



Corinne C.: Hey everybody. It is time to talk about food prep and this is Losing 100 Pounds With Phit-N-Phat. When I look at my audience on Facebook almost everybody has found me because I have done some food prep videos. I do them live and answer a lot of questions. Kathy and I were going, "What do we want to talk about this week?" I said, "We should talk about food prep." Every-stinkin-body wants to know all about it. What do we want to cover today?

Kathy: Let's talk about what exactly food prep is first. What do you mean when you say food prep? Pretend I don't know exactly what you're talking about.

Corinne C.: Okay, so food prep is where you are going to cook food or you are going to plan food ahead of time. You're preparing for your week your food. That's essentially what food prep is all about. The most common question people ask me is, "Well, okay that sounds great. That sounds like it will make my life so much easier. Where do I start?" If you go on Pinterest, or you go to Instagram, or you even go and you look on my Facebook page it always looks like somebody has had a professional come in and they have these shiny black little containers and a fridge full, and perfectly organized full of food and stuff. I think what happens is a lot of people never actually attempt food prep because they think it is hard, long, you got to eat the same stuff all the time. What are some of the other bullshit things people might think [crosstalk 00:02:05]?

Kathy: I don't have all those pretty containers.

Corinne C.: Yeah, I don't have the stuff. It's going to take me forever. I don't know where to start. What we do is we just decide this is going to be too hard, so I won't do any of that stuff. What I want to do today is really talk to you about how does a beginner get started? I am going to tell you if you ever start food prepping it will just make life so much easier.

Kathy: That is the gods honest truth.

Corinne C.: Yeah. We never have anybody in our group who starts food prep and they're like, "Well, that blew goats. Why would I ever do that again?"

Kathy: Yeah, "I'll never do that again."



Corinne C.: Yeah, now the first few kind of stink. I'm going to be honest. They are hard because you don't have shortcuts yet. You're not used to it yet. Anything you ever do that's brand new doesn't feel amazing the first time. What I want you to do is I do want you to try it. I want you to take some of the tips we're going to give you today, and then as your week progresses when you are eating all this stuff you're going to make I want you to think about was my life easier this week? If it was then you start appreciating and thinking about the value that you're adding to your life. That's the most important thing I want you to get out of all this. Is that food prep, when you start it, I want you thinking about how can I make my food prep easy so that my week can be easy. That's the secret sauce to dieting ya'll.

I drill this in you week, after week, after week. We want to figure out all the ways that we can make this easier. Whether it be through food prep, how you're thinking about yourself, where you start, where do you set your goals, all of it. We want to be looking for the ease. We want to be looking forward. We don't always want to be examining everything trying to look at it through the lens of well this is so hard for me. When you do that that's all you're going to find. Today let's jump in. First thing I want to talk about is my best beginner tips and I'm an expert. I'm going to tell you right now I'm an expert. I will hang my hat on being an expert [crosstalk 00:04:28].

Kathy: You're definitely an expert. You've been doing it a long time.

Corinne C.: Well, yeah because I've been doing it a long time. When I started I didn't know jack shit about it. There was no google, Pinterest. A lot of us use looking at food prep pictures and we say, "Oh, that's overwhelming, that's just confusing me."

Kathy: Good grief how'd she get all that done.

Corinne C.: No crap. Well, when I started I didn't even have any pictures to look at. I was just like, "What? I'm supposed to cook all my food ahead of time? Okay." I didn't know what to do so I would boil my chicken.

Kathy: Oh my goodness.

Corinne C.: Not broil it with an R, but boil my chicken. I was so terrified that I wouldn't cook it through and I didn't know how to season. I literally ya'll did not know how to cook. People, I think they really don't grasp how much I did not know how to cook in the beginning. Somehow I still lost 100 pounds. For my beginners I get it. I coach women all the time on how to do this. Every one of them is starting just like you are. "I've never done this before. I don't know what to do. I've tried it a couple times and it sucked the life out of me."



Kathy: They have all the same excuses that you're going to have.

Corinne C.: Yeah, and we just work through it. When you're beginning the very basic first tip is decide how much you're going to prep this week. Now that can be I'm only going to focus on breakfast this week, or I'm only going to do my snacks, or I'm going to do it all. I don't care what you decide, but I just want you to make a decision about what it is you're going to prep and then be all in on it. Then whatever you're going to prep you naturally are going to have to write down what you're cooking. You'll need to go to the grocery store, you'll need to get all your groceries, and all that kind of good stuff. We're going to talk about planning in a different episode, like how do you plan a food prep. How do you plan your week and your menu and stuff.

