

Chantel: All right, so tell us a little bit about yourself.

Kim: My name is Kim, I'm 40 years old. I am a married mother of two teenage girls. I've stayed at home with them for 16 years now. I used to teach, and my schedule, pretty much my life, just consists of logistics and keeping it all running and, you know.

Chantel: So tell us about your weight and like, does it fluctuate at all? Do you go on diets a lot?

Kim: So my weight fluctuates. So I'm about 130, would be the average I would say. Depending on what's going on, I might maybe go down. I don't go lower than about 127. I might go up to 135 if I'm, I don't know.

Chantel: What size clothes do you wear?

Kim: Obviously depends. It's usually a two or a four. So 26 in jeans, typically.

Chantel: And how tall are you?

Kim: I am 5'6".

Chantel: Okay, perfect.

Kim: Yep.

Chantel: So today we're getting ready to order from the menu, and so let's look at the menu and then decide. How do you decide what you want to eat?

Kim: Okay, yep. So I usually don't drink alcohol, so that's easy. How do I decide? Okay. So I'm a pretty boring eater. I usually don't, you know, step out of the box too much. I don't know how ... Okay, so just everything going through my head?

Chantel: Yes.

Kim: Okay. So I like a Caesar salad, and it's typically a safe choice in terms of, you know, I like it. I'm always a little bit worried of ordering something that I hate.

Chantel: Okay.

Kim: I know that no matter what I get, I don't eat a lot at a time in one sitting. So unless I'm with my family, or I'm splitting something, I'm kinda gravitating towards-

Chantel: Something smaller.

Kim: Smaller, yes.

Chantel: Okay. And are you looking at like, "Okay, what's my healthiest choice?" Or are you looking at-

Kim: No. I'm just looking at what sounds appetizing to me right now.

Chantel: Okay.

Server: Do you want any appetizers?

Kim: Thank you.

Chantel: No.

Kim: No thank you.

Chantel: Do you want an appetizer?

Kim: No thank you.

Server: Are you ready to order an entrée or do we need a little more time?

Kim: A little bit more time, thank you.

Kim: Sometimes when I'm out with all four of us, my family, I'll just not order anything, 'cause I know, especially the kids will have leftovers. I'll just clean up.

Chantel: Clean up what they don't eat.

Kim: Yeah.

Chantel: So let's talk about what you've eaten so far today.

Kim: So today I have had an iced coffee. I had that at about nine AM.

Chantel: And what was in it?

Kim: It was just an espresso concentrate, half and half, and a little bit of sugar.

Chantel: So right now, what time is it?

Kim: It is 1:41.

Chantel: So what time would you say you normally start your first meal. Is it around the one o'clock time?

Kim: Yes. It would be around ... yeah.

Chantel: What's the reason for that? Is that what you've always done?

Kim: No. As long as I drink coffee when I wake up, I'm just not that hungry before about one o'clock-ish. I also, just the way I'm wired, I'm far more productive in the morning. Like when I first wake up, I'm ready to kind of like you know, just this to-do list I have around the house. You know.

Chantel: So you're like, "I don't wanna load up on a bunch of food-"

Kim: Well it's just-

Chantel: ... because then I'm gonna get tired.

Kim: And I'm distracted. And if I stop and sit, sometimes I don't get back up, if that makes sense. Like I might stop and sit, you know, to grab something to eat in front of a show and be like, "Oh, this is really good. I want to watch another episode." Or just, and in the morning that's when I have the most energy and I just, you know.

Chantel: Okay, that's really good.

Kim: Sometimes I'm running errands, too. Right, so I got up. As long as I have coffee in the morning, I usually do not eat anything till about one o'clock in the afternoon, which is not intentional. I'm aware of intermittent fasting. I've read about it, but the way that I do it comes naturally to me. It works with my schedule. It's never been an intentional thing where I'm trying to lose weight or I'm trying to achieve anything in particular. It's just, I'm more productive in the morning, I'm running errands, I'm distracted. You know. And yeah, so I guess ... I don't know if my body has gotten used to that just being the way it is.

Chantel: That's just naturally what time-

Kim: Yes.

Chantel: ... you now start getting hungry. 'Cause you're so used to eating at one o'clock.

Kim: Yep. You know, because -

Chantel: Say that again. You're just so used to-

Kim: Yeah. So it wasn't intentional. It's just that's what my body is accustomed to because of my life and my schedule. And for, you know, sixteen years, I got up with my kids, and the morning was spent either getting them to school, or whatever, and once I dropped them off at school, I run errands. So, you know, my body over time just kinda knows. This is how it is, and so I don't get hungry before like one.

Chantel: Okay. So now let's look at the menu. I want you to really think out loud of what you're thinking. Are you ever thinking, "Should I get something low calorie?"

Kim: No.

Chantel: Or anything like that. You're just saying-

Kim: No.

Chantel: "What am I craving?"

Kim: Yes. My thought process is just, "What sounds good to me? What am I craving?"

Chantel: So what are you craving?

