's okay for you to feel this way)

AND

I am/have/can/etc.
(Reminded yourself that while you may be feeling this way it doesn't define who you are)

bonus tip!

Remind yourself that emotions come and go. This challenging body image day won't last forever. Let's see how we feel tomorrow.

More Body Image Boosters (cont'd)

Mantras & affirmations

Take a moment to search Pinterest for body image quotes that inspire and encourage you. Whenever you are having a challenging day, maybe it's even hard to find something you appreciate about your body, you can have these mantras and affirmations on deck to lean on. This is part of rewiring our brain and creating new non-diet-y neural pathways (we go over this in stage 1 video 3!). Repetition is KEY here!

My favorite body image quotes include...

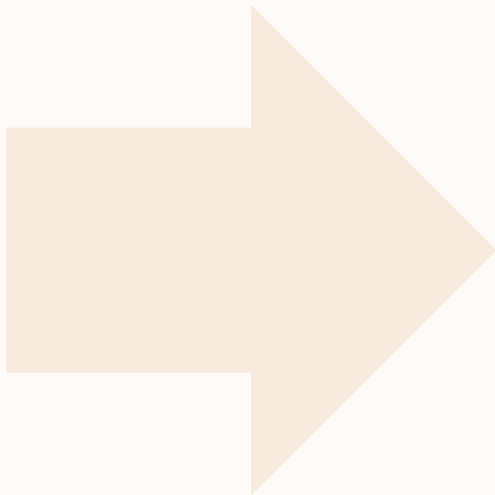
- My body deserves immense love and care.
- I am perfect, whole, and complete just the way I am.
- I can be a good example to other women and girls about how to love their bodies.

add your own!

More Body Image Boosters (cont'd)

Get Support, Gorgeous!

Every single person will have challenging body image days. As a SociEATy member you have an entire community ready to send you a virtual hug and help you turn it around and get through it. On challenging body image days share a post in our [private Facebook group](#) to get more support and guidance!



have 60 min?

[checkout this full workshop](#) on how to survive a poor body image day, week, month or year- it's a member fave and SO good!

Help! I Ate Past Fullness

As a SociEATy member you now have access to eVeRyThInG you need and this includes a full resource on what to do during or after overeating. I'll highlight a few important points on this page but be sure to check out the full resource here: [What To Do After \(Or During\) A Binge.](#)

how to feel better

- first, take a deep breath! it's going to be fine. we are going to approach this without judgement. like a scientist just gathering data and interpreting it!
- next, identify the reason it occurred. there are likely two reasons why: either a biological (you needed more food) or psychological reason (you felt guilty, like you 'shouldn't', emotional, etc), or both.
 - always focus on biological (eating enough and a variety of macronutrients- like I've recommended!) first. this will always win.
- the third step, reflect on the reason why it happened. continue to remind yourself, nothing is a mistake, everything is just a chance to learn and collect data for next time.
- then take your reflection and figure out a plan of action to allow for a more pleasurable outcome next time (I recommend journaling everything out to have your data and thoughts to create a written plan)
- finally... move on! you've reflected, you've learned from it- time to move on!

Help! I Ate Past Fullness (cont'd)

It might sound strange but.... when you eat past fullness see it as a GOOD thing. Now you can take this info and learn from it. The process of learning to honor your fullness is the process of refinement over time. We go over hunger and fullness in immense detail in stage 3.

a note on entitlement eating

One thing to be aware of is something called 'entitlement eating'. Entitlement Eating is the type of eating driven by the rebellion feeling that leads us to feel little attachment with hunger and fullness. It is seeing the cookies at the office party and saying "I can have those now that I don't have food rules so I'm going to" even though you might be full or not even like them! Sometimes this type of eating is not very satisfying or enjoyable, it's more about the stance against diet culture.

Remember, no food is off limits! You CAN eat any food you want! But do YOU want to? Intuitive Eating is about more than just eating all of the previously deemed "bad" foods. It's also about being able to listen to what your body is needing and wanting. If we just ate anything and everything without being in-tune with our bodies we definitely wouldn't feel good afterwards. Stay mindful and reflect on how your body feels.

