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HOW TO STOP EATING LIKE A CHILD

[Thread]

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Many of your problems can be related directly to your diet.

You're tired. You're stressed. You've got anxiety. You aren't seeing progress. You are fat. You are weak. You don't sleep. You're skin sucks.

It doesn't have to be this way. ■■

You've conditioned yourself to only like salty, sugary, crunchy, and "fun" foods.

Everything you consume revolves around pleasure.

Just like a child, you enjoy the high of that sugary snack.

And just like a child, you crash and become irritated and tired soon after. ■■

This isn’t completely your fault.

Big Food, Big Sugar, and hoards of companies shove advertisements for these addicting foods down your throat.

Children see an average of 3-5 fast food TV ads per day.

Add in billboards etc, and this is an abundance problem. ■■



This wouldn’t be a problem if humans were known for self control.

We aren’t.

So you stuff your face with these things at every opportunity.

This fattens, softens, and depresses You.

So you eat even more to comfort yourself. ■■



Now that that’s all addressed, here’s how to systematically stop eating like a child: ■■

Step 1:

Get a notebook and pen.

Don’t do anything different.

Eat as you normally would.

Write down every last thing you put in your mouth for 2 WEEKS

Don’t lie to yourself. ■■

This is going to build some awareness to what you are eating.

If your list looks like this:

Fruit loops, Cookies, ice cream, Chips, French fries, burgers, pizza, Mountain Dew, Busch Lite, Gatorade, TV dinners etc

We’ve got work to do. ■■

Step 2: Go to a store and purchase a refillable water bottle that you think is cool.

You are going to drink a total of 1 gallon of water a day.

That’s 128 ounces.

If you insist that is too much, shut the fuck up and do it anyway.

It’s nothing. Have some discipline. ■■



You are 70% water.

If all you've been drinking is sugary coffee, soda, Gatorade, you are probably chronically dehydrated.

Don't believe me?

Get a glass. Put some ice in it. Fill it with water.

Drink that whole glass

Soak it in

You'll feel alive

Like a new person. ■■



If you are still drinking regular sugar soda.

Stop that bullshit immediately. Those calories are killing you.

Switch to diet. Or zero cal.

Then wean yourself off that

Make it an occasional treat. ■■

Do this for two weeks. Log everything you put in your mouth and drink a gallon of water.

Step 3: we are going to add in some protein to your diet.

Protein is the most critical element.

Protein = meat.

Every meal, add extra protein.

Few more bites of steak. ■■

Record the extra protein in your notebook.

You are now logging your food, drinking a gallon of water, and eating extra protein.

You are now doing better than 95% of people!

Give yourself a pat on the back. ■■

Now, up until this point you probably haven't lost much weight.

We've been setting the foundation.

Step 3:

Time to worry about your calories

So far, you've just written what you eat

Now we are going to start paying attention to the amount of calories you are consuming ■■

Download MyFitnessPal.

Record everything in there that you eat.

It will give you the amount of calories you eat.

Do this for 2 weeks while continuing everything else.

If this is too hard for you, revert back to the gallon of water and build some fucking discipline. ■■



All over the internet there is ways to figure out your maintenance calories.

Here’s the formula:

Maintenance Calories = goal body weight in lbs x (10)+total weekly training hours.

Find this number.

Trying to lose weight? Eat 500 cals less for two weeks get on the scale. ■■

If the scale doesn’t go down, lower by 200 cals.

Hit that mark everyday and don’t go over.

LOG EVERTHING THAT GOES IN YOUR MOUTH.

Your weight will start to go down. ■■

Now, we’ve increased your protein.

Your food tracker will tell you how many grams you are eating per day.

If you aren’t already day, eat your body weight in grams of protein per day.

Non-negotiable. Do it. If you can’t, you don’t want it bad enough. ■■

Step 5: Up until this point we have not taken anything away from you. (Beside sugar soda)

Now is the time.

Go to your fridge and pantry.

Throw all your vegetable oils. All your processed food. All of your sugary treats.

Throw it all away. Start fresh. ■■



Make a list of real foods you enjoy.

Eggs
Bacon
Red meats
Pork
Chicken
Rice
Potatoes
Fruits you like
Veggies you like
Real butter
Olive oil
Coconut oil
Whatever

Fill your fridge.

You are adult.

It is now your responsibility to have these on hand 24/7. ■■

Every week, decide what you are going to eat for each meal. Make sure it fits into you calorie/protein needs.

Pre-make these meals.

Eat them.

No excuses.

No eating out. No extra office cookies. No treats.

Eat the food you intended on eating.

Everything else is noise. ■■

If you can do this for an extended period of time, you will earn the right to enjoy the occasional treat.

Kids eat treats because they succumb to the temptation and love the sweetness.

You have built the self control to enjoy them occasionally. ■■

To Keep It Simple and stop eating like a child:

1) Build awareness for what you eat
2) Drink a gallon of water
3) Prioritize protein
4) Track calories based on goals
5) Eat mostly whole foods
6) enjoy the occasional treat.

If you do this, you are now eating like an adult.