Kim: In general, I don't like heavy foods, especially not at one o'clock. Maybe occasionally at dinnertime. I like, I mean I crave salads. I flip to the small, or the lunch-size entrees. Everything I'm looking at just kinda seems too heavy. You know? And that's not a weight issue, that's not a caloric issue. It just doesn't appeal to me. So yeah, so right now I'm thinking Caesar salad.

Chantel: Caesar salad sounds good.

Kim: Yeah.

Chantel: What would ... maybe that grilled chicken Caesar salad?

Kim: Yes. So I'm at appetizer salads right now. There we go. Chopped salads, is that where ... yeah.

Chantel: Appetizer salads?

Kim: Okay, no, here's the grilled chicken Caesar. So yeah, I'll probably do the grilled chicken Caesar so that I know I've had some protein.

Chantel: Mm-hmm (affirmative).

Kim: Yeah.

Chantel: Okay. Is there anything else you would get? What about like a soup? It's kinda cold in here.

Kim: It is, a little bit.

Server: Looking through, seeing everything's pretty good, right?

Chantel: Yes. What is your soup of the day?

Server: Our soup of the day is our andouille, black beans, and rice.

Chantel: Okay, I think we're ready to order.

Kim: I'll have the grilled chicken Caesar salad, please.

Server: Did you want that as a chopped salad or do you want [inaudible 00:09:11]?

Kim: Chopped salad, please.

Chantel: Okay, so let's talk about this, because this bread is supposed to be phenomenal. Can you see this? 'Cause we need to really get a good picture of her eating, so we need to clear everything out.

Kim: I don't usually set my tableware off at all.

Chantel: Do you think that you'll have a piece of that bread?

Kim: Yes.

Chantel: Okay, great.

Kim: Yeah. Because I'm hungry.

Chantel: Okay. It's been a while. Okay, so we're gonna watch you eat it.

Kim: Are you gonna have a piece? Is he gonna have a piece of that bread?

Chantel: I'm not going to, no. Do you want any, Zel? It's delicious, you've gotta have some.

Kim: Okay. 'Cause I don't wanna put my hands all over.

Chantel: Okay.

Kim: Please do not judge my manners.

Chantel: Keith loves this bread, by the way. We will have to get an extra one to bring it home.

Kim: I can only imagine.

Chantel: Yeah. He loves this bread.

Kim: So we joke. Eating is like a sport.

Chantel: For him.

Kim: What did we say? I eat to live, he lives to eat.

Chantel: Yes.

Kim: Pretty much. Okay. Here we go.

Chantel: Is that probably how much bread you'll eat? You can have more.

Kim: I mean, I might have more.

Chantel: Okay, so let's give one to Zel, and you can have the other one.

Kim: All right. Sorry, this guy is ...

Chantel: Put it in your purse.

Kim: Put it in my purse? Okay.

Chantel: Put it inside your purse. That'll be good.

Kim: There we go. Yeah, I imagine Keith. Do you guys come here a lot?

Chantel: We've only been once.

Kim: Okay. I've been here with him once. Yeah.

Chantel: So you don't worry about butter or bread or carbs? Talk about that for a second. Do you ever in your mind go, "Well I had bread for lunch, I'm probably not gonna have it again for dinner?" Or how does that thought process go for you?

Kim: So when I see this bread that comes out, first off, I'm hungry. Second of all, like it's good. I like it. I've had it before. I don't think twice about the butter, as long as it's butter. If I think we are somewhere where it might be margarine or whatever garbage, I won't touch it. So that's my main concern. It's not calories, it's just what's in that. And then, you know, if I were to eat a bagel or a meal, I might stop before dinnertime, when I'm thinking like, "Okay, what are we gonna have?" I go, "Maybe I shouldn't have straight pasta." But usually I don't give it a whole lot of thought because ...

Chantel: Because if you've already had bread, then you're probably not gonna be craving it again.

Kim: Right.

Chantel: Because you've already had it for the day, so it's kinda like, "Okay, I've already had it."

Kim: Right.

Chantel: "I'm not dying for it again."

Kim: Right.

Chantel: That same day.

Kim: Yeah. Honestly, there's not a lot of thought that goes into ... So there is a lot of thought that goes into the nutritional value, but not in the sense-

Chantel: Of carbs.

Kim: Of carbs versus protein versus calories, or fats, or weight.

Chantel: It's just what kind of quality is this.

Kim: Or how it's gonna affect my weight. That's not-

Chantel: "How is this gonna make me feel?"

Kim: It's how this is gonna make me feel, it's what is in this. Is this something that is-

Chantel: Real food.

Kim: Real food, exactly. Is this real? My kids joke when we're, whatever, go to my mom's for dinner, and she's put lite sour cream on something, you know? They're like, "Grandma, you know that we don't eat ..." And we don't. We don't eat lite cream cheese or sour cream or artificial sweeteners.

Chantel: You are gonna have the full-

Kim: Yeah. Yes, because I understand that on a label, it might look better because it's, you know, like a lite product, because it's got fewer calories or less sugar, but you know, you're compromising your health because it's not real. A lot of time there are additives and it's not ... Now, that's not for every lite product, but you know what I mean. I just want real.

Chantel: Talk about, what do your meals look like in a typical day? Talk about what did you eat yesterday, all day?