Today though I want to address for those of you who are like, "I kind of get the idea of writing down what I'm going to eat this week. I get the idea of going to the grocery store and that kind of stuff, but when it's time for the rubber to hit the road what do I need to do?" First thing's first clean your kitchen first. You don't have to mop your kitchen and you don't have to sweep it and everything, but those counters need to be clean. Dishes out of the sink. Everything needs to be washed and ready. What I typically do is I cook on Sundays. Saturday night I make sure that I've run the dishwasher so that on Sunday morning there's nothing in my way. That will make your food prep life so much easier if you start with things ready to go versus having to get ready and then go. Start with a clean kitchen. You want to make sure that your trashcans are empty. I take my trash cans out. Kathy, tell them your sanitary solution.

Kathy: Well, it's sanitary because I make sure it's clean. I take my smallest trashcan which is a four gallon, one of those little bitty four gallon trashcans. I make sure it's clean, but I put it on top of the counter so that when I'm chopping vegetables or cutting fruit I don't have to sling stuff across the kitchen to hit the trashcan. It's just right there.

Corinne C.: It's right there.

Kathy: It's kind of a clean as you go kind of situation.

Corinne C.: Yeah, and I was going to say I tease her about that, but-

Kathy: Hey, it's pretty smart.



Corinne C.: Well, it is smart, but I tease you. When she came over today to record podcast my cat's laying all over the island just marching around like nobody's business. We all have our sanitary moments. I put mine out next to me. I also take those little grocery bags that we get, I hang those on the handles all around the kitchen so no matter where I'm at there's always a place to throw stuff away. What I don't like when I food prep is when I have shit laying around.

Kathy: No, you clean as you go.

Corinne C.: Yeah.

Kathy: Clean as you go.

Corinne C.: It is so much easier on you when you do that. The other thing is I leave my dishwasher open, so that when I dirty up something if I'm not using that again I rinse it immediately, I toss it in the dishwasher, so that when it's ready I just run it while I'm still food prepping. It's cleaning as you go. We can't even say it enough. That will help you. Usually one of the things I hear people bitch the most about is, "I get done with my food prep and then my kitchen is a disaster so that adds another 30 to 45 minutes to things, cleaning up my mess." Then you start thinking it's not worth it. It took too much time blah, blah, blah. Those are some of the shortcuts that you can do while you are cooking that will help you save time.

Kathy: Yeah, sometimes I use the same mixing bowl. I'll use my favorite mixing bowl for one thing. Then I'll wash it and then I'll use it for the next recipe. That way I've only dirtied one bowl, but I've made maybe three or four different things.

Corinne C.: Yeah, and I also use the Rachel Ray tip which is I have a very large, cheap, stainless mixing bowl. I keep it out on the counter so that when I'm cutting vegetables or whatever and I need to cap them I can just throw all the junk in there and then I can just toss that in the trash real quick.

Kathy: You could have trashcan on the counter and do that trick.

Corinne C.: Oh, I could, but I'm sanitary. I don't know about you. I do that too. The other thing that I like to do is I setup stations. I just bought some of those Pampered Chef cutting mats.

Kathy: Oh, yeah I have them. Those are awesome.



Corinne C.: Yeah, so I have like three or four. Each of them is a different color so I know one of them is for fruit. The green is always for fruit and vegetables. the red one is always for the meats and then the yellow one is just a catch all if there's cooked stuff. Red is always my raw. When I'm cooking I know which mat I'm cutting on and stuff, and I keep them in different areas. A lot of times I do all my meat preparation by the stove. I do all my vegetable preparation by the sink because it's easy to wash things over there and throw them in. The other thing too that I do in the very beginning is whatever utensil things, like the big ones that I'm going to use, I get them out so that I can just go, go, go. If I'm using a crock pot, a can opener ... a lot of times I keep those things put away so that my counters stay clean. I get them out and then I just put them away as I use them. That always helps too.

Kathy: That's a good idea too.

Corinne C.: Some people don't have that kind of space and I get it. I have a nice size kitchen. Not everybody does. If that gets in your way you have to think about it as you're doing it. If this is getting in my way don't do it. If it's helping me move faster then do it.

Kathy: Everybody's going to find their own jam when it comes to what things work best, and how you can keep moving, and stuff like that.

