

A woman with curly hair, wearing a red dress, is sitting at a wooden desk, smiling while working on a silver laptop. On the desk, there is also a white mug with the text "Red Bull SUCKS" and an open spiral notebook with handwritten notes. The background features a light-colored wall with two framed pictures of narrow European streets.

5-day Kickoff to Binge Freedom

Marissa Kai Miluk, MS, RDN, LD

MaKai Nutrition LLC



Welcome!

I am so glad you're here! If you downloaded this guide that means you are ready to finally take back control of your relationship with food and finally start your journey to binge freedom!

In this 5-day kickoff to binge freedom, I have broken down some of the same processes I use with my group coaching clients into an exploratory guide to help you identify your path to food freedom.

This guide is to be used as a starting point. Unfortunately, binge eating doesn't resolve itself overnight, but getting started with the healing is often the hardest part. My goal is to help you identify strategies to implement and practice to bring you closer to a place of food freedom!

Marissa Kai Miluk

MEET YOUR INSTRUCTOR



MARISSA KAI MILUK, MS, RDN, LD

I am Marissa Kai Miluk, Registered Dietitian Nutritionist and your tour guide on this journey. I am the owner of MaKai Nutrition LLC where I specialize in working with individuals who struggle with binge eating. I created this guide because I too once struggled with binge eating and had NO idea where to start when it came to healing. I felt stuck. I wanted someone or something to guide me through the uncertainties of unlearning diet culture and relearning how to listen to my body. This is the starting place I wish I had when embarking on my own journey to food freedom.



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PRE-CHALLENGE ASSESSMENT

Use this as a starting point for your journey. Retake and reflect on this assessment at the end of the challenge to see areas of improvement or what you need to continue working on. 5 days won't drastically change the status of your relationship with food, but use this assessment as a baseline.

QUESTION 1

YES

NO

I know why I struggle with binge eating

☐☐

QUESTION 2

YES

NO

I know why I want to heal my relationship with food and it motivates me to work on it

☐☐

QUESTION 3

YES

NO

I eat enough consistently + can conquer fear foods

☐☐

QUESTION 4

YES

NO

I have ways of coping with my emotions without using food

☐☐

QUESTION 5

YES

NO

I have a support system to support my journey to food freedom

☐☐

QUESTION 6

YES

NO

I have hope for healing my relationship with food and stop binge eating once and for all

☐☐

Outline

5 day challenge

01
Mindset

02
Identify Your Why

03
Plan

04
Challenge

05
Support

mindset

day one

Mindset is the core of food freedom. As you work to challenge your old beliefs that perpetuate your binge eating cycle, you'll have to find ways to keep yourself grounded in a new, helpful mindset. Affirmations are a great way to do that. Pick a daily affirmation every morning and write it down.

"I am getting better
and better everyday
at listening to my
body"

"I am on the right
path to heal my
relationship with
food and live my best
life"

"I trust my body to
tell me what to eat,
when to eat, and how
much to eat"

"Today is a new day
and I face my fears
with courage and
strength"

"I am strong, happy,
and beautiful"

daily affirmations

day one

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

start with why

day two

IDENTIFY YOUR WHY

Why are you pursuing food freedom? Why do you want to heal your relationship with food? What will peace with food and your body give you that you don't have now? These are questions I really want you to dig into. The stronger your "why" the easier it will be to continue to push through the tough challenges on your journey. I want this "why" to be something you can visualize.

For example: I want to be able to go to Italy next summer and enjoy the pizza and gelato guilt-free, while making memories with my partner on the trip!

Q

WHAT IS YOUR "WHY" FOR PURSUING FOOD FREEDOM?

plan

day three

There are two main reasons for binge eating: **restriction & emotional eating**. While these may not encompass all the reasons binge eating begins, these are the most common reasons I see in practice.

First, identify if your binge eating is coming from a place of restriction or if it is tied with your emotions. It may be both. If it feels like both, I would start by addressing the restriction.

After you identify where the binge eating derives from, make a plan. If it is coming from restriction, how can you challenge your restrictive beliefs this week and start introducing some of your off-limit foods again? If it is emotional, what coping tools do you have that you should work to do more of? If you don't have a good routine to manage your emotions, plan a new one you've never tried before! Could be as simple as taking a shower when you feel overwhelmed or as complex as going to the gym when you feel stressed.

REFLECTION

daily planner

One way to start challenging your restriction is to create a consistent meal schedule. I recommend all of my clients eat breakfast, lunch, and dinner. Everyday. Use this planner to come up with an ideal meal schedule for you during the week! You do not have to stick to it. If you plan to have lunch at noon but you're hungry at 11, always always always listen to your hunger. If you plan to have dinner at 9 but you're still hungry after you finish eating, have more! Listen to your hunger, but have 3 meals a day.

