

FOOD FREEDOM INTENSIVE: AT-A-GLANCE

This quick 2-page overview explains the essential program information, while the detailed packet that follows will provide in-depth information about specific program components

The Food Freedom Intensive is a 4-month premium immersion, proven to end 5 to 45+ years of compulsive eating, emotional eating, and food obsession for good.

It's designed to build a healthy relationship with food centered on peace, freedom, and health — so all compulsive eating habits naturally fall away.

This program is for driven individuals who – despite their commitment to personal development and healing work – still find that food has remained a stubborn struggle.

Even with your love of personal growth and genuine desire to change, you still find yourself binge eating, compulsively overeating, or using food to numb out.

During this program, you'll learn to go from constantly thinking about food and out-of-control eating behaviors ... to genuine peaceful eating and freedom from food obsession.

Eating will become peaceful and natural. Food thoughts will no longer consume your mental energy. Your mind will be free to focus on what matters most to you.

This program is ideal if you've tried multiple approaches (diets, willpower, therapy, books, food addiction methods) without lasting success and are ready for a fundamentally different approach.

Here's what you can expect from the Food Freedom Intensive:

1. You'll become completely untriggerable around food through daily practices that rewire your brain and body's automatic responses. Instead of using willpower, we eliminate the urges to binge entirely so you simply don't experience those compulsions anymore.

2. You'll trust your body to guide your eating decisions using targeted exercises that restore your natural hunger and fullness signals. This allows you to eat in ways that feel genuinely good and align with your values.

3. You'll feel peaceful around ALL foods by transforming your relationship with them in real-life situations. No more foods that "call to you" or have power over your thoughts and behaviors.

4. You'll develop natural, sustainable healthy habits that feel enjoyable rather than forced. These create the foundation for a peaceful relationship with food that lasts a lifetime.

This proven methodology has helped our clients transform 5 to 61 years of food struggles.

You may have heard many of my clients share their stories on my podcast, saying "I couldn't binge like before, even if I tried" and "I now feel like a normal eater" because their relationship with food has fundamentally changed.

What makes this approach truly unique is that you'll experience your first changes within days, not months or years. Most people feel a genuine shift in their very first meal.

The program includes lifetime access to all materials, and four months of powerful, high-impact coaching where even one strategic adjustment can save you MONTHS (or even years) of trial and error. This includes:

- **Weekly small group coaching sessions** to help you with your unique challenges and learn from others' questions, so you don't waste time on trial and error
- **Unlimited support between calls** to help you navigate real-life situations
- **Consistent personalized feedback** throughout the week to fine-tune your approach
- **Comprehensive daily practices** that build your new relationship with food, seamlessly integrated throughout your day
- **An intimate, supportive group** normally limited to just 12 participants for maximum attention

The time commitment amounts to approximately 60 minutes per day, spread throughout the day.

All of this support is designed to help you finally END compulsive overeating, achieve mental freedom from food thoughts, feel confident in any food situation, and direct your newfound energy toward what truly matters in your life.

You'll create a peaceful relationship with food that supports your wellbeing, that feels natural, so food is no longer a constant looming battle.

This is perfect for you if you're committed to ending this struggle once and for all, ready to consistently implement daily practices, and understand that true freedom comes from transforming your entire relationship with food from the inside out.

The regular investment is \$5,997, but if you register before our next cohort begins on April 6, you can guarantee a savings of \$1,000, totaling \$4997.

To enroll, email me at coach@katiepapo.com, with the answers to the short questions at the very end of the detailed packet in the following pages.

FOR FINER DETAILS: Continue reading the entire packet to more deeply understanding how this works, and what's included as you create your new chapter of food freedom.



You spend 24 hours a day living in your mind and body.

That's more time than you'll ever spend in your house, car, or office *combined*.

😞 Your mind and body are your true homes - and you care about them deeply.

That's why it feels so out of alignment when...

You're the kind of person who excels in most areas of life. You've built a successful career. You nurture meaningful relationships. You genuinely appreciate all that you have.

But there's this one area that doesn't match who you really are - your relationship with food.

It's the disconnect that steals your mental energy, holds you back from being fully present, and keeps you from expressing your truest self in the world.

This matters deeply because your inner wellbeing affects everything.