Kim: Let me think, yesterday was Sunday, so I woke up, had my iced coffee. At about noon, I ate a half of a bagel with cream cheese, and then I just, you know, I was around the house cleaning and doing various chores. Abby had volleyball try-outs. We left the house at 3:30, so did I eat? I remember I had another coffee on the way out the door, and I don't think I ... I'm trying to think if I ate anything else. Oh, I did. She had made a

sandwich for lunch that she didn't finish. She made just regular sourdough bread with chicken salad and tomato slices on it. She didn't finish it, so I ate probably a third of the sandwich that was left. I ate that before we left at 3:30. Then for dinner, what did we do for dinner? We ran to the grocery store after try-outs and had BLT sandwiches, just Abby and I, 'cause Keith and Emily were doing other things. So yeah, we just had BLT sandwiches for dinner. I had a whole sandwich, you know.

Chantel: And then did you have any dessert or anything?

Kim: I had about a half a pint of Ben and Jerry's.

Chantel: Okay.

Kim: Yep, and that's it.

Chantel: Is Ben and Jerry's ice cream one of your kind of things, like you love to indulge in?

Kim: It is. Ice cream in general. Yeah.

Chantel: And why do you choose Ben and Jerry's? 'Cause it's pretty clean.

Kim: Well, it's just the flavor. I think I-

Chantel: But Ben and Jerry's is one of the healthier ice creams.

Kim: That's good to know. I mean I look. Like if it says frozen dairy dessert, I'm like, "No, that's not." Sometimes I'll do Haagen-Dazs. I probably don't read the ice cream labels like I should. And I've had more ice cream lately because, I don't know, maybe because it's summer time, because the kids are. Normally I don't. Normally it's like maybe once a week. Yeah.

Chantel: How often would you say you eat sweets?

Kim: Most days I'll have something. Whole Foods, and I think Fresh Market does too, they carry this line of small desserts. I'm trying to think of the name of them, which I'll come up with. It's gonna bug me. They're in the refrigerator section. This is [inaudible 00:17:38]. Can I look it up?

Chantel: Yeah.

Kim: And they're perfect. What do I search this as?

Chantel: That's fine, you don't have to look it up.

Kim: But it's bothering me. Anyway, I'll figure it out.

Chantel: Yeah.

Kim: They make just these little tarts, and they have key lime, they have lemon, they have like a chocolate espresso, and then a chocolate almond butter. It's made with almond flour.

Chantel: Mmm!

Kim: It's all real food.

Chantel: Ooh that sounds, yeah.

Kim: Yeah, and it's rich, too, so it really kinda hits the spot, if that makes sense. But I'll say just about every day I'll have, sometimes it might just be dark chocolate at night. I call it meal closure. It's just like something, it's like when I finish eating. Not lunch, so much, but at the end of the day, at dinnertime, it's like my body's-

Chantel: But what about ... So I feel like I always need a meal closure, as well. But I feel like, if I'm gonna eat two meals in a day, I'm gonna have ... I want something as a meal closure for my lunch.

Kim: Okay.

Chantel: And a meal closure for my dinner. Do you feel like at lunch you don't need a meal closure?

Kim: Not really. Maybe because dinner, it's like, I don't know.

Chantel: So you like to have something sweet after dinner?

Kim: Mm-hmm (affirmative).

Chantel: But after lunch you're okay? You don't need more.

Kim: Yeah. I don't need it. But after dinner, it's like, I don't know, it sounds weird, but it's like my body knows, "Okay."

Chantel: Talk about how quickly you eat, and do you feel like you savor your food? And give an example.

Kim: I normally eat faster than this. I'm just distracted right now. No, I don't really savor my food, because typically I just eat because I'm hungry. I mean like, again, it's not like this-

Chantel: How long would you say it takes you to eat? We'll time it, and we'll see. So just try to eat your salad like in the normal amount of time.

Kim: Okay.

Chantel: Like if we weren't even talking, however fast you eat it, then put it that fast. Do you feel like you eat kinda fast?

Kim: I would say if there is an exactly average, that would probably be me.

Chantel: So you're not like the first person to finish, and you're not the last person to finish.

Kim: Right.

Chantel: You're just right in the middle.

Kim: Mm-hmm (affirmative). Not like Keith.

Chantel: Do you think he's super slow?

Kim: Oh my gosh. Every bite, he has to have a perfect proportion of sauce or condiment. "I'm gonna take this shoestring french fry and it's gonna be three bites." You know? I mean-

Chantel: But that's good. We always think ... Whenever I'm with him, I'm like, "Oh my gosh, I am eating too fast." But he does eat very slow.

Kim: He eats excessively slow. And you would think, like he completely defies the theory that-

Chantel: If you eat slow-

Kim: Yes, you'll eat less because your body will realize you're ... yeah. He just-

Chantel: He just keeps eating.

Kim: He pushes forward. If he likes the taste of something, he will ignore every body signal he's getting.

Chantel: We'll edit this stuff out. Unless you're okay with me leaving it in..

Kim: Oh, I don't care. He doesn't care. No. I mean, he'll say like, "Real champions press on." 'Cause the girls even, now, they're like, "Dad, are you still hungry? Why are you eating?" And he's like, "It tastes so good."