Corinne C.: That kind of goes into one of the questions we get all the time is, "Will it always take this long? Is it always going to take forever to food prep?" No. The first, what would you say, three times-

Kathy: Yeah, I'd say two or three times.

Corinne C.: Yeah, it takes a while. You don't know what you don't know yet. You don't know how to double down your time.

Kathy: Yeah.

Corinne C.: I actually got this tip from one of our girls on the website. When I start food prep I always start the meats first. Anything that's going to have to go in the oven or take the longest to cook is the first thing that gets done, so that it can be cooking while I'm doing other things.

Kathy: That's a good idea.



Corinne C.: What a lot of people do is they will do one recipe at a time. If I'm going to cook rice then I know I've got 20 minutes. That's when I'm going to be chopping.

Kathy: Yeah, definitely.

Corinne C.: When you start food prepping you'll start seeing when you can double down on things and have some areas where you can trim it down. I would say the first two to three are long. That's why I advise people if food prep seems intimidating to you don't start with everything at first. Start with a couple of meals. Do your breakfasts and maybe all your snacks. Get really good at that for a couple weeks. Then layer in your lunches. You'll kind of know when you're ready. You'll be like, "Oh gosh, doing breakfasts and snacks saves me so much time. Now I want to do my lunches."

Kathy: Yeah, definitely.

Corinne C.: Then you add it in and you don't feel like it's a burden. Then you can add in dinners. That's always one way that you can slow role into food prep. I think the biggest thing is to encourage you guys to think about it in a way that what will be easy for me to start with? That's my big thing. The other big beginner tip that I have that I did want to mention is when I grocery shop and bring stuff in I think we all have certain foods that are suspect to be eaten mindlessly. Chip, after chip, after chip, after chip, nut, after nut, after nut. Before we know it we're like crap. We didn't eat a portion size. Our portion was the can. Our portion was [crosstalk 00:14:22].

Kathy: What happened to my chips?

Corinne C.: Right. There must have been a vandal who came in and ate all the chips today.

Kathy: Whoops.



Corinne C.: What I do is if it's cereal, nuts, just things that can be broken down when I come home I leave those things out on the counter. I will usually have lunch, and then I portion all of it out so that I am not looking at a pantry full of bags and cans and unlimited servings of things. One it does help you. It's like it gives you a natural pause if you tend to overeat things, and you tend to mindlessly eat, or emotionally eat things. I'm notorious for sitting down with a can of almonds. I love almonds. Cashews, actually I don't even get to eat the almonds anymore, it's now the cashews. A test came back that I was highly allergic to the almonds. Now it's cashews that we buy all the time. Well, if we don't portion them I will forever sit down the can thinking I'm just going to have a few. Then I'll get to diddling. Then the next thing I know I'm watching TV and I look down and I'm like shit.

Kathy: The cashews are gone and your belly is like lead.

Corinne C.: Like not happy, right.

Kathy: Yeah.

Corinne C.: That's the funny thing. There's certain foods, especially like nuts or peanut butter or something, it's like you don't really feel full until it's too late. All of a sudden it's like shit. This is heavy and now I don't feel so great. Probably going to have diarrhea later too. It's not a good thing, so I always portion those things. The good thing about it is I will grab a bag if I want another one because I am legit hungry. I'm okay with going back and getting another one. What I want is to have to think about it. I want to have to make the decision to do that and not just be mindlessly doing it. The side benefit is my 14 year old's learning what a portion looks like. He does the same thing. He can sit down, just like any kid, he can sit down and mindlessly eat. If I have things portioned he'll go get his portion. If he wants to go back I'm like it's fine. I just want you to think about it. What I don't want is all of us sitting around mindlessly eating. We break everything down. If it can be portioned out we do it. It doesn't take long. It's some of the quickest of the food prep things that we do.

Kathy: Yeah, that's easy stuff.

Corinne C.: All right, so what else do people typically ask us?

Kathy: I hear a lot of folks ask if they can only prep a couple of days at a time. Some people like to prep twice a week. Some people like to prep once a week. Is there really any wrong way to do that?



Corinne C.: No. There's no wrong way. Here's my thing. I don't like that personally. This is not a well because Corinne doesn't like it you should whatever. I don't have a problem eating food all week long. Yes, the food keeps. I've never had problems with my food going bad, but I also don't need to have an orgasm when I eat a salad. I have clients who are literally like, "Oh, by Friday a couple of the vegetables aren't crunchy enough and I'm going to die." I'm like, "I'll eat it."

