



Corinne C.: Hello and welcome to Losing 100 Pounds with Phit-N-Phat. I'm Corinne, I am your host, and I'm here with Miss Kathy today who has lost 80 pounds. I've lost 100, she's lost 80 and we're going to teach you today all you need to know about ... Do you have to change everything in order to lose weight? So, she and I were just talking about this topic and going over what all we wanted to cover with you. And one of the things that I had been teaching for a long time is this concept of Big Mac to broccoli. I still remember like ... You weren't at this camp ... This was way before Kathy joined P and P, and I was standing in front of a group [inaudible 00:01:02] network and teaching all about changing the foods you eat, essentially, is what we were talking about. And I said, "You're not going to go from Big Mac to broccoli overnight," and all that means is that if your diet is shit-tastic right now, thinking that tomorrow you're suddenly going to be eating all clean, unprocessed, and loving every minute of it is probably I don't know, fooling yourself?

Kathy: Probably.

Corinne C.: Yeah. The reason why I say this and I know that there are very different opinions out there on this, but I want to tell you from my experience. I mean I've lost my own weight, I remember what it was like to be obese all my life. I mean, I started off at nine obese, did it all the way until I was 30 before I really started, you know, losing the weight. And it was like I would always start these crazy diets thinking that I was just going to be able to just change everything on a dime. And in the last podcast I kind of talked about this. I talked about some of the crazy diets that I went on thinking I was going to be able to sustain that.

It's no different between like ... I don't care if you're going from junk to healthy or if you're going from junk to crazy, which is what I usually did, it's that idea that somehow that's going to work. Like you're just going to completely be able to change your life on a dime and you just go, "All right, this gonna be easy and I'm just- I'm just going to have to white knuckle my way all the way through this." And it doesn't work. So, I teach a concept where I want women to just do a little better, do a little better, do a little better. And you lost your weight doing the same thing because you came ...

Kathy: I did.

Corinne C.: Yeah. So, Kathy came to basically like a big ... It wasn't a camp, like I usually teach camps, but I did a one day retreat ...

Kathy: Yeah.

Corinne C.: At the church, and Kathy came, and she took I'm sure really detailed notes.



- Kathy: Yeah, I'm a note taker, aren't I?
- Corinne C.: She is. So, on our ... She's one of the coaches in my tribe and she normally takes the notes and other ... I was just remembering the other day I had to tell you, I was like, "Yeah, you could like leave out a lot of that stuff." She's a great scribe, though. If there was ever an Olympic medal for scribing, she'd get one.
- Kathy: Thanks. But I can follow directions, you told me to take notes for heaven's sake.
- Corinne C.: Exactly. And so, she took a lot of notes and she went home, had the come to Jesus with her husband of like you can do whatever you want, but this is what I'm doing. I'm going to be in this lane over here. And you just started making small changes, right?
- Kathy: I did because that's what you taught that day. You taught the small changes, you know just ...
- Corinne C.: Okay. What are some of the ones that you made?
- Kathy: I started drinking 64 ounces of water every day.
- Corinne C.: Not vodka?
- Kathy: Not vodka, no. No, that wouldn't have been too big a change.
- Corinne C.: Yeah, really.
- Kathy: But I drank the water and got used to doing that before I tried something else. Before I left dessert off of dinner, you know, and then I would get used to that change and try something else.



Corinne C.: Right. Well, and that's what I did. I mean, I talked about in the last podcast and if you follow me on Facebook, you've heard this story a thousand times about the ice cream, but literally like once I got further into my journey, I remember going to a restaurant and for the first time ever telling them, "No bacon or croutons." And really thought that, I don't know, somebody was going to come out and put a crown on my head like look at me go. I am a badass changing my life. But seriously, I say that jokingly now because you know I eat bacon now, but I ... It's so natural for me to do all that stuff that I look back and I think, "Oh, that's so sweet of me." I mean, these are the things that I had to do. But those were absolutely the things I had to do because I was not ready to do more than that.

