

ENVIRONMENT

If it's in the house, you will eat it.....eventually.

This is not to say that things are “good” or “bad”, but if you've got a habit of going all-in on a sleeve of cookies or a bag of chips while watching TV, maybe we can take those things far away.

Why Is This Important?

Rather than risk temptation by keeping some of your vice foods in the pantry, why not get rid of them?

Willpower is a limited resource; we can only rely on it so much before we give in. This is why we shouldn't depend solely on willpower to achieve our goals. When we consume high amounts of sugar, our fat loss progress can stall, brain fog may increase, and cravings will persist.

How To Create the Ideal Environment

PANTRY CLEAN OUT!

Do it in one fell swoop or in baby steps — whichever makes sense for you. Buy the items that are on your list and stick to them.

Set guardrails around when you will indulge in your vices – and how much. (When we don't do this, we can often mindlessly overeat and don't even realize it).

Only buy the items that you need in the pantry or fridge. If you want to have ice cream or cereal, go out and buy that 1 serving-sized box or ½ pint. If you don't finish it, trash it!