Chantel: Oh gosh. Let's talk about any tricks that you have that you feel like helps you eat a little less.

Kim: So, yes. I feel like I eat less in part because I cannot stand the feeling of being full, or overeating. Or just being full. It feels gross to me. I just, it's uncomfortable. And it's not

like, "Oh no, I feel like I'm gonna fat." It's just, it doesn't feel comfortable. So I will stop eating when I feel no longer hungry.

Chantel: Would you say you stop eating before you're full?

Kim: Yes.

Chantel: Because you know-

Kim: Oh, absolutely.

Chantel: Okay.

Kim: I stop eating when I'm not hungry anymore, if that makes sense.

Chantel: So right before. So say that, so right before you're full-

Kim: So right before I am full, I stop eating. I stop eating once my body feels, "Okay, I'm not hungry anymore. I'm not full. I'm comfortable." And that's when I'll stop eating.

Chantel: Try to think in your mind, how do you know when you're full? Describe in detail as much as you can, what are you some of the things ... So now you had that little piece of bread. If you had to say, now how do you feel as far as your hunger and fullness?

Kim: I'm still hungry, but I don't feel as-

Chantel: Ravenous.

Kim: Ravenous, exactly. 'Cause when I get really hungry, that's uncomfortable too. Like I'll start to feel nauseous. So I don't feel like that anymore, but I can tell, I mean I'm still hungry. Yeah.

Chantel: What other feelings do you feel when you're full?

Kim: Full?

Chantel: Or not full, right before you're about to get full.

Kim: I also get bored. I get bored with my food as well. Just the way something tastes, you know. After I've eaten a certain amount, it's just, you know, I don't really want the taste of it anymore, if that makes sense.

Chantel: So in my book, I talk about the enjoyment scale, and I say, "Okay-" Good, how are you?

Kim: Oh thank you.

Server: I have Caesar.

Kim: Right here. Thank you.

Chantel: Thank you so much. Look of the size of that salad.

Server: I didn't want to put it on the papers.

Chantel: Oh perfect, thank you. Look at my salad. It's so yummy. Okay, let's say a quick prayer. Zel, will you eat half of this salad? Look at the size of it. Doesn't it look delicious?

Chantel: All right, let's say a prayer. Lord, thank you for Kim, and we just know that this is gonna be a blessing to a lot of women, and that she's gonna be able to change people's lives without even knowing it. And so we just want to give you all the honor and all the glory and all the praise for that. Thank you for her time and her willingness to give back to other people. I just pray that we would eat slowly, and that while we eat you'll help me do that as well, and help us to have an amazing night. We love you and it's your name we pray. Amen.

Kim: Amen.

Chantel: Okay, so talk about how you might say, "Okay, well I'm not as hungry anymore." So talk about that feeling, like the taste. Like the first bite is really, really good, but then it's like, "Okay, this isn't as good anymore."

Kim: Right. This isn't as-

Chantel: "Now I'm getting bored with it."

Kim: Yeah, and that could also just go along with the fact that my body's telling me, "Okay, we're good now." But yeah, I just, after a little bit, I just, yeah, bored. It doesn't taste as good.

Chantel: So let's say you had a plate that had multiple items on it. Like, not just this salad.

Kim: Mm-hmm (affirmative).

Chantel: Let's say it had like a steak, vegetables, and ... Let's say that's steak, vegetables, and mashed potatoes. How would you decide what to eat first on that plate?

Kim: So if I have a plate in front of me with several different items, I would probably, I like to combine them. Not all on the plate, but I'll take a bite, like I'll cut off steak and put it with some, whatever, onions, peppers, green bean. You know. I'll eat it with, you know, something else that's on my plate. I don't necessarily eat things alone. I mean, depending on what it is. My mom has this jello that she makes as a side dish for certain

meals. I'm not gonna mix that with chicken. But, you know, the more savory items I will combine.

Chantel: Have you ever counted your calories or measured how many calories you've eaten in a day?

Kim: I have not, ever, counted my calories or measured. Sometimes I will be aware, like, "Oh, we went to brunch today and had, you know, french toast or this." So I would naturally not be as hungry later in the day, anyway, but you know, I would be mindful of the fact that I had french toast earlier today. So, you know, I would not eat ice cream that night.

Chantel: So let's say that you were ... I've heard this many times from many times. They basically say that they allow themselves a five pound window, meaning that they're 130 pounds. Once they get to 135, they start dialing it back a little bit. Would you agree with that?

Kim: Yes. I don't weigh myself usually. I mean, we have a scale. I might get on it once every several months. I'm more conscious of how my clothes fit, so if I start notice, like, "Oh, it kind of looks like I have a pooch in this outfit," or, "These jeans are really tight," that's when I'll go, "Hmm. I wonder what I weigh right now." You know. So I'll get on a scale. And, you know, I would say yeah, if it's higher than 135, 136, I'm like, "Oh, okay. I need to be more conscious of, you know-"

Chantel: So what would you then do to dial it back a little? What would be some of the steps that you would take to say, "Okay, I'm a little bit heavier than I would like to be. I'm gonna dial it back."

Kim: So that would probably be, "I'm probably having too many sweets at night." Like, I just need to be more conscious of that. You know?