Kathy: Yeah, exactly. What you got?

Corinne C.: I'm like Mikey. Mikey will eat anything. If you are the kind of person who's like, "No, I like my food fresh. I like it to be crunchy and stuff" you can do that. You prep again on a Wednesday. You're having smaller preps. We have lots of girls that do that. One of the things too is if you are one of those people that need to have that orgasm on a crunchy salad keep your vegetables and your fruits in glass.

Kathy: Definitely.

Corinne C.: It doesn't breath like plastic. You will get more longevity out of your fruits and vegetables if you will keep that shit in glass.

Kathy: Big difference.

Corinne C.: Oh, it's a huge difference. Yeah, so if you want you can do smaller more frequent preps. What I would do if that's you and you think, "Yeah, that's me Corinne. I'm going to have to do that. That would be great for me" and you find that you're never doing one on Wednesday, that by Wednesday you've lost your motivation and you're going out to eat instead because you ain't got no more food and blah, blah, blah" that's not something that works for you. If you're going to do two food preps you need to do two food preps. I have plenty of people that love doing them twice a week and they do them religiously and it works beautifully for them. I have plenty of people who day dream that they're going to do that every single week and Wednesday comes and life's been hell. Next thing you know they're-

Kathy: I'm tired.

Corinne C.: Yeah. They're tired and ordering pizza and being like, "Waa waa it didn't work for me." You know? Be realistic and if you are the kind of person who is worried about your food lasting all week long and you don't think you're literally going to do a second food prep look for recipes that will last. Like soups, casseroles, things like that. Those are the kind of things that get better as the week goes along.





Kathy: Oh yeah.

Corinne C.: You might not be the kind of girl that's going to eat salads all week because they are going to lose their life. Some things marinate very well with the week. Anything else you want to say about it? You do the week long prep too like I do don't you?

Kathy: I do. Sometimes I get stuck in I don't know if I want to eat this all week. I work around that a little bit. I might make a casserole for my lunches. This week I'm going to make that sweet potato hash that we make on the stove. I'm also going to sprinkle in a couple of bag salads so that I can alternate. I can have something to alternate each day. What would you say to the person that, "I don't want to eat the same thing all week long. I don't like leftovers. What would you tell them?"

Corinne C.: I think that you can do like Kathy does. I think you just plan to do different things. I know Kathy is very different from me on dinners. Here's the way I do it and here's the way I think about it. My life has to be easy. Dinner has to be on the table in under ten minutes. Five is even better.

Kathy: That's nice.

Corinne C.: Yeah, so I cook everything ahead of time. Whatever we're all having for the week, and we all eat different stuff. My husband eats one thing, I eat something, my son eats a different thing and I prep all of it. I don't use it as, "We're not all eating the same thing isn't that terrible?" No. We when we go out to eat we all eat something different. Why don't we just do it at the house too? Everybody gets to make their own choice. My thing is whatever you chose that's what the freak you're eating all week long, so choose wisely because mama ain't doing it again.

What's easy for me is all right what am I having for lunch this week? Five days. What am I having for dinner this week? Five days. All right, what am I having for lunch this week? Five days. What am I having for dinner this week? Five days. I don't mind that. I've always been that creature of habit. When I weighed 250 I ate McDonalds everyday, or I went to Shoney's everyday. I always ate the same. I've always been one to eat the same stuff. It's just now I eat healthy stuff because now that I have lost weight and I eat healthy doesn't mean I suddenly have to eat something different all the time. If you haven't even started losing weight or whatever do you typically eat the same things?



Well, if you do if you eat the same thing at Mcdonalds everyday, and you eat the same Subway sandwich everyday, and you eat whatever every time you go out to pizza you get the same pizza you can do the same things with your healthy food. Mirror that. There's no difference. If you're the kind of person like Kathy and her husband they like to eat something different every night. They don't prep their dinners. I prep mine.

**Kathy:** We do get creative though. For instance this week we're going to have stuffed peppers, taco stuffed peppers with the rice and the black beans and stuff in them. We're going to fix those one night, but I'm going to fix extra meat and throw that in tortillas or on nachos or something for a night later in the week. I've actually done food prep by cooking dinner one night and cooking enough to do something different with the next night.