And I ... Like in my earlier days, I still remember when ... Well, I taught girls in the tribe this forever and I still teach them actually to do this stuff because depending on where you're starting, you really have to start thinking about, okay like ... And I say this because the majority of people who are listening have struggled or battled or felt like weight has been their issue all their life and you probably have a lot of weight to lose so it feels overwhelming. I mean, it literally feels like this is never going to happen for me and it's too hard and unless I do things that I don't like, I'm never going to be able to lose weight. And it's so not true. But I remember going and ordering like ... Like Chris and I like to go out to eat and we would go and I would order a hamburger with no butter on the bread. Like the one thing I knew about from working in restaurants in my earlier days was that they always butter the bread. And I was like, "I don't need butter on my hamburger. Like well, we'll just leave that off."

Kathy: Wow, I didn't even know that.

Corinne C.: Fore real?

Kathy: No.

Corinne C.: Oh, my God. Well, let me tell you the few things to do when you ... Remind me in a minute to go over ...

Kathy: I will.

Corinne C.: The little fixes at a restaurant and then all of you can be getting your pen and paper unless you're driving and then that's going to suck for you, but here's the deal. I remember like not getting the butter on the bread and thinking, "Okay, what other change could I make?" So, I wouldn't get cheese. I was like ...

Kathy: How about the mayonnaise?



Corinne C.: Well yeah, and I'd eat that ... and I've always been a mayonnaise eater, too.

Kathy: Me, too.

Corinne C.: Oh, my gosh when I was in high school ... So, I wonder why I had a weight problem. I would go to McDonald's before band practice and we would order for our afternoon snack french fries, extra salt with a side of mayonnaise to mix with ketchup to dip them in.

Kathy: Oh, wow.

Corinne C.: Yeah, it was a [crosstalk 00:07:10]. I know, it tasted good, and I'm sure I've got some raving fans out there who are like, "Hell, yeah. That's how I'd roll, too," but, you know, it certainly didn't help my weight problems all my life. But I would just make little changes. Like I wasn't ready to ... I was not the kind of girl that was going to be like, "Okay well, now I'm on a diet and we're not going out to eat anymore." Like I just was not going down restriction road. This last time ... Let me just say, I've had my weight off now for 12 years and I've talked about the last bypass that I was committed to never doing it again and I meant every breath of it.

But the thing is is that like I didn't want to do things that I knew I wasn't going to want to keep doing. I just I've been that way the whole time even to this day if there's like anything that I think about, you know, trying something new or whatever I just think, "Ooh, am I going to want to do this for a long time?" Because it just ... I think when you always prime your brain to be thinking about this is how we want to live. This is not a short term fix for a long term problem. This is like, we're in this to win it. I mean, it's that kind of thinking that gets the weight off.

Kathy: Yeah, exactly. Definitely.

Corinne C.: All right, so are you just dying to ask me about all the little restaurant tweaks and [inaudible 00:08:36].

Kathy: Well, yeah. I might have some more tweaks to make, right?

Corinne C.: Well, the funny thing is ...

Kathy: Maybe it's just like ...

Corinne C.: It should be 85 pounds instead of 80 pounds. Exactly. Well, and none of this was even in the outline. Kathy, you didn't take notes on this?



Kathy: I'm freelancing, Corinne.

Corinne C.: That's right. So, all right. The quickest one is like the bread thing. So, here's ... Well, this is in the outline. So, we can talk about leveling up. This is where we can introduce this concept of where when you start losing weight and your mindset is set on, "Okay, I'm going to figure out how I can make small changes. I'm going to figure out how I can do things for the rest of my life. Now, what all can I be doing?" It opens up like this creativity. You really start looking at menus different. You start thinking about things different. Like one of my biggest tips for going into a restaurant is look at the whole menu and the descriptions because a lot of times people think because what I want's not on the menu, exactly the way I would order it, that must mean I can't have that. They've got cooks in there for a reason.