Chantel: So sweets is where you dial it back?

Kim: Yeah. Yes. I would say, "Okay, I'm not gonna sit here and ..." Yeah, I would dial it back on sweets. And rather than having a dessert, I would have just a square or two of dark chocolate, if that makes sense, rather than eating a bowl of ice cream. Because I'm so accustomed to eating the way that I am, and it just works with my schedule and everything, that keeps things in check quite a bit. You know, on its own. And just because I naturally just, I don't like feeling full. I don't like feeling gross. Yeah, sometimes I eat fast food because I have to. We're on the go. But if I have to do that repetitively, I'm like, "Ugh, this just doesn't feel good."

Chantel: So you ate all of your bread. Are you gonna have any more bread?

Kim: No.

Chantel: If you had to estimate the percentage of time that you eat clean, meaning fruits, vegetables, lean meats, what would you say that percentage looks like for you?

Kim: It depends on how strict your definition of clean is, probably, but I would say 60% of the time. 60-70% of the time.

Chantel: Talk about fast foods. Is there some fast foods you will eat, some fast foods you won't, and why?

Kim: So I'll eat Chick-Fil-A. I like Zoe's Kitchen. I like Chipotle. Panera I'll do. I don't love Panera. I just won't eat McDonald's.

Chantel: I think you got burnt out from Panera, because I remember at one time-

Kim: Oh my gosh, yes.

Chantel: I'd be like, "Keith, what are you doing?" And he's like, "I'm picking up Panera for dinner."

Kim: Mm-hmm (affirmative).

Chantel: Yes, we can have one more bread if you don't mind. Thank you. I saw you eat that bread, I got to get another one.

Kim: I will get burnt out on any kind of food. And even the ones I named. I mean, I'll get burned out if I have it too much. So clearly, I like variety. But also not too much, because I think of myself as a boring eater.

Chantel: What about McDonald's?

Kim: I mean I just, I won't eat it. I mean, if I am literally gonna die of starvation I would eat it, but short of that, it just-

Chantel: Just the amount of chemicals that's in McDonald's.

Kim: Yeah, just not knowing what it is. I'd rather be hungry. I mean, I won't eat Burger King or McDonald's. Or Wendy's, if I had to, I would get a salad. Like, I don't want meats from, you know, some of the fast food chains.

Chantel: Is food ever your go-to when you're stressed?

Kim: No. Food is never my go-to when I'm stressed. It's quite the opposite. I struggle to eat when I'm stressed. Because, I think, when I'm stressed I feel it in my stomach, and so it just ... Yeah, I can't eat when I'm stressed.

Chantel: Thank you.

Kim: Thank you.

Chantel: And he did it perfect. Make sure you try one. They are so nice here, I'm telling you. This place is my new favorite place. This salad is just like beyond good. So yummy. Isn't it good?

Kim: If I'm stressed and depending on the girls' schedule, if we're not sitting down to a meal or I'm not making anything for everybody 'cause they're all, I'll just eat a bowl of cereal, 'cause that's the one thing I can usually stomach eating when I really don't want to eat.

Chantel: What is your go-to? When you're stressed, what is your go-to?

Kim: What do you mean? Like, my go-to food, or otherwise?

Chantel: Otherwise.

Kim: Otherwise, okay.

Chantel: So like, 'cause you just said, "Food's not my go-to. I would go to ..."

Kim: I would ...

Chantel: Would you go for a walk, or take a bath, go out with friends?

Kim: No, I would not go for a walk or take a bath because then my mind would still be on whatever is making me stressed. So whatever is gonna distract me and kind of be an escape. So I might go call up a close friend and just say, "Hey, I'm coming over," and just goof off with her. I'm trying to think. Sometimes I will put on a podcast and clean like crazy to try to just distract myself. You know? If I've got a podcast on, then that'll usually kind of occupy my mind.

Chantel: What are some other things that would be your go-to?

Kim: Reading. I like to read, too.

Chantel: So are you done with your salad now?

Kim: I am.

Chantel: Can you zoom in on that? Just push it right here in the middle.

Chantel: So you probably ate about, what, a quarter of that salad, maybe?

Kim: A third?

Chantel: Zel, finish this.

Zel: Okay.

Kim: Go for it.

Chantel: So maybe a third of the salad.

Kim: I'm just not hungry anymore.

Chantel: It would be good if we could get a dessert, and you eat a couple bites of it.

Kim: Mm-hmm (affirmative).

Chantel: Are you craving a couple bites of something?

Kim: Sure.

Chantel: Okay, good.

Kim: I'll have a couple bites of something.

Chantel: Perfect.

Kim: Yeah.

Chantel: When was the last time that you can remember that you overate, and when or how often do you eat your entire plate of food in a restaurant?

Kim: The last time I overate, I have no idea.

Chantel: That's so good.

Kim: I don't know. I ate my entire plate at a restaurant over the weekend.

Chantel: Okay, what was it?

Kim: It was a salad. It was smaller than that.

Chantel: You were just really hungry?

Kim: I was really hungry. It was probably three o'clock and yeah.

Chantel: You hadn't eaten anything.