PLAN TO HAVE 3 MEALS

6 am

7 am

8 am

9 am

10 pm

11 pm

12 pm

1 pm

2 pm

3 pm

PER DAY PLUS SNACKS

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

11 pm

12 pm

1 am

BONUS CHALLENGE

See where you can consistently add in a fear food to your day to begin normalizing it

emotional toolbox

When thinking about your coping tools, it is a good idea to make a list of things to do when you're feeling emotional. Whether it's a de-stressing activity or a comforting routine when you're overwhelmed, having a go-to list to cope with emotions without using food is a great reference to have on hand.

Think of things you like to do that leave you feeling uplifted. Think of this as a reset button. This is a list of things that will act as your "reset button" when you need one.

EMOTIONAL
eg. take a shower with a fun playlist
do a puzzle

TOOLBOX

emotional planner

Taking time to actually implement the coping tools you identified on the last page is another challenge in and of itself. You can do them after the overwhelm starts to kick in, however, it is ideal to use them as prevention strategies. When do you experience the most stress/emotional eating? How could you plan an emotional coping strategy to implement BEFORE the emotion hits you all at once?

eg. I usually stress eat 2 hours after I get home from work, so for the most part I am going to take 30 minutes to work on my puzzle with a funny podcase right after work.

PLAN YOUR COPING	STRATEGIES/ROUTINE
6 am	4 pm
7 am	5 pm
8 am	6 pm
9 am	7 pm
10 pm	8 pm
11 pm	9 pm
12 pm	10 pm
1 pm	11 pm
2 pm	12 pm
3 pm	1 am

BONUS CHALLENGE

reflect after the strategy how it impacted your mood/emotions.

challenge

day four

Diet culture beliefs keep us stuck in the restrict/binge cycle. They cause us to rely on external validators rather than trusting and listening to our body. Let's work today to challenge one of those beliefs. Whether it is challenging your trust with peanut butter or a belief that you can't eat past 7pm, take today to plan a way to challenge your belief with this old diet-culture rule.

Q

WHAT IS ONE DIET CULTURE BELIEF YOU WANT TO LET GO OF?

Q

HOW WILL YOU WORK TO LET GO OF THIS TODAY?

eg. I will eat after 7 if I feel hungry and challenge my limiting belief that eating past 7 is wrong. If I am hungry I will honor that.

support

day five

In a world engulfed in diet culture, it can be hard to stay focused on your own healing when everyone else is starting whole 30, doing a weight loss cleanse, or swearing off sugar. Diet culture is tempting because we tend to romanticize what life will look like on the other side. Always go back to your "why" from day two and stay focused on YOUR journey.

One way to encourage you to maintain momentum with food freedom is to find your support system. Join an online community, follow food-freedom advocates on social media, work with a professional, etc. Find some way that feels right for you to find that supportive community to empower you to continue improving your relationship with food and your body.

SOME IDEAS OF WAYS TO GET SUPPORT

- Join a food freedom/intuitive eating facebook group
- Follow food freedom professionals and advocates on social media
- Share your journey with a friend or family member
- Join a support group for binge eating
- Use your own platform/voice to form a community
- Volunteer for groups like NEDA, ANAD, Project HEAL, Eating Disorder Foundation, etc.

NOTES



MELISSA HARTWIG

Commit to being in charge
of your process instead of
letting the process run you
over

inspiration

POST-CHALLENGE REFLECTION

Use this worksheet to reflect on how the past 5 days went for you.

Q RETURN TO YOUR PRE-CHALLENGE ASSESSMENT. WHAT AREAS IMPROVED? WHAT AREAS STILL NEED ATTENTION?

Q OVERALL, WHAT DID YOU LEARN FROM THE PAST 5 DAYS? WHAT WILL YOU CONTINUE TO IMPLEMENT MOVING FORWARD?

My Notes

My Notes

My Notes

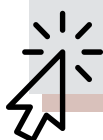
Need more support?



"Marissa made breaking up with bingeing so much simpler than I thought it would be! I genuinely thought I was incapable of change and that I'd be doomed to binge forever. However, her method is very effective and easy to follow. I noticed a change in my mindset almost immediately. I don't stress about food all day or experience extreme cravings like I used to, which has increased the quality of my life dramatically."

BEHIND THE BINGE SOCIETY

Behind The Binge Society is a members-only experience designed to help you stop binge eating, heal your relationship with food, and create a healthful life free from food and body obsession!



LEARN MORE

Thank you



CONNECT WITH MARISSA



MaKaiNutrition.com



@binge.nutritionist



@bingenutritionist



Binge Nutritionist