



The Four Steps to Weight Loss Success

INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

So far on the podcast, we've been talking about some really great stuff, but some of it's been pretty deep, like how to find your why and how to understand your value. I'm really big on getting to the root of the issue, as you may have already learned. But I also want to help find and walk out practical steps for our weight loss.

If you've been following me for any length of time, you know I'm not a fan of dieting. After all, this podcast is called *Diet Haters*. I'm all about living life, and we're gonna talk about simple steps that help us do that on the podcast today.

ANCIENT NUTRITION PROMO

Before we do though, I want to share something exciting with you. So, you've heard me sharing on the last few episodes about one of my favorite protein powders, the Salted Caramel Bone Broth Protein Powder from Ancient Nutrition and Dr. Josh Axe.

Well.. guess what? They were so excited about me talking about it on the podcast that they want to reward YOU for it.. And well me too I guess.

They're offering a discount code just for my listeners, YOU! Isn't that exciting?

I've told you that two of my favorite protein powders are the salted caramel and chocolate, but they have other varieties too you might enjoy, like Vanilla, Turmeric (which is great for fighting inflammation by the way), and even an unflavored version.

Bone broth has so many healthy benefits, I can't even name them all here, but it's full of collagen, which provides you support for your gut, nails, skin, and joints. And girl, you know you want some good looking nails and skin, right? Add protein to that, and you're setting yourself up for weight loss success.

Let me tell you about the Salted Caramel. It's as delicious as it sounds, and it's the perfect way to indulge your sweet tooth without getting the sugar shock. I even put it in my pancakes.

The bone broth is sourced from grass-fed and pasture-raised cows from Europe, and it's non-GMO. It's sweetened with Stevia and monk fruit, which are plant-based sweeteners and low in calories. Again, you're not getting that unwanted sugar, but still getting the sweetness. And it's full of MCTs, sourced from coconut, which is high-qualified fat that your body can easily absorb to use as clean energy.

I drink one almost everyday, mixed with coconut milk or almond milk, some blueberries, spinach, and almond butter. Sometimes after a workout, and sometimes just for breakfast. You're going to love it!

When you place an order for your new favorite, you can get \$10 off your first order by using coupon code diethaters10. That's diethaters10.

Yep.. it's that easy. Visit ancientnutrition.com, pick your flavor of choice (pssst.. Go with salted caramel), insert the code diethaters10 at checkout, and you just saved \$10 on some flavorful goodness without all the extra crap.

Ancient Nutrition & Dr. Josh Axe provides whole food nutritional products designed to provide Ancient Nutrients in a modern, convenient form to power the body and mind, restoring us to the health, strength and vitality of our ancestors.

Yes, please. I'll take two scoops. Again, you can get your bone broth protein powder today at ancientnutrition.com and use coupon code diethaters10. I'll also share the link in the show notes for you to try.

I can't wait to hear how much you love it.

INTRO CONTINUED...

In today's episode we're gonna talk about getting rid of the old diet mentality - getting rid of the old dieting rules.

How many diets have you been on that go a little something like this... Throw everything out of your pantry immediately. Get a food scale. Get a body scale. Stop eating all carbs immediately. Pack your fridge full of lettuce and kale because that's all you're allowed to eat. Sunday night you have to eat yourself into oblivion so you can get started on the right foot getting skinny on Monday.

Are you relating to this at all? Well.. let me just tell you friend, that's not how we roll in the *Diet Haters* world. We've gotta learn how to stop doing these crazy things to ourselves.

SHARE REMINDER

I'd love to ask you a quick favor as we get started today. Would you share this episode with someone else who might need to hear this episode? Another diet hater friend who is preparing to eat through Sunday so she can get healthy on Monday? When you share, you help me get the word out to as many people as possible, that they, too, can lose weight, get healthy, and find the true freedom in Christ they've been searching for.

And in advance... thank you so, so much.

Now.. let's dive back into today's episode on how to set yourself up for weight loss success.