When you're mentally preoccupied with food thoughts, feeling physically uncomfortable from binges, or experiencing the emotional weight of shame - it ripples through every area of your life and touches everyone you care about.

That's why resolving this one BIG issue isn't just about food.

It's about reclaiming your mental freedom, your physical vitality, and your emotional peace. It's about becoming the person you know you're meant to be - not just for yourself, but for everyone who matters in your life. 💜

Food's taken up so much of your mental and emotional bandwidth that you miss out on what's most important:

- **As someone who deeply values connection**, you're missing out on being fully present with your family because food thoughts consume your mind
- **Despite being naturally energetic and driven**, you feel exhausted from the constant mental battle around eating 😞
- **Though you love experiences and connecting with others**, you find yourself avoiding or dreading social events or travel because of food anxiety
- **With your natural attention to detail and commitment to excellence**, you spend endless hours planning, counting, tracking – only to end up bingeing anyway
- **As someone with high integrity who holds yourself to high standards**, you live with crushing guilt and shame after every binge, feeling like you betrayed yourself
- **You're ambitious and purpose-driven, knowing you're meant for more**, but food issues are holding you back from reaching your full potential

Deep down, you know this isn't really you.

You're the person who shows up fully in other areas of life. You're reliable, committed, and successful when you set your mind to something. 100

It's time for you to have that same peace and success with food.

Imagine entering a new chapter of your life where food nourishes and energizes you, rather than draining your potential and stealing your joy.

That's why I created the Food Freedom Intensive — to guide you step-by-step through the exact process that transforms your relationship with food.

FOOD FREEDOM

INTENSIVE

The premium 4-month immersion into everything you need for a lifetime of food freedom. ✨ Expect to feel significant changes in your first WEEK, and ongoing progressive change every week after that.

This immersion program is designed to support you in making food a non-issue in your life: ✨

- Wake up with zero thoughts about food
- Eliminate urges to binge
- Become a powerful team with your mind and body
- Quiet constant food thoughts
- Genuinely enjoy eating to fuel your body
- Eat in a healthy way, without forced food rules, diets, or counting a single calorie
- Do ALL of this 🙌 without having to "stick to" any kind of plan, because it's become your natural way of living

Each of the 4 months is designed for people ready to free themselves from 10-40+ years of compulsive overeating, including:

- ✅ **Binge eating** - When you eat way past the point of fullness, often in secret, and feel completely powerless to stop even though you desperately want to
- ✅ **Food addiction** - Feeling like certain foods (especially sugar, carbs, or snacks) have complete control over you - one bite and you're totally hijacked
- ✅ **Emotional eating** - Turning to food whenever you're stressed, anxious, lonely, or overwhelmed because it's the only thing that brings comfort

✓ **Mindless eating** - Constantly grazing or eating on autopilot throughout the day, often not even tasting the food or realizing how much you've eaten

✓ **Yo-yo dieting** - The exhausting cycle of being "good" with your eating, then falling off track, gaining it all back plus more, and starting over again

✓ **Food obsession** - When food thoughts consume your mind all day long - planning what you'll eat, thinking about your next meal, or regretting what you already ate

Before deciding if this program is right for you, it's important to understand the answer to this question ...

WHY do you keep struggling with food in particular, especially when you're so driven and successful in many other areas of life? 🤔

WHY YOU COMPULSIVELY OVEREAT

Most people think it's about willpower and discipline. After all, that's what everyone tells you - "just try harder, just control yourself, just stick to the plan."

But they're wrong.

What's really happening is a perfect storm of 3 major forces that keep you stuck:

- 1) **The Restriction Effect** 🔄: Years of dieting and food rules have created intense biological and psychological cravings that feel impossible to control. Your body now interprets any hint of restriction as a threat to survival, triggering overwhelming urges to eat.

THAT'S why you can stick to a plan perfectly for days or weeks (even though it's been less as time has gone on), then suddenly find yourself in an unstoppable binge.

2) Floating Head Syndrome 🤖: You're highly intelligent, but you live mostly in your head ... so your body's wisdom, signals, and emotional needs are unheard, ignored, or overridden by your strong mind.

THAT'S why you can't trust yourself to know when to start or stop eating, and why you use food to numb, for emotional comfort.

3) Ingrained Unconscious Patterns ⚡: Your brain and body have developed deep neural pathways that run on autopilot - automatic responses to food that kick in before you even realize what's happening.