Like I used to go to Ruby Tuesday and I would get chicken and broccoli pasta and the way it came was grilled chicken and broccoli all on pasta with a mix of marinara and cream sauce. And I would order it every week except the difference was I would get chicken, double order of broccoli, sub out the pasta for spaghetti squash because that was a side item, don't put the cream sauce in and just give me marinara. And it was effing delicious. But the only reason why I would order it that way because I had taken the time to look at the whole menu to see what are all the ingredients that are on this menu because I can make them ... If they've got it in the store or the restaurant, then you can have it. Most ... I would say 95% of restaurants never have a problem getting crafty with you because they want your money. They want you to come back. They don't ... They're not so hard and set on their menu that they're like, "Oh, hell no, bitch. You're not having that." It's more like, "Yeah, we can do that." And if they can't, the server will be like, "Well, let me go ask."

I've even asked for managers before like if I have a server that's all like seems confused or some servers just seem not willing, but I always give it that maybe they're just confused. They don't really understand that I'm committed to my weight loss. So, I'm just like, "Well, let me just see your manager. Let me see what the manager says." Managers will always ... they're always like, "Oh, sure. Yeah, we can do that." So, the other things you can do at restaurants are like leave cheeses off things, leave off the croutons for sure on salads, avoid your bread baskets, that's like the basics. But steaks are a huge thing that most people never even think about. Restaurants always put this glisteny stuff on a steak because when you grill a steak, it gets ashy looking. So it doesn't look pretty by the time it gets to the table it looks like it sat in a window. So they put extra butter and oil over the top of the steak so that it presents pretty to you.

Kathy: Oh, wow.



Corinne C.: Yeah. So, like I always tell them dry grill it. I don't need that like my ass doesn't need that steak to be pretty.

Kathy: Yeah.

Corinne C.: It does not because that's exactly where pretty's going, straight onto my hips and my butt. One of the other things that they ... Oh, like when you go to a Mexican restaurant, I always tell them to dry grill my fajitas, like don't put oil on the grill. There is not a Mexican restaurant in the United States that doesn't have so much grease on the grill already from every other order of fajitas that they've done that it is ... The purpose of the grease is so it doesn't stick. Those grills are plenty slick. They don't need extra, they're just in the habit of doing it all the time. And most people like really greasy fajitas and you know, I don't. My butt doesn't like it either. Not only does the shape of it not like it, but the exit route.

Kathy: The exit route.

Corinne C.: Right. So, what I would do is I always tell people when I go to Mexican, if I order fajitas, this is how I order them, "No cheese, no sour cream, no wraps. Just keep all that in the back." Because if it's not on the table, I won't eat it. Because I would rather have a few chips in the beginning than to have flour tortillas and cheese and sour cream. I'm going to have my guacamole and then I'm going to order my fajitas, I tell them to dry grill it every time. And if it comes out a big sloppy, greasy mess, I sent it back. Just like, "I said, 'I would like it to be dry grilled.'" And I've even told people before if I get too much grease, I get diarrhea.

Kathy: You know what I love about this though? Is that ....

Corinne C.: That I'm dropping all the poop talk?

Kathy: You're still allowing the guacamole, which is ... That's good healthy fat of course, and you're still allowing a few chips.

Corinne C.: Yeah.

Kathy: It's not like you're going in there eating dry steak and onions and that's it.



Corinne C.: Right, exactly. No. My whole thing is like that whole Big Mac to broccoli theory is that the best way to lose your weight and the easiest way to keep it off is to enjoy the ride. I mean, if the ride sucks, you're going to get off. I mean, think about when you were ever at an amusement park. Did you ever get back on a ride that was terrible? No. If it was boring, you didn't go back, if it made you vomit, you didn't go back. I mean, you just didn't. But anything that was fun or that was like, "Hey yeah, I could that again or whatever," you're all in. And that's why like I think it's really important for people to think about, "Where can I level up?" You know, you don't have to go into a restaurant and be completely deprived, but you don't have to go into a restaurant and be like, "Well, I didn't plan on this, I guess I'm just going to have to eat it all and who knows when I'll get another good meal so, I'll ... You know, now I'll stuff myself on top of it." When your mindset is all about like you know what, I don't care where I go, I can always make the best of something.

Kathy: I can always find something on the menu.

Corinne C.: Yeah.

Kathy: Or modify something on the menu.