DISCUSSION

So, I want us to do something together. I want us to make a promise to one another that we're going to be open to the idea of doing something different. That we're going to promise one another that we're going to do our best to choose life, not dieting.

Are we always going to get it right? No, we're human. I'm gonna screw up. You're gonna screw up. But the glory is in the struggle, right? Let's agree that we're going to stop making losing weight harder than it is.

You in?

Today we're gonna focus on these four simple foundations to weight loss. These are easy to follow and change everything for your health journey. You don't have to count your calories, restrict foods, or even cut out foods if you don't want to. Just some simple steps.

Most diets have convinced you that in order to lose weight you have to restrict everything and can never have any fun. But that's not how God created us. He created us to enjoy food. He created us to have fun. Weight loss isn't always serious.

So, let's get back to the basics, to these simple foundations.

1) DRINK WATER

Water is your best friend, whether you enjoy the taste of it or not. It is. Your friend. You're gonna need to learn to like it, no excuses.

The first thing you need to do in the morning, after you open your eyes and go pee, is go straight to the kitchen sink and drink a glass of water. Don't pass go, don't collect \$200. Go drink the water.

Here's why. It's one of the best ways to restart your body in the morning after a night of rest, where your body has had time to detox. And it's a great metabolism booster.

And now that you've started your day replenishing your body, you want to keep doing so throughout the day. Water helps to keep you full, which helps you make better food choices throughout the day.

And yes.. You're going to pee more, but that's good. Want to know if you're getting enough water? Look at your urine. If it's pretty clear, you're doing great. If it's darker, you need more water. As simple as that.

And here's some good news for you, especially if you're not a water fan. Try some flavored fizzy waters. I'm a huge fan of hot tea, which also counts as water in our playbooks right now.

Now.. don't go saying, "Sundi Jo said tea counts as water and I hate water, so I'm going to drink tea all day long." I didn't say that. You still need to drink some water.

Some say you should drink $\frac{1}{2}$ of your weight in ounces. So, if you weigh 200 pounds, you need to drink 100 oz. 185? You need to drink 92 $\frac{1}{2}$ oz.

But I want us to not focus so much on that. I want us to start with an easier plan. I want you to just focus on drinking 64 oz./day. That's it. 64 oz. It may seem like a lot, but I promise you it's totally doable.

I actually have a [water bottle](#) I carry around daily that holds 64 oz. When it's empty, I know I've hit my goal, then I'll refill it. I'll share the link in the show notes on what I use. I love it. It's stainless steel and comes with different lids depending on your drinking preference, a couple different straws, and even a cleaning brush.

Alright, so start drinking that water, k?

2) PLAN YOUR FOOD FOR THE DAY

Each day you're going to write down what you plan to eat. Not how many calories you're planning to eat. Not how many servings you're planning to eat. Just **what** you plan to eat.

And when I say what you're planning to eat, I don't mean write down what you think you should eat. If you're going out with some friends tonight and planning to eat pizza and ice cream, write it down. Don't try to trick yourself into thinking you're going to eat a salad if you're not planning to.

Remember, we're not dieting here. We don't have to lie to ourselves. We don't have to pretend to do something we're not, okay?

This isn't meant to shame you. It's not meant to make you feel like you have to write something down you don't want to. This allows us to normalize food.

If you're planning to eat ice cream, write it down. If you're planning to eat some cookies, write it down. If you're planning to eat fried chicken, write it down. There is NO wrong answer here.

Planning your food for the day and writing down what you're eating helps you get a better understanding of what's working for you and what doesn't. It provides a tracking process that allows you to evaluate and re-evaluate.

And if your mind is already saying, *There's no way I can do that. I don't want to know what I'm putting in my body...* I want you to take a deep breath, calm down, and tell yourself that you are okay.

As you're planning your food for the day, here's what you need to know. There is no bad food or good food. You're just writing down your food. Don't allow the enemy to play mind games with you here, okay?

3) WRITE DOWN WHAT YOU ATE

So, this morning you planned out your day - everything you were planning to eat. Now, you can do this step one of two ways..