THAT'S why willpower alone never works - you're trying to out-think patterns that operate below conscious awareness. That's also why you feel powerless in the heat-of-the-moment, when an urge strikes.

The constant cycling between restriction and rebellion creates a deeper sense that something must be wrong with you.

But you are not the problem!

Nothing is wrong with you at all.

The real issue lies in the approaches you've been taught to try. When traditional solutions focus only on symptoms while ignoring these three root causes, they inadvertently reinforce the very cycle they claim to break.

Your struggles aren't from lack of effort or commitment – they're the outcome of methods that work against your body's natural wisdom rather than with it.

WHY NOTHING ELSE HAS WORKED FOR YOU

You don't have a willpower problem. You have a strategy problem. 👉

If you're like most of my clients, you've tried multiple approaches to solve your food issues. And if you're reading this, those approaches clearly didn't give you lasting freedom.

🤔 Let's examine why these common methods fail, and what makes the Food Freedom Intensive fundamentally different:

WILLPOWER APPROACHES

What you've tried: White-knuckling through cravings, forcing yourself to "be good," using motivation and discipline to power through hunger or urges to binge, and writing resolutions in your journal that "this is the last time."

Why it fails: Willpower is a finite resource that eventually depletes, no matter how disciplined you are in other areas of life. When you rely on willpower, you're triggering the Restriction Effect, so your biology and psychology work against you, fueling intense cravings and binges.

How the Food Freedom Intensive differs: Instead of exhausting your willpower fighting cravings, we actually rewire your brain and body not to experience those overwhelming urges in the first place.

ENDLESS RESEARCH & READING BOOKS

What you've tried: Reading countless books on nutrition, psychology, and eating disorders. Learning all about blood sugar, hormones, emotional eating, weight loss, and more.

Why it fails: Knowledge alone doesn't create change. I used to read about how sugar affects the brain, hoping that understanding how bad it was would scare me into stopping – but I only ended up eating more of it!

Intellectual understanding doesn't address the subconscious patterns. You can know something is unhealthy and still feel completely powerless to stop doing it.

How the Food Freedom Intensive differs: We focus on practical implementation through daily practices that actually change your neural pathways, not just your intellectual understanding.

Instead of just knowing why you shouldn't binge, you'll experience what it feels like to have food lose its emotional power over you.

DIETS & WEIGHT LOSS PROGRAMS

What you've tried: Weight Watchers, keto, intermittent fasting, calorie counting, cleanses, meal plans created by dietitians or nutritionists, or any program focused primarily on weight loss through controlling what you eat.

Why it fails: The moment you restrict something, your brain fixates on it more, creating psychological scarcity that makes binges and “falling off the wagon” inevitable.

Each cycle of restriction makes the problem worse, creating the yo-yo diet cycle that becomes harder to break with each attempt. It also causes weight regain in the process by injuring your metabolism and triggering fat storage.

How the Food Freedom Intensive differs: We focus on healing your relationship with food and your body, because your body knows exactly what it needs to thrive when you learn to listen to it.

You'll develop genuine body intelligence – learning to recognize what makes you feel good and energized, helping you naturally gravitate toward nourishing choices without force or restriction.

FOOD ADDICTION PROGRAMS

What you've tried: 12-step programs for food addiction, abstinence models, Bright Line Eating, identifying trigger foods and eliminating them completely from your life.

Why it fails: These programs reinforce the identity of "I am a food addict," which promotes lifelong struggle rather than true freedom. By labeling certain foods as dangerous and others as safe, they amplify the allure of "forbidden" foods while keeping you in a constant state of vigilance, deprivation and fear, setting you up for relapse.

How the Food Freedom Intensive differs: You will not view yourself as broken or addicted for life. Rather, you're simply focusing on your habits: conscious and unconscious. You'll learn to become completely untriggerable around ALL foods, so they don't have power over you anymore.

INTUITIVE EATING

What you've tried: Following intuitive eating principles, trying to honor your hunger and fullness, giving yourself unconditional permission to eat all foods.

Why it fails: While intuitive eating has sound principles, simply lifting restrictions without addressing the unconscious psychological and physical patterns often leads to feeling completely out of control.

After years of restriction, your hunger and fullness signals are distorted, and immediately going to "eat whatever you want" can trigger panic binges that reinforce the belief that you need more control, not less.