Kim: Right. Just, I'd had coffee that morning. And I finished up, Abby had a smoothie bowl, and I had the last two or three bites of whatever was left at the bottom. It was a spinach salad with grilled tuna, and it had onions and tomatoes and this yummy dressing.

Chantel: And you weren't that full when you were done, 'cause you were so hungry?

Kim: I was really hungry.

Chantel: You were so empty, it'd gotten-

Kim: Like I said, it wasn't as big as that. It was bigger than an appetizer salad, but it wasn't huge. Yes. But yeah, normally I need to split a meal, or if it's something that I know I'll eat the leftovers. I'm not good about eating leftovers, but if I know I'll eat the leftovers, I'll get an entrée that's normal or bigger size, but it's typically a waste of food if I do that.

Chantel: What are some of the symptoms or things that you feel when you ... How do you determine when you're physically hungry? What kinda goes into that?

Kim: I know I am physically hungry when ... You know, first my stomach will just feel kind of empty. Nauseous, I would say. I mean, that's the best way to describe it.

Server: Would you care to see a dessert menu?

Chantel: Yes, please.

Server: Do you want me to box that up for you, or were you-

Chantel: No, he's gonna finish it.

Kim: Yeah, I'll start to feel kinda nauseous, and just that empty-

Chantel: Just like you feel your stomach being empty.

Kim: Yes. Whenever my stomach is really empty, it makes me nauseous. Keith, I remember talking to him a long time ago, that he was like, "Your stomach hurts?" And I was like, "Yeah, doesn't yours?" And he said his doesn't hurt. He can tell it's empty, but it's not uncomfortable.

Chantel: Because he never gets to empty.

Kim: That's true. That's true.

Chantel: He doesn't know what empty is.

Kim: We had this conversation before I knew. I don't think we were married yet.

Chantel: Can you hear the music, or are you okay? Put your hair like this so that he can really hear you. Can you hear the music?

Zel: I can hear it, but it's not loud.

Chantel: Not powering? Okay.

Kim: Yeah, I'll start to feel kinda nauseous, and then I'll get a headache, and I'll just get very moody if I'm really, really hungry. Thank you.

Chantel: So when we're looking at this dessert, what kind of stands out to you? Like, "Ooh, that looks really good."

Kim: So usually, I don't like anything with fruit in dessert. Not always, but just typically. Like if it's got banana in it, forget it.

Chantel: What about the salted caramel crème brulee?

Kim: I also don't like ... I kinda like simpler desserts.

Chantel: Okay.

Kim: Like I don't want the salted caramel heath, blablabla. You know, Keith will get this loaded, something with Reese's, and I'm just like, "Ugh." So typically, I'd like-

Chantel: Oh, they also have just single things, like chocolate covered strawberry, cheesecake lollipop, candy walnut turtle, or chocolate truffle.

Kim: Oh, there we go. Nice. Yeah. Like a turtle, for instance, is a little, it's too much going on.

Chantel: Too much going on. Out of all of these, you can whichever one you want, which one sounds the absolute best?

Kim: I would say either the chocolate cake or the key lime pie, probably.

Chantel: Those two.

Kim: Yeah. One of those. You want me to make a choice, or are you gonna ...

Chantel: Yeah, I'll eat a bite of the key lime pie if you want [crosstalk 00:44:18].

Kim: Yeah, that looks good. The key lime pie looks good.

Chantel: Okay.

Kim: Let's do that.

Chantel: Okay.

Kim: Yeah, it's funny. We don't go to Cheesecake Factory often, but whenever we do, there's always this battle because Keith's like, "Well, we're not buying four pieces of cheesecake." You know, just 'cause it's too much and it adds up. But I'm always like, "I just want plain." I just don't like all the-

Chantel: So what I'd like you to do is, when we get the key lime pie, I want you to describe as in detail as you can how you're eating it.

Kim: Okay.

Chantel: You know, Katherine Muldoon, who's Miss Virginia, she describes, like when she eats ice cream, she says that she just makes railroad tracks in it.

Kim: Okay, so when I eat ice cream-

Chantel: Yeah, describe how you eat ice cream.

Kim: I can relate to that. If I am not eating ice cream in the really weird way that I eat that I told you about, where I like to pour milk over it-

Chantel: So describe to everyone, 'cause they don't know. Describe how do you eat ice cream.

Kim: Okay, so my ideal ice cream set-up is, I've got like a ... what is it-

Chantel: Pint.

Kim: A pint? Is that what it is? Of like, Ben and Jerry's or whatever it is. And I will open it up. I'll take about the top half of the ice cream out, put it in another container, put it back in the freezer. So then I've got the bottom.

Server: Are we ready for dessert?

Chantel: Yes, we're gonna share a key lime pie.

Server: Great choice, I'll let them know.

Chantel: Is it made homemade?

Server: Yes.

Chantel: Great. Perfect. Thank you.