Just because you now CAN eat anything and everything doesn't mean you HAVE to. We have a whole [resource on entitlement eating in the resource library here.](#)

I'm Tempted To Diet

I'll be honest with you.... there will be rough days! This journey isn't always going to be sunshine and rainbows- but it WILL always be worth the hard work! You're undoing years, decades of diet-y beliefs so it's going to take time to unlearn those.

Checkout this full resource in the resource library: [Help! I'm tempted to quit!](#) and use the checklist below to help redirect your intuitive eating, no food rules journey.

I'm tempted to diet checklist



- Remember WHY you signed up for The SociEATy in the first place. (watch stage 1 video 1 for more on this if you have time!)
- Be sure to cope with feelings/emotions. Foods can be coping mechanisms. When life feels out of control we want to find something we **think** we can control. But it always rebounds!
- Review [this diets don't work cheat sheet](#) for a refresher on the science behind dieting not working.
- Post in [the Facebook group!](#) Many members post in the group for support and guidance when they're having a rough time! Let us support you!

I Feel Guilty Not Exercising 🤪

Intuitive movement or “joyful movement” is rejuvenative and not punishment. It enhances the mind-body connection, not takes away from it. It alleviates stress, it doesn't cause it. And it creates feelings of genuine enjoyment.

If you are currently in the camp of compulsive over exercising I highly recommend that you take a break from that compulsive, structured exercise. If that feels too scary, start by reducing the amount you move your body. Don't worry, you're not suddenly going to become "unhealthy" by allowing yourself rest, in fact you're healing your mental health. This also doesn't mean you have to never move your body if it's something you desire. Movement can be done such as getting outside for a light mental health walk to get some sunshine, spending time gardening if you enjoy it, etc. You can also try adding in stretching, gentle yoga or meditation.

If you currently do not have an unhealthy relationship with movement and you want to continue to get started moving your body you absolutely can. I'm not saying you're never allowed to move your body again or that you can't seek out new forms of movement but I want you to know that we're going to focus on food first then get to incorporating movement later on.

See stage 2 video 3 for more details on this!

Additional Holiday FAQs

- **Q:** How do I not overeat the delish food?!?!
 - **A:** The more that you work on biological reconditioning the stronger your hunger and fullness cues will get. You won't hit the nail on the head right off the bat! Here are a few things to help:
 - stay mindful and present as you eat- truly experience it!
 - take breaks- if you feel the pull to eat more but feel full or are unsure if you want more just take a break! a little time can help you decide
 - remind yourself you can have more food later
- **Q:** I feel like I need to eat the food now because it only comes once a year! How do I combat this?
 - **A:** Help fight FOMO (fear of missing out) by asking for the recipe, taking some home for later, or searching for a similar recipe on Pinterest. Make a plan to eat these delish foods again soon! You can eat holiday food in January or even July!
- **Q:** I'm worried about weight gain.... how do I get rid of that?
 - **A:** In stage 1 video 2 we go over the science behind weight. Members find this SO helpful. Checkout this resource in the resource library: [Will I Gain Weight Forever?!](#)
- **Q:** How do I overcome the anxiety of being in photos?
 - **A:** Focus on the memories or what is happening in the picture. That's what it is about! It's not about the way you may or may not look, it's about the memories that the photo represents. Checkout this resource in the resource library: [What To Do If Photos Trigger You](#)

Next Steps

Did you make it through this ebook and have Britney Spears in your head singing "gimmie gimme more, gimme more, gimme more"?! If so, take a peek below to find out what your next steps are!

your next steps:

- be sure to log into the membership site and watch the 'start here' videos
- fill out this Time Management Planner to find your 'golden hour' (I only recommend spending 1 hour per week on the materials in The SociEATy- that really is all you need!)
- get access to the private podcast for easy listening of the materials in the membership and our weekly group coaching sessions

remember:

you got this!

You are in the right place. You are about to change your life forever for the better! You have found your people. Stick with The SociEATy and you WILL achieve the food and body freedom that you do deserve!

-XOXO the
sociEATy

<https://members.colleenchristensennutrition.com/login/>