How the Food Freedom Intensive differs: We provide a structured, step-by-step path to becoming intuitive with food.

Instead of just telling you to "listen to your body," we teach you exactly how to rebuild that connection through targeted practices that gradually restore trust between your mind and body.

This helps you naturally want to stop eating when you're comfortably full – not because you're forcing yourself, but because it simply feels right.

THERAPY

What you've tried: Traditional talk therapy, cognitive behavioral therapy, psychoanalysis, or counseling focused on exploring the emotional roots of your eating patterns.

Why it fails: While therapy can provide valuable insights about why you developed food issues, intellectual understanding rarely translates to behavioral change on its own.

You might gain clarity about how childhood experiences shaped your relationship with food, or identify emotional triggers for binges, yet still find yourself reaching for food automatically in those difficult moments.

How the Food Freedom Intensive differs: Rather than analyzing your patterns, you'll implement specific practices that change them at their core.

This fundamental difference helps you actually lose the impulse to reach for food when you're stressed. So instead of just learning to "manage" food issues, you'll develop concrete tools for food to become a true non-issue in your life..

RESIDENTIAL TREATMENT

What you've tried: Intensive treatment programs, inpatient eating disorder facilities, medical stabilization programs, or structured environments where you're removed from your daily life to focus on recovery.

Why it fails: These high-cost interventions (often \$30,000+ per month) create an artificial environment that doesn't translate to real life. When you're in a controlled setting where food is prepared for you and triggers are minimized, you don't learn how to navigate your actual life. The moment you return home, you face the same kitchen, the same grocery stores, the same stressful situations—but now without the constant supervision and support.

How the Food Freedom Intensive differs: You build your freedom skills in your actual environment, facing your real-life triggers from day one with expert guidance. Your confidence increases week after week, all because you've practiced these exact scenarios and built the skills where you actually need them.

THE FUNDAMENTAL DIFFERENCE

The common thread in all these failed approaches is that they either fight against your psychology and biology or they don't provide the structured support you need to actually change deeply ingrained patterns.

The Food Freedom Intensive works because it:

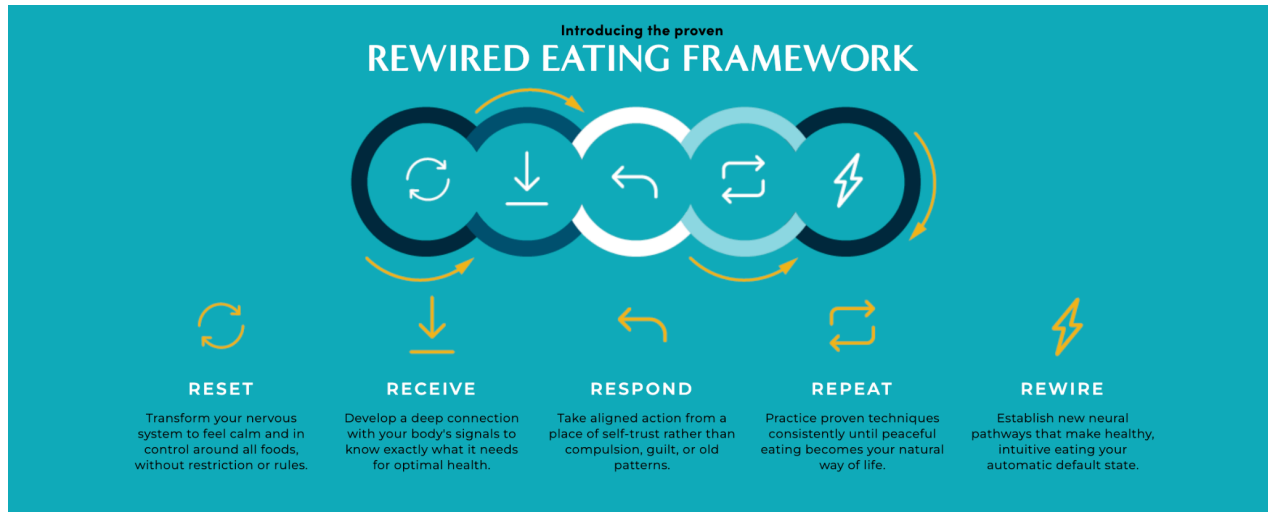
1. Addresses the root causes instead of just managing symptoms
2. Works with your brain and body instead of against them
3. Provides the exact structure and support you need to transform lifelong patterns
4. Focuses on practical, real-world implementation rather than just theory or temporary control
5. Builds a sustainable relationship with all foods rather than perpetuating restriction and fear

The result isn't just better control or management of your issues – it's complete freedom where food becomes a non-issue in your life.