Kim: Yeah, so I take the top half out, and that's just so I have room in the container, and then I'll pour, I don't know, milk in over it. Maybe a fourth to a third of a cup of milk. I won't mix it, I'll just eat. Each bite of ice cream will have some milk in it. Almost like it's cereal or something. I don't know why I do that, but I really like to eat it that way. But if I am just eating straight from the pint, I like to keep the top layer even. Like, whatever. If it's ice cream, I'll keep it even. If it's somebody's birthday cake that's been sitting on my counter that I made for one of the kids and I really want some, I will just go in and-

Chantel: So would you say you eat a quarter of the pint, a half of the pint, a third of the pint?

Kim: Probably about a third. Thank you.

Chantel: And then do you eat all of it? So once you take it, do you eat all of that one third of a pint?

Kim: Yeah, I'll eat all of the one third with milk. Yeah, so I might take two thirds out.

Chantel: So would you say that you plan ... Talk about determining, like saving room for that. Talk about that. 'Cause like if in your mind you were gonna ... You know how people say, "Save room for dessert." If you know you're gonna have that, are you gonna be eating a little bit less at dinner?

Kim: Probably not, because I just don't eat that much anyway at dinner. And I don't like to have dessert right after dinner. Normally, I like there to be a little bit, if I'm getting a dessert-dessert. If I'm just-

Chantel: If you're gonna have a couple bites, that's fine.

Kim: Yeah, if I'm gonna have a couple bites, that's fine. But if I'm gonna sit down with my whole ice cream-

Chantel: And make a production out of it.

Kim: You know, my routine. When I say routine, it's still only like once a week. Right, then I need some time there.

Chantel: So would you say, would there ever be a time where four nights in a row, you're having this ice cream routine?

Kim: Probably not four. There might be a time when ... Like I said, especially during the summer, because we're more likely to go out and do something. You know, "Let's go whatever," and while we're out, Keith inevitably suggests ice cream. Sometimes I don't get anything, and of course, everybody orders too much, so I'll just eat some of theirs. Yeah, normally it's not ... It might be two nights in a row. It won't be four. 'Cause that's when this conscious part of me, when it comes to my eating, kicks in and is like, "I don't want any more. That's too much ice cream. I'm not gonna do it a third night in a row."

Chantel: Let's talk about snacks. Do you carry snacks with you, and why-

Kim: I do.

Chantel: ... and what kind of snacks?

Kim: Yeah, I do carry snacks for the occasions when I am really, really hungry and starting to feel sick, and I don't have time to stop. I'm running the kids here or there, or whatever I'm doing. So I'll carry, like in my car, I'll have ... sometimes I'll have a bag of raw

almonds or the peanut butter filled pretzel bites, or dry cereal like Frosted Mini Wheats or Cracklin Oat Bran or something. Just so there's something that I can put in my stomach, until [inaudible 00:50:23] means a meal. 'Cause once I start to feel sick, if I let that go too long, then my head is pounding, and I really am not feeling well and I'll have to just-

Chantel: Lay down.

Kim: Yeah, lay down or something.

Chantel: So what is your work out plan? Do you have a work out plan?

Kim: Oh, that's pretty.

Chantel: Okay, so let's talk about this. You eat it first, and do it as much as you want, and then I'll have a bite. So I want you to really talk about the cool whipped topping, how you eat it.

Kim: Okay.

Chantel: Hold on, I'm gonna record this part.

Kim: Oh goodness.

Chantel: So describe it in as much detail as you can.

Kim: Okay, what am I describing? Just the dessert. My thought process with what I'm-

Chantel: Yes. Explain like, "Okay, I like the graham cracker part the most." For me, if I was looking at that, my favorite part would be the topping. I like the topping part, so that's the part that I'm gonna focus on. And the graham cracker part is not, I don't like that that much, so I would actually kick that out of the way.

Kim: Okay, you just eat what's-

Chantel: I would eat the middle part 'cause that's what I like. Just describe it as you're eating it.

Kim: I like whipped cream, so I'm just gonna kinda see. That is interesting.

Chantel: Is it good?

Kim: It's good. It's really good. It's just-

Chantel: Tart?

Kim: No, it's like whipped cream but thicker. It's like if whipped cream and ice cream had a baby, there it is. Yeah, so then I'm just kinda trying to get all of it in a bite, just to see. It's really good altogether. It's really good. Anyway, so now I'm just eating it all. 'Cause I like-

Chantel: Yeah, 'cause you want the whole flavor of all of it.

Kim: Mm-hmm (affirmative). Yeah. I don't know if it's an OCD thing, but I do like to do it in a-

Chantel: A nice fashion.

Kim: Yes.

Chantel: If you had to estimate how many bites of dessert, would you say when you have something that's really sweet, how many bites of that are you probably gonna have?

Kim: Hmm. If it's after dinner, I might have six bites.

Chantel: But after lunch ...

Kim: I'd typically, yeah.

Chantel: You like [crosstalk 00:53:52].

Kim: I just typically don't eat dessert this time, yeah. This is really good, though. So yeah, that was good.

Chantel: What foods, to you, are non-negotiable?

Kim: I don't know how many bites that was.

Chantel: We'll split it, me and you.

Kim: What foods are non-negotiable? I won't eat them. Is that what you're saying?

Chantel: Yes.

Kim: Okay. So something that's just totally processed garbage, like a Campbell's soup, or like a Totino's frozen pizza which Keith likes.

Chantel: Wait, say it again.