**Corinne C.:** Yeah, you can multipurpose like that. I think the big thing is think about what's going to make your life easier. This is beginner food prep stuff, so if in the beginning what I would do is I would air on eating the same thing for a couple weeks. One week just eat the same stuff. The second week change it out, but eat the same stuff. Get really used to food prepping. Get really used to planning. Get really used to eating healthy then you can become Martha Stewart all day long in the kitchen if you want to. You'll know when it's time too. I would much rather you be like, "I'm going to trade some creativity over here for a little bit of certainty over here. I want to get good and skilled and great at doing it and then I will add in the creativity stuff. Then I will add in doing new things and trying new recipes and all that kind of stuff."

You kind of have to pick your poison. What you can't do is say I want to be a food prepper. I want to be ultra creative, but I also want to be overwhelmed the entire time. They can't all exist together. I will tell you if you're the kind of person that gets overwhelmed, overwhelmed will win unless you figure out how to not be overwhelmed. Most of the time overwhelmed comes because we want to do it all at one time. I want to have a food prep like a queen. I want to do this. I want to do that. I want to lose weight. I want to start exercising. You have this long list of all the things you want to do, but it stays on the list of things I want to do because we're overwhelmed of how do I even start all this. Don't start all of it. Start small pieces of it.

**Kathy:** One thing at a time, definitely.

**Corinne C.:** It's fine if you want to food prep twice a week. It's fine if you want to eat the same stuff. It's fine if you want to have different things each week.

**Kathy:** It's fine if you only want to food prep your breakfast, or just your lunch.



Corinne C.: Yeah, it's all a matter of figuring out what's best going to help me lose weight. What's going to be easy for me to lose weight. I think the last thing that we really want to cover today is special stuff. Here's the thing that I think also is important when you first start. Don't start food prep and think you have to own every fancy gadget in the world. What I see people bomb out on is they think they have to have all the things in order to food prep so they never start until they get all the things. Then they get all the things and they're like, "I've not used any of them. I've spend a lot of money and I don't know what to do with them. I have no kitchen space." Start with easy stuff. Both of our favorite dinners is sheet pan fajitas. Just go to Pinterest and look up sheet pan fajitas and you'll find a million recipes for it. Everybody's got a baking sheet.

Kathy: Yup.

Corinne C.: Everybody got some aluminum foil. It is one of the most easy meals to make. It's one of those that you can make on Sunday and it gets better all week. You can use it on a salad, you can throw it on rice, then you can throw it in a tortilla. Then the next day you can put it over ... I don't know you could do something-

Kathy: My husband just eats it in a bowl. He doesn't even put anything on it. he loves it.

Corinne C.: Yeah, so it's one of those things that's multipurpose. You can do all kinds of stuff with it and you can make plenty of it. Oh, I was going to say you could put it on a sweet potato or a regular baked potato. You can get a lot of mileage out of something like that. You don't need a fancy tool in order to do it. The big thing I would think about is try not to get a lot of things and just see what you have at first. Then as your food prepping make a list of here's the stuff that would make food prep easier and go with that.

Now here's a few of the things that I do encourage everyone to have a decent set of knives. I am going to tell you, oh my gosh for years, I'm not joking Kathy when I first started I had the worlds shittiest knives. They wouldn't even cut plastic. I would, ever week, be sitting their struggling busing wondering why food prep was so hard all the time. Finally my mother, God bless my mother-in-law she comes to my house and she's like, "Corinne your knives are terrible." She's like, "Do you know how terrible they are?" This was me I was like, "Well are they? I know every week I complain, but isn't this just the way knives are?" She was like, "No. It's not." For Christmas she got me some really good knives.

Kathy: Food prep showed me that different knives cut different things.

Corinne C.: Yeah.



Kathy: I was like oh.

Corinne C.: All right, so you're probably going to laugh at this. I have had my weight off for 12 years, right? About a month ago I finally realized by watching Food Network what the tomato cutting knife was. The serrated one. I was like you cut tomatoes with that? That's just going to change everything for me." I have to cut effin tomatoes for Chris every single ... and it drives me cra- I don't like cutting tomatoes. I think it's gross.

Kathy: Really?

Corinne C.: Oh God. He likes them diced.

Kathy: That's so funny.

Corinne C.: The juice just grosses me out. I look at him every week and I'm like ultimate sacrifice going down right here.

Kathy: Why don't you buy him grape tomatoes and cut them in half or cut them half?

Corinne C.: He doesn't like them.

Kathy: Oh that's so funny.