YOUR PATH TO PERMANENT FREEDOM

REWIRING YOUR RELATIONSHIP

WITH FOOD ⚡



Your problem has never been your willpower. It's been your strategy. ⚡

With the right approach, you can completely rewire your relationship with food into one of peace and freedom. You'll even feel it in your first WEEK!

The proven Rewired Eating Framework is a comprehensive approach that creates lasting change by working with your brain and body, not against them. ✨

There are FOUR key phases of the Food Freedom Intensive that follow the four phases of the Rewired Eating Framework.

PHASE ONE: BECOME UN-TRIGGERABLE AROUND FOOD ✨

The first phase is 4 weeks long and is called the RESET Phase. It's all about resetting your nervous system's automatic responses to food.

Right now, certain foods may feel like they have power over you - calling to you from the pantry or triggering unstoppable cravings. 😬

This isn't your fault - it's the result of years of restriction creating deep patterns to crave food on many levels in your body and brain. ⚡ During Reset, you'll learn how to calm your nervous system and rewire these automatic responses.

Just like how a song that once reminded you of an ex eventually loses its emotional charge over time, foods that once felt irresistible become *neutral*.



You'll develop the ability to have ANY food in your house without it consuming your thoughts. This isn't about using willpower to resist - it's about actually changing how your brain and body respond. 🧠

PHASE TWO: DEVELOP YOUR BODY INTELLIGENCE 🌟

The second phase is four weeks long, and is called the RECEIVE Phase. It's about skillfully receiving body signals and rebuilding trust and communication with your body.

Years of overriding hunger signals and following external food rules have created a disconnect – like a relationship where neither person trusts or listens to the other. 😞

Through specific practices, you'll learn to understand your body's subtle signals around hunger, satisfaction and what foods truly make you feel good, distinguishing between physical and emotional hunger. 🍉

Many clients are surprised to find they actually start craving nutritious foods—not because they "should," but because these foods genuinely make them feel better.

When you and your body are on the same team, eating becomes natural, healthy, and peaceful.

PHASE THREE: HEALTHY CHOICES BECOME YOUR NATURAL PREFERENCE 😊

The third phase is four weeks long, and is called the RESPOND Phase. This is where you learn to respond to your mind and mind in a healthy way that aligns with your values.

Clients share that they genuinely want foods that nourish them—without the inner battle that once accompanied every healthy choice. When formerly triggering foods no longer hold emotional power, your choices become based on true satisfaction rather than emotional numbing.

You'll learn to satisfy your body's true needs, while the compulsion and struggle with food continue to dissolve, replaced by peace, ease, and genuine enjoyment of food as it was always meant to be.

PHASE FOUR: MAKE FREEDOM YOUR NEW NORMAL ★

The final phase is 4 weeks long, and is called the REPEAT Phase. This is where your new repeated habits become deeply ingrained and completely natural. 🧠

Unlike diets or programs that require constant vigilance and control, this phase is about making freedom your default state. You'll learn how to maintain your new relationship with food without needing to "stick to" anything!

This isn't about avoiding falling off the wagon - it's about eliminating the wagon entirely. 🎉

Your new peaceful relationship with food becomes simply who you are.


As you move through these four phases, you're actually REWIRING your entire relationship with food at the deepest level.

What does this mean for your life? Freedom—not just from binge eating, but from the constant mental chatter about food. Energy redirected toward your relationships, career, and passions. The quiet confidence of knowing you can trust yourself in any food situation. And perhaps most importantly, the deep self-compassion that comes from healing one of your most challenging relationships: the one with yourself.

INSIDE THE PROGRAM:

What's Included in the Food Freedom Intensive

Expect to feel significant changes in your first WEEK, and ongoing progress after that. (You won't have to wait to see that it works!)

The total duration of the program is four months. It comprises four phases, which are four weeks each. 

You'll master one set of skills before building on them with the next, creating a strong foundation for permanent change.