Kim: Keith likes Totino's frozen pizza. I mean, now he doesn't-

Chantel: He doesn't [inaudible 00:54:58].

Kim: Oh yeah, he doesn't buy them hardly ever now, but when we were first married, that was his go-to, and I was just like ...

Kim: I won't touch margarine, or cheez whiz, or Velveeta. I've thrown his cheez whiz away, and he gets so angry with me. If he brings cheez whizz into the house, I will throw it away. Because growing up, if he had cheese on a sandwich, it was cheez whiz.

Chantel: Wow.

Kim: Yes. Which I can't ... Anyway. I won't even go there. That's a whole 'nother ...

Chantel: What about a Twinkie, would you ever-

Kim: Never. I would never eat a Twinkie or a Little Debbie product.

Chantel: And what would be the reason?

Kim: Just 'cause I don't know what's in it, I don't wanna know what's in it. I know it's not good. I know it's not, you know-

Chantel: Well they have videos that you could eat a Twinkie six months later, so.

Kim: Oh, gross. Yeah. Yeah.

Kim: So just the idea of whatever that is, just putting it in my body, just it grosses me out. And knowing that, if I really wanted ... Okay, if I want to have dessert, I just want real food. You know.

Chantel: Like you could tell this lemon meringue was homemade.

Kim: Yeah, it was good.

Chantel: You can tell, like this is a homemade dessert.

Kim: Yeah.

Chantel: It's made with fresh ingredients.

Kim: And those little things I was telling you about that I get at Whole Foods are perfect, 'cause they have little bites that you can get.

Chantel: I have to pull that up.

Kim: Or they can get tarts that are that big, in which case I would eat a third of. And then they also have these little packs of two, like this. So they're perfect. Yeah, they're made with, it's all whole foods, and it's kinda the perfect amount to kinda meal closure. Yeah.

Kim: I'm trying to think if there's any other non-negotiables. Like any of those Stouffer's. I mean, maybe it's better 'cause it's frozen, I don't know. I just don't ... Sometimes we do like the Amy's burritos, the frozen, we will do those. The girls and I like those sometimes. But yeah. The worst thing I eat is probably cereal. 'Cause I know ...

Chantel: Some of the cereal is-

Kim: Yeah, some of it-

Chantel: Especially the ones made with wheat, because they talk about, you know, they put so much round up on that wheat.

Kim: Oh, I know.

Chantel: And so if it's not an organic cereal, you gotta be careful.

Kim: Yeah, so cereal's probably the worst thing, and I eat a lot less than I used to. I don't know if that's grammatically correct anyway. Yeah.

Chantel: What is your work out plan?

Kim: For the past several years, I've worked out with a friend. She has a gym in her house, and a trainer that comes, and ideally, it's like two mornings a week. It's mostly strength training. It's some hip stuff, but mostly strength training. I used to be more consistent with that than I am now. Lately, that friend is moving away, and just various things. So I mostly get ... I try to just do work outs in the house, 'cause I've been to enough classes. I know the exercises that I like. So I'll do some lunges, some squats-

Chantel: Would you say you work out like two days a week, three days a week?

Kim: Probably two or three days a week, and it's never like a, "I'm going to work out." It's more like, "Okay, so I'm standing here waiting for this load to finish up in the dryer. It's got three more minutes. I'm gonna just do some squats."

Chantel: Gotcha.

Kim: Like it really is. I try to just incorporate-

Chantel: What about walking? Do you do a lot of walking?

Kim: I do a lot of moving around. Like actual walking, I try to walk the dog, but when it's really hot outside, or you know. So I don't walk as much. Sometimes I'll go do the Nolan trail. I really like doing that, but that's not as often as I'd like. Most of my exercise comes from just being busy. I don't have a cleaning lady. I do all that stuff. I do a lot of the yard work. We have somebody that does the grass, but I'm the one that pulls the weeds and sweeps. So a lot of my exercise just comes from being busy and maintaining the house.

Chantel: Let's talk about what you drink, because I don't think she refilled that at all the whole time.

Kim: No, she didn't. Yeah.

Chantel: So focus on that drink. So it looks like you probably took like three sips of the drink, and one of the things they say is that you shouldn't drink a lot with your meal because-

Kim: Interesting.

Chantel: ... it dilutes the stomach acid of your stomach.

Kim: Interesting.

Chantel: So you shouldn't be drinking a lot.

Kim: So you should?

Chantel: Shouldn't, because it-

Kim: Shouldn't! Oh really, okay.

Chantel: Because it'll dilute the stomach acid in your stomach. So would you say that, like did you notice that? Talk to me about why you only-

Kim: I don't usually drink a lot while I'm eating. It's more between meals. You know, while I'm-

Chantel: 'Cause that's good for you that you don't.

Kim: And see, I didn't even know that. It's just-

Chantel: Instinctively.

Kim: Yeah. I just, you know, like I said, when I'm driving, I usually like to have ... I have one of those stainless ... It's not a hydro flask but it's like it, that's in Keith's car right now, which is driving me crazy 'cause I feel lost without it. 'Cause normally that's always with me, and I have ice water in it. And so when I'm driving, I always like to be drinking water. Yeah.