Chantel Ray: Hey guys, we're here with another Thin Eater interview. I'd like you to introduce yourself and tell everyone your name and a little bit about yourself.

Kaitlynn: Sure. My name is Kaitlynn. I am a wedding hair and makeup artist. I do hair and makeup freelance and I own my own business.

Chantel Ray: Awesome. Tell everyone, what do your meals look like. What'd you eat yesterday, breakfast, lunch and dinner?

Kaitlynn: For breakfast, I woke up around 9:00 AM. I just had a bowl of strawberries, maybe five. Then for lunch, I didn't really have time to eat too much, and I saw a bag of chips in my car so I ate quite a few of those. Not too many. Then for dinner, I had an early dinner, around 5:00. And me and my man, we went to a Chinese buffet and we went all out on there.

Chantel Ray: So would you say that ... If you had to say like small would be ... Like we could say like extra small would be like maybe a bowl of fruit that would be like this much. Or a granola bar would be extra small, something that would be small would be like, you know, maybe this much food. So if you had to describe like extra small, small, medium and large, how many times would you say you eat in a day? So would you say you eat two times a day generally, three times a day?

Kaitlynn: I would say more I have a large to extra large meal once a day.

Chantel Ray: Okay. So one of your meals is large or extra large? Just depending on how hungry you are.

Kaitlynn: Yes.

Chantel Ray: And would you say mostly that's dinner?

Kaitlynn: Yes.

Chantel Ray: Is there ever an exception to that?

Kaitlynn: Maybe like once every two months, and then I wouldn't have a very big dinner. So, maybe just lunch.

Chantel Ray: So let's say you guys were doing a big breakfast where it was a big family brunch, so that would be your big meal for the day?

Kaitlynn: Honestly, I still wouldn't eat that much.

Chantel Ray: You wouldn't? You'd still make that ... Because you enjoy eating at night?

Kaitlynn: Yes. If I was having like a big family brunch or something, I would only eat maybe like a croissant or something. I wouldn't eat that much.

Chantel Ray: Got you, because at the time your body really wants a large meal is around the 5:00-

Kaitlynn: I only eat when I'm hungry. Yep.

Chantel Ray: You eat when you're hungry. So from what I've heard you say, you would say if you're going to eat breakfast, it's going to be something extra small.

Kaitlynn: Yes.

Chantel Ray: Four strawberries. What's some other things that you would have?

Kaitlynn: Any kind of fruit? Definitely. I love to eat fruit. Cereal, I'm fine with cereal. I love Cheerios.

Chantel Ray: How much cereal would you have?

Kaitlynn: Like maybe two bowls. Nothing too crazy.

Chantel Ray: Small bowls?

Kaitlynn: Yes. Very small.

Chantel Ray: Like how big, if you had to put it ...

Kaitlynn: About this big.

Chantel Ray: Okay.

Kaitlynn: Yeah.

Chantel Ray: So your bowls are about that big?

Kaitlynn: Yeah.

Chantel Ray: And so the typical like person who eats a bowl of cereal is like this. Like you're talking about a bowl that is probably maybe the size of the palm of your hand.

Kaitlynn: Size of your palm. Yep, exactly.

Chantel Ray: So maybe one small or too small bowls depending on your hunger? So you would say breakfast for you would be either small or extra small?

Kaitlynn: Yes. Or, if any at all.

Chantel Ray: Or if you didn't eat anything, right? And so either it's going to be extra small or nothing. And then for lunch, is it extra small or small?

Kaitlynn: It's more on the small side.

Chantel Ray: Small side.

Kaitlynn: Yeah. Yeah. Nothing too crazy, though.

Chantel Ray: Okay. Describe some things that you would have for your small meal for lunch.

Kaitlynn: Sometimes I would go out with my dad. I love to have lunch dates with my dad and we would go out to like Chik-Fil-A or something or McDonald's, because he loves McDonald's. And I would have like a four piece chicken nugget and a small fry and that's it.

Chantel Ray: Okay. And would you eat the entire four piece chicken?

Kaitlynn: Yes.

Chantel Ray: Okay. And the whole small fry?

Kaitlynn: Yeah.

Chantel Ray: Great. And then to drink, water?

Kaitlynn: Yeah. Water or sweet tea. I like sweet tea.

Chantel Ray: Okay. And then what does your dinner look like? Dinner would be your large meal?

Kaitlynn: Yes, dinner would definitely be a large meal. I eat almost anything. I love to go over to my parents' house for dinner, you know? Just to be with them a lot because I love them. And mom would cook a huge meal and stuff. So we would have at least four to five sides and a meat of dinner and stuff. And I would eat it all and have seconds.

Chantel Ray: Okay. And how do you choose what to eat?

Kaitlynn: I don't really, I just eat whatever. Yeah.

Chantel Ray: But whatever your body wants.

Kaitlynn: Yeah.

Chantel Ray: So recap for me one more time about the size of your meals and what you eat.

