

Im so happy i can eat those finally in like a normal amount cause i used to always restrict myself from these and now i can have them everyday for breakfast 🥺

19:38



Also im realizing more and more there's really no all or nothing mindset, for example i have so many snacks at home as of now and i dont feel like binging on them or wanting them all at once because now i eat healthy and nutritiously every day! And when i eat those snacks, i make sure to make them more nutritious like for example when i eat a brownie i put some peanut butter on top for healthy fats, banana for carbs and natural sugars and some yogurt on the side for more protein!!

18:34



Hey! I'm doing really good thankfully im so blessed 🙏 everything with food is going so well, everyday i discover more food freedom and such delicious recipes and combinations and it's really just great, the other day i went grocery shopping and got a few snacks and for the first time in forever i didnt binge on them all at once, theyre in my kitchen and whenever i crave it eat a little that satisfy my cravings and eat something more nutritious next to it! And thank you yes i have the

Thank you! And its my pleasure truly, working with u has basically been life changing and i say that without trying to be dramatic, its like magic and there's so many people out there u can help:) and

I had a bday party of my sister today and i was holding the leftover cake and all i could think of was how grateful i am that i've come this far that i dont feel the neccesity to binge on it 🥰 instead for the coming few days i'm eating a bit of it every single day in combination with nutritious foods next to it so its still balanced and healthy!

19:29

Oh wow this is very very helpful. I have problems with eating too much ( till I feel that I can only sit on the sofa) so this will help me to read better the signals ❤️

07:45

Yes ! I am very glad to say, I feel like "emotional eating" is out of the way for me