

How I Lost 90 Pounds—and How You Can Too

My Story

I struggled with overeating for most of my life — sneaking food, yo-yo dieting, and feeling ashamed and powerless to change. I thought I just needed more willpower, but what I really needed was a plan, healing, and God's help.

I didn't realize how addictive sugar was. Deep down, I knew it was addictive, but I didn't know how to break free. Diets worked for a while, but the weight always came back because I couldn't control my eating. I needed something more — something lasting.

That's when I found Overeaters Anonymous and the 12 Steps. It was life-changing — but I felt something was missing. I wanted to give glory to the true God of the Bible and bring Jesus into the heart of my recovery.

That's why I started **Reshape and Recover** — to offer a Christ-centered, 12-step path to food freedom and healing.

This guide offers a few of the practical tips that helped me say no to extra food. They're simple — but powerful, especially when paired with faith, the 12 Steps, accountability, and community.

If these tips speak to your heart, I'd love to invite you to take the next step and explore the full program. But for now — start here. These tips can help you today.

— **Julie Kleinhans**

Founder, Reshape and Recover



Overeating often happens when we're unprepared for life's daily temptations. In this guide, you'll learn how to stay on track in the most common situations where extra food sneaks in — with practical tips and Christ-centered support.

How to Avoid Extra Food...

Every Day

- Start your day with prayer and a food plan
- Drink two glasses of water first thing
- Don't skip meals — eat 3 meals per day
- Get plenty of protein at each meal (25–35g)*
- Eat lots of vegetables
- Eat healthy fats — 50g* per day
- Avoid food with sugar, high carbs, and chemicals
- Work the 12 Steps daily to heal the reasons behind why you overeat
- Be involved in a supportive community

*Everyone is different, so be sure to check with your doctor.

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On the Road

- Bring a healthy snack you can eat on the road
- Commit your food to a trusted friend before you leave
- Pray before you go
- Call a friend

At the Office Party

- Find out ahead of time what is on the menu that you can eat
- Bring some of your own food, if needed
- Don't go to the party too hungry
- Pray before you go
- Commit your food to a trusted friend
- Concentrate on the fun and people, not the food

At Special Events and Parties

- Bring a healthy dish you can eat and share with others
- Don't go to the event too hungry
- Pray before you go
- Commit your food to a trusted friend
- Concentrate on the fun and people, not the food

From the Food Pusher

- Just say “No, thank you”
- Never say you are on a diet or watching what you eat
- If “No, thank you” is not accepted, say it doesn't make you feel your best
- If you are comfortable, share your story and that you don't eat that anymore

You don't have to figure this out alone. God wants to bring healing to every part of your life—including your relationship with food. If you're tired of the cycle of overeating and ready for lasting change, I invite you to join a supportive, Christ-centered community where you can grow, heal, and experience true freedom. Visit reshapeandrecover.com to learn more and take your next step.