Corinne C.: He likes the big ones and he likes them cut. I'm watching Food Network and some dude busts out that tomato knife and he said something about it being a tomato knife. I was like well no effin shit. I was like wow I've been food prepping all this time and had no clue. I would have a decent set of knives. I would also go to the dollar store and stock up on measuring cups. For a long time I didn't have near enough little table spoons, and measuring cups. If you're going to be portioning or doing some cooking and stuff one of the things that drives me crazy is I just want to have those handy. I'll use it and it will have some gunk all over it and I don't want to have to go wash it and what not. I have a few of those things. Plenty of mixing bowls of various sizes.



I use mixing bowls all the time for stuff. If I'm making a quinoa salad I mix stuff in it. If I'm making just all kinds of junk. I'm always putting them in mixing bowls, and a crock pot. I think every woman in the world should own a crock pot. There's not hardly a month that goes by where I don't at least, even in the summer, I don't use my crock pot at least once or twice a month. I cook hot chicken in it. I do all kinds of stuff in it. That would probably be the most important things people should have. Knives, mixing bowls, cups, and the crock pot.

Kathy: Yeah, definitely.

Corinne C.: You got that you got everything.

Kathy: Really if you're fixing dinner every night you probably have most everything you need to do food prep.

Corinne C.: Yeah, right.

Kathy: If you think about it in those terms you're probably pretty set. When you do your first food prep or two just make a list of what you wish you had while you were doing it.

Corinne C.: Yeah. The more you do food prep it does get easier. The things you want start standing out. You start looking at new recipes. You'll start making your list. I tell people this all the time too when I'm coaching our girls in our group or whatever. I'll say keep a notepad in your kitchen. Every week when you finish your food prep make a couple of notes. What went easy? What do you want to remember? What do you need to buy anything like that just to reinforce. That way every week you learn a little something new and you won't forget it. Then also if you have a week that the food prep was mega fast and mega easy write that shit down. What was the menu?

Kathy: No kidding.

Corinne C.: There's going to be a week, it's going to be crazy, you're going to come back from vacation and you're like I really don't want to plan a menu. I don't want to have to do this that and the other. You have it, so that's always super handy.

Kathy: If I were to give you one tip on a quick food prep it would be rotisserie chicken. Oh my gosh I was food prepping I don't know for at least a year or 18 months before somebody said, "Why are you cooking chicken for your casseroles?" I was like, "Oh no you're kidding."



- Corinne C.: Right.
- Kathy: Seriously rotisserie chicken.
- Corinne C.: That's one of the things that we tell people all the time is if you are stuck and you don't have ... let's say we're so busy, we're hungry, and we need to get some food you can run in a Kroger and buy a rotisserie chicken and a bag of salad and some cheese and have dinner in ten minutes if you want to.
- Kathy: Ten minutes.
- Corinne C.: Yeah.
- Kathy: Seriously.
- Corinne C.: You really can. In this day and age you can just about have anything you want ready to go super, super fast. You don't need to fire up the oven and go crazy and get Martha Stewart every night. You can literally do those things.
- Kathy: I can't cook chicken as well as rotisserie can.
- Corinne C.: No.
- Kathy: I just can't. It never comes out that way.
- Corinne C.: No, uh-uh. It's nice and juicy.
- Kathy: I put it over rice sometimes too. I'll cook some minute rice, or rice mix or something, throw chicken on it there you go, dinner. No vegetable.
- Corinne C.: Yeah, and you can even buy some [inaudible 00:32:36] wraps or any kind of a wrap. Literally if you are in a pinch and you need to do a fast food prep for two to three days some bags of salad, some wraps, baby carrots, pre portioned guacamole and humus, and a rotisserie chicken.
- Kathy: That's all you need.
- Corinne C.: You're in business.



Kathy: Yup, that's all you need.

Corinne C.: And a few fruit cups. Get the precut fruit cups. There you go. Life's easy. All right, so that's it for food prep today. You guys I hope this was super helpful. Anytime you have questions or anything like that feel free to leave us a review, feel free to put it in the comments. We will always be answering questions. We will see you next week. I hope you loved today's show. If you're ready now to work with me and my team of online weight loss coaches head on over to [joinpnptribe.com](http://joinpnptribe.com). That's P as in Paul, N as in Now, P as in Paul [joinpnptribe.com](http://joinpnptribe.com). Here you will find information on my personally designed no bs weight loss program and all the benefits, perks, and exclusive training included with being a PNP tribe member. Let me help you change your life just like I did.