Corinne C.: And it's not ... And that's the practice part of it that I really want you guys to be thinking about when it comes to making these changes. Get your mind used to thinking, "Well how can I make this a great choice for me? How can I make this the best choice available to me?" So often my girls will go like ... Let's say you have some kind of luncheon, like you go to seminar and they're providing lunch and whatnot and they're like, "Well, I had no control." You always have control. You could still eat that meal and as long as your brain is trying to ... "How can I take this meal that was served to me and make the best of it to keep my weight loss going, to keep my healthy lifestyle going, to end up reaching my goals. It may not be what you would have chosen, but your brain gets that opportunity to practice some competency, some commitment, some creativity with food versus what you would have done, which is like, "Well, I have no control." Then you're practicing failure thoughts, you're practicing giving up your control ...

Kathy: Giving up.

Corinne C.: I mean, and then you're practicing like not having ... It's that idea of do you want to practice that you are just sitting back and waiting for the world to affect you or do you want to practice, "Here I am, world, and this is how we're going to roll." I mean, I think that's the difference.



Kathy: That's definitely the difference. It's so empowering. This is how I'm going to roll is empowering. You've taken control.

Corinne C.: Yeah, and I know that that's not like an overnight thing. You're not just all of a sudden going to be like, "I'm a badass bitch like that girl in the podcast." I mean, it has taken me years to get to this point, but I started like every other 250 pound woman. I felt like the world controlled me. I really did. And I started with little changes in how I thought like, "What can I do today that's better than yesterday?" I practiced being committed to doing this the rest of my life. I practiced all those little things that led me to be able to be like today, "You know, I'm going to teach women how to lose weight." I guarantee you ...

So like when I was nine, I was obese, when I was 14, I weighed 210, it was going into high school. When I was 25, I was 250 for like the second time and then when I was 30 and started losing my weight, I was 250 pounds. It is not like I had a lot of practice at owning the world. And I don't even know that I own the world now, but what I do know is I own my thoughts. I get to choose how I show up and when I know that I get to choose how I show up, it makes it a lot easier for me to do things like say, "Hey, why don't you leave those croutons off my salad. Don't even bring the bread to the table."

Kathy: How about a lettuce wrap instead of a sandwich? You can wrap that meat and cheese in a ...

Corinne C.: Yes.

Kathy: In a piece of lettuce, right?

Corinne C.: Yeah, I mean there's so many options, but the only way you'll ever see the options if you believe that they're really there for you. If you really don't think that you can do those things, yeah, it makes it a lot harder. We teach concepts in our tribe all the time all about whatever it is that you think is what you'll find. If you think the world is out to get you, low and behold, you're going to have a lot of issues all around you. If you think that you're trying to change your weight in the healthiest way possible, all of a sudden, those healthy options start popping up everywhere.

Kathy: Yeah.





Corinne C.: It's really just a matter of manifesting. So, here's what we learned today. We talked about mainly that if you're at the start of your journey, I want you to think about not pulling the trigger and going on some super duper all of a sudden everything has to change diet. And here's the other thing I do want to add about this. Most of the time when we start that, we also think that the rest of the family has to go on it with us and then everybody's frustrated with momma. So, think about starting where you are and how you can start making better choices each day. Looking at what am I planning for dinners this week? How could I make this a little bit healthier? How could I make this easier on me and the whole family to just do a little better, to do a little better? What are the small things I can be changing? Where can I be leveling up?

When I go out to eat, not if I go out to eat, when you go ... If you always go out to eat, don't start a diet that all of a sudden, well now we all can't go out to eat because momma's on a diet. Think about the restaurants that you always go to and just plan ahead. This is what I'm going to order, and then tell yourself, "I'm done. I'm not even going to think about it. I'm not going to have drama, I'm not going to sit there and want this and have to have this." Just decide what you normally order and see if there's a way that you can start making it better. Those are my best tips when it comes to going from Big Mac to broccoli. I hope you enjoyed today, is there anything else you want to add?

Kathy: No, another good one.

Corinne C.: Just dropping the mic. All right, you guys have a great week. We will talk to you soon.

I hope you enjoyed today's show. I'd love to help you with your weight loss, too. Come on over to [pntribeshow.com](http://pntribeshow.com). That's P as in Paul, N as in now, and P as in Paul [tribeshow.com](http://tribeshow.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.