1. You can write things down as you go along.
2. You can write everything down at the end of the day.

When I say write, you can do it the old-school way, or you can use a digital tracker, whichever you prefer. There is no right or wrong way here. I do both, depending on my day.

And lately, because I've really been wanting to hone in on nutrition as I prepare for my second skin removal surgery, I've been actually writing my food down. There's just something about writing it out before me that has been really helpful in realizing what's working for me and what isn't.

Now.. what I'm not saying here is to use a tracker that counts your calories. That's not what we're talking about here, okay? We're simply tracing what we're eating. Do **NOT** focus on the calories you're eating right now. That tends to get us stuck in the diet mentality trap and we're not interested in that right? We're Diet Haters, after all. And for good reason.

I've tried a couple different food trackers out and one I really enjoy using is the 2B Mindset tracker, because it actually incorporates all the steps I've just mentioned. There's a place to track your water, plan your meals for the day, and write down what you ate. I'll share more info with you on that in just a bit.

So, I'm gonna give you an actual sample of my own tracking day from a recent one.

Here's what I planned for the day:

Pre-Workout Snack - 2 boiled eggs

Breakfast - 2 eggs/2 pieces of toast (from [Dave's Killer Bread](#), which by the way is A.M.A.Z.I.N.G.)

Lunch - Ancient Nutrition chocolate caramel Protein shake/Pistachio Nuts/Tuna

Dinner - Baked chicken with roasted red pepper hummus and veggies

Snack - Hot chocolate/Nuts

What I actually had that day:

Pre-Workout Snack - 2 boiled eggs

Breakfast - 2 eggs/2 pieces of toast

Lunch - Protein shake/Tuna (I didn't eat the nuts because I wasn't hungry enough. The shake filled me up because I added some extra goodies to it, like almond butter.)

Dinner - Paleo Pancakes with organic maple syrup.

Snack - [Organic Fermented Cacao Powder from MRM Superfoods](#)

So.. when I went back that evening to write down what I'd eaten for the day, I pretty much stuck to my plan, except for dinner. I was tired and didn't feel like cooking all the chicken and all the things, so I made some paleo pancakes from a mix that I have with some organic maple syrup.

And guess what? I didn't feel a bit bad about it. I didn't break any rules because we're not dieting, right? And even though you might hear pancakes and think of carb and sugar city, that wasn't the case at all. I still made wise choices with the ingredients.

I like to use the [Birch Benders paleo pancake mix](#). It's made with almond flour and coconut flour and they're so good. I'll share the link in the show notes if you're interested.

And then later that evening as I was winding down and watching some tv, I enjoyed myself a nice hot cup of cacao sweetened with liquid stevia. You may have seen me talking about this recently on my Instagram. Y'all.. It's from the Lord and it only has 20 calories. 2.0. I have enjoyed it so much, I've been drinking a cup almost every night to warm myself up and satisfy a sweet craving. Again, I'll share the link in the show notes.

So, by writing down what I ate compared to what I planned, I was able to pay attention to several things. Did I stick to my plan? Why did I change dinner plans? Cause I was tired? Did I still eat something that made me happy with my choices? Was there something in there that my body probably doesn't want or need? Did I do any emotional eating? Etc.

Writing down your food is an easy step to see what's working for you and what's not. And again, it isn't about shaming. Shaming comes with dieting and we're not dieting.

And as I prepare to go back to step two the next day and plan out my day, this also helps me to say "Okay.. what did I do yesterday that worked? Do I need to do that again?"

So.. say I ate pizza the night before, which I actually did recently, and I didn't have it written on my plan, I had to think as I was planning.. *I ate pizza last night*, aka on the 2B mindset nutrition plan as "silly carbs". *I probably need to take it easier today depending on the amount of silly carbs I have.*

But guess what? I could plan for it and I didn't feel bad about it. Not one bit. Because I'm **NOT** on a diet.

PROMO - 2B MINDSET

So, I've mentioned a couple times the 2B Mindset. I wanna stop for a minute and tell you more about that.

Founded by Ilana Muhlstein, who lost 100 lbs. herself, the [2B Mindset program](#) is about just that, learning how to create an incredibly powerful mindset that will allow you to lose weight happily and keep it off for good.

There are no prescribed meal plans. No focusing on foods you **must** cut out. Instead, it allows you to focus on everything you CAN have, so you're the one in control.

God created you to live an amazing life, my friend, and now is the time to start taking back what the enemy has tried to steal from you and start living fully.

The 2B Mindset program offers simple guiding principles, tips, tools, and strategies that she and hundreds of other clients, including myself, have used to lose weight and keep it off.

Everything about the 2B Mindset is sensible and—best of all—it's sustainable, so you'll not only know how to lose the weight, you'll discover how to keep it off.

If you're interested in learning more, I'd love to walk alongside you through this program and help you to stop dieting today. You can learn more at sundijo.com/2bmindset.

DISCUSSION CONTINUED

4) GET SOME SLEEP

I can't preach to you how important this is. If your sleep is out of whack, then your weight loss is gonna be out of whack, too. There's no way around it.

Now, how much each person gets each night is really up to their body, but you need to be getting between 7-9 hours of sleep each night. Let me just tell you.. If I don't get at least 8, you don't like me very much. And if I get less than 7, I lose all of my Jesus.

While you're asleep, your body is burning fat. When your sleep is disrupted, your body is telling itself to hold onto that fat.

This crazy life we're living in full of business, iphones, computers, technology, stress, etc., etc., has messed up our natural rhythm, and we need that sleep to push the reset button each night. It allows your hormones to rest and reset. It lets your digestive system rest. And your immune system.

If you don't get sleep, you don't lose weight. Not the right way any way. You might have some stress-induced weight loss, but it either ain't gonna last or it's gonna give you a multitude of other health-related issues. When your body is under stress, your craving for food increases, and I'm talking about cravings for foods that you don't want to be eating every day.

Create a sleep schedule as best as you can. Try to go to bed at the same time every night. I know for some of you moms who have full schedules with your kiddos that this isn't always easy. But try for the same time every night, as close as you can get.

Start somewhere. You're obviously not going to go to bed at 9 p.m. and get up at 5 a.m. immediately if you're used to going to bed at 11 p.m. Start small. Try going to bed at 10:30 p.m. Then the next week move it up to 10:00 p.m. Then the next week and the next.

Get some sleep. Your body will thank you for it. And so will your weight.

RECAP

Okay.. so let's do a quick recap of what we've gone over today on the four steps to weight loss success.

1. Drink water.
2. Plan your day.
3. Write down what you ate.

4. Get some sleep.

I'm telling you, my friend, if you start following these four fundamental steps to weight loss, you **will** see results. Get that water bottle filled up, go to bed at a decent hour and make a plan.

DIET HATERS FACEBOOK GROUP

And if you need some extra encouragement along the way, join our free *Diet Haters* Facebook community. We're sharing recipes, work out tips, scriptures, and other shenanigans. You can find us on Facebook by searching Diet Haters, or I'll share the link in the show notes.

CLOSING

I've referenced a lot of things today, and again, you can find them all in the show notes. And if you're interested in some 1:1 coaching, don't hesitate to reach out. I'd love to help set you up for success on your weight loss journey. You can find me at all the places: Instagram, Facebook, etc. I spend most of my time on Instagram though.

I pray this episode was helpful for you today, my friend. I'm rooting for you and cheering you on!

CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And remember this... You. Are. Valuable.

LINKS

[Sundi Jo's Favorites](#)

[Bone Broth Protein - Salted Caramel](#)

[Bone Broth Protein - Chocolate](#)

[Water Bottle](#)

[Dave's Killer Bread](#)

[Organic Fermented Cacao Powder from MRM Superfoods](#)

[Birch Benders paleo pancake mix](#)

[2B Mindset](#)

[Diet Haters Facebook Group](#)

[Sundi Jo on Instagram](#)