Kaitlynn: All right. So for breakfast I usually have an extra small meal or nothing at all. Lunch, I have a small meal or honestly, nothing at all depending on my work day for that day. And then for dinner I have a large to an extra large meal.

Chantel Ray: Okay. So that's your time where you just love to eat a big [crosstalk 00:05:36] night?

Kaitlynn: Yes. Yep.

Chantel Ray: That's great. So do you said you eat slow?

Kaitlynn: Yes, I eat very, very slow. Like usually I'm the last person to finish eating at my whole table.

Chantel Ray: So name some of the foods you love to indulge in.

Kaitlynn: Like for snacks?

Chantel Ray: Yeah.

Kaitlynn: My favorite snacks are like pretzels.

Chantel Ray: Okay.

Kaitlynn: Fruits. I have a weird obsession with Lays original potato chips.

Chantel Ray: My son loves Lays original potato chips.

Kaitlynn: Yeah, I can eat a family size bag in two days. We have to keep three in the pantry, and we have to go buy more every week.

Chantel Ray: You just love Lays potato chips.

Kaitlynn: Oh my gosh. It's ridiculous.

Chantel Ray: That's funny.

Kaitlynn: Yeah.

Chantel Ray: Now, you eat very small breakfast, if at any at all. Chips, very small lunch. Your big meal is dinner. Would you say though that you ever overeat?

Kaitlynn: No, I don't normally overeat. I just eat when I'm full.

Chantel Ray: Okay. And let's just pretend that you were at Burger King.

Kaitlynn: Okay.

Chantel Ray: So I love that when you said when you were at Chik-Fil-A, the size of what you got, you got a four piece kids meal with a small fry. What would you order if you went to Burger King, what would you eat?

Kaitlynn: If I went to Burger King for lunch, I would probably ... Their nuggets are really good, so I would just get a small nugget. I think like it's either a six or a four. I would get that, and then small fries. That's it.

Chantel Ray: Do you usually leave food on your plate?

Kaitlynn: Sometimes yes. Yeah.

Chantel Ray: And do you ever count calories or count carbs?

Kaitlynn: Nope. I have never counted calories and never counted carbs. Never looked at how much sugar is on or cholesterol or any of that. Nope.

Chantel Ray: And do you deprive yourself of any foods at all?

Kaitlynn: No, I never cut back on food or think like, Oh, I shouldn't eat this or I shouldn't eat that. I just eat whatever I'm craving or whatever.

Chantel Ray: So when you are stressed, do you ever say, "I'm stressed, I want to eat. I need to go eat something to make me feel better."

Kaitlynn: Usually when I'm stressed, I usually grab like some potato chips that I love or just like a small snack, but I don't feel like I stress eat. Like I don't eat a whole cake or anything.

Chantel Ray: Yeah. So how do you decide when ... What are some of the things that when you're physically hungry, how do you know that you're physically hungry? What are some of the symptoms that you have?

Kaitlynn: Some of my symptoms are I feel tired, grumpy. Very grumpy. Like I can get hangry, and my stomach starts to hurt. And usually if I'm not sure near like a big meal or going to do something, I just find like a granola bar or just a small snack that I can just eat to hold me off until my next big meal.

Chantel Ray: Got you. So I've heard different people talk about that. Is that if they feel like ... Let's say you were going to eat dinner at 4:00, and you were going to have a big dinner. But at 2:00, you start getting hungry. What are some things that you would do to hold you off to keep you from being hungry without eating-

Kaitlynn: I wouldn't eat at all.

Chantel Ray: You wouldn't eat?

Kaitlynn: No. If I knew I was going to have a very big meal or go out with family or go to like a big buffet or something, and I was starting to be hungry at 2:00 or even 1:00, I wouldn't eat at all.

Chantel Ray: Okay. And do you feel like ... Do you ever have any kind of snacks in your purse, like almonds or a granola bar or anything like that?

Kaitlynn: I usually have some pretzels and a granola bar.

Chantel Ray: In your purse?

Kaitlynn: Yeah.

Chantel Ray: And is there any foods for you that you just are like, I just will refuse to eat that under any circumstance.

Kaitlynn: Oh, my goodness. I am such a picky eater. I only eat what I like, so if somebody puts something in front of me and I don't like it, I'll maybe have a few bites to be nice but I won't eat it. And after I leave I would go get something that I do like. So I can name like so many things that I don't like. I don't like cauliflower. I don't like spinach. I'm not a big smoothie person. Just honestly, a lot of things. I don't like certain kinds of steak. I won't eat brown rice, like just like weird things.

Chantel Ray: Okay. But there's no food that you ever say, I can't have this food because it's too many calories. You've never said that?

Kaitlynn: Never. I will never say that, Oh, I can't eat this because there's that many calories in it.

Chantel Ray: Got you. Do you ever feel like you are preoccupied with food? Like you're just like, all I think about is food and I when am I going to eat my next meal or anything like that? Or you only think about food when you're physically hungry.

Kaitlynn: I only think about food when I'm hungry. I'm never thinking about my next meal or thinking about, Oh, when am I going to eat again? No, I have other things to focus on.