

EAT CLEANER Live LARGER

EPISODES AND TOPICS

Episode 1 My Story

Synopsis: My journey hasn't been easy, or straightforward, so in this episode I share the highs and lows to show people how my own personal journey and experiences have led me on the path to empower people to eat cleaner and live larger.

Episode 2 Why You Should Know Your Deepest Why Before Changing Anything

Synopsis: Knowing your why is imperative. It's not enough to just think or say 'I just want to feel better,' or, 'I want to get into my skinny jeans again' – this will only get you so far and for so long. What you really need to know is your deepest why, your more personal and meaningful reason/s for wanting what you want around your diet, body and health. This episode includes an exercise to get to the heart of your deeper why.

Episode 3 Which Eater Type Are You? And is it Ruining Your Chances of Success?

Synopsis: Over the years, my 10 Eater Types were birthed one-by-one. It became my #1 tool for knowing how to work with a client from the offset. Once I knew their Eater Type I was able to immediately give them powerful insights into their own habits and behaviours around food. In this episode I discuss the 10 different Eater Types, tell you how you can discover what yours is, and how to use your Eater Type to help you, and not hold you back from the success that you desire.

Episode 4 What to Do When You've Had a Bad Food Day

Synopsis: I like to refer to Bad Food Days as "intense learning days", because that's what they are. Without days like these, we wouldn't learn more about ourselves and our unique body, and what works for us and what doesn't. This episode guides you through how to manage and deal with these days, and also how to learn from them to create a healthier, happier life.