In your program, you'll receive a variety of materials and expert support, including:

Your Complete Freedom Toolkit

The moment you begin, you'll receive access to your private member portal.

This is NOT like other programs where you're overwhelmed with endless content and you have to figure out what's relevant to you.

I know you like structure. 😊

So instead, you'll find carefully curated materials designed to give you exactly what you need, when you need it.

No fluff.

Each phase includes:

- ✓ A clear roadmap showing exactly what to focus on each week
- ✓ Daily practice guides that integrate seamlessly into your eating and daily routine
- ✓ Powerful brain-body training meditations with instructions on how and when to use them
- ✓ Transformative exercises that build your new relationship with food

- ✓ In-depth, practical lessons that deepen your understanding and accelerate your freedom

Real-World Transformation in Your Natural Environment 🌱

Unlike residential treatment centers that temporarily remove you from your daily life, (and unlike programs that require you to overhaul your life at home!) — this program is designed to help you create lasting change right where you need it most – in your actual day-to-day environment.

You'll learn to handle real-world scenarios as they naturally arise, whether you're:

- ✓ Navigating workplace lunch meetings
- ✓ Managing family dinners
- ✓ Enjoying social events and celebrations
- ✓ Traveling and dining out
- ✓ Grocery shopping without anxiety
- ✓ Eating with no one else around
- ✓ Dealing with unexpected food situations

There's no jarring transition trying to apply skills learned in an artificial environment - you're building confidence and competence in the exact situations that matter to you.

By practicing new habits and responses in your actual life circumstances, the changes you make become genuine and sustainable.

Unparalleled Support Every Step of the Way 🤝

Even just one critical adjustment can save you literal YEARS of trial and error.

What truly sets this program apart is the level of personal attention and support you receive. ✨

I'm your personal guide on this journey - someone who's walked this path before, made the mistakes so you don't have to, and helped many people succeed who had the same ambitions and challenges as you. 🏔️

Unlike programs where you're left to figure things out alone between weekly calls, you'll have continuous access to expert guidance, so your needs are always met and questions are always answered. ✅

Here's how you'll be deeply supported at all points of the program:

- **Weekly live group coaching sessions** 🧑🏻‍🦯

Whether you attend the call live or not, I always ensure you always receive the personal care and attention you need.

You'll learn from exploring answers to your own questions, as well as questions that others have, that hadn't even occurred to you yet!

- **Unlimited Q&A support in between calls** 💬

Ask me anything, anytime throughout the week, through our group's private platform. This piece alone can save you months, if not years of trial and error.

I will respond to you directly in less than 24 hours (and typically much, much faster!)

- **Ongoing personalized feedback and accountability for your progress** 📈

Your patterns, challenges, and progress are at the front of my attention all week.

Ongoingly throughout the week, I give you custom recommendations based on your unique patterns and challenges. We typically connect on a near-daily basis, even with a small note or pointer.

We communicate regularly through writing or voice notes in our group's private platform, and in the group coaching calls on Zoom.

- **An Intimate, Focused Environment** 👥

I believe true transformation often requires personal attention — that's why I strictly limit group size. Most often, I keep the groups under 12 people. There are rare times I might accommodate more.

This isn't a massive program where you're just another face in the crowd. You'll be part of a supportive community of like-minded people, all highly committed to their transformation, freedom, and peace.

A Time Investment That Gives You Time Back! 🕒

This program is designed to free your mental energy, not drain it.

The daily practices (averaging 60 minutes total, spread throughout the day) are thoughtfully integrated into your existing routine:

- Appx. 35 minutes of formal practices that build your new foundation (split throughout the day)
- 15-30 minutes of flexible lesson time you can listen to while you take a nice walk!
- Practices that blend seamlessly into activities you're already doing
- Meditations you can do as you fall asleep
- Simple check-ins that keep you on track without overwhelming you

Your Permanent Path to Freedom ✨

My best clients see this as the bridge to becoming the version of themselves they've always known, deep down, was possible.

They're *ready* for peace - to finally end the exhausting battle with food.

But even my most committed clients – the ones who were "all in" from day one – arrived with one persistent worry:

"But What If I Fail Again?" 😞

I hear this concern more than any other, and it makes perfect sense.

You've been burned before – excited about a new approach, seeing initial success, then finding yourself back where you started (or worse).

Each disappointment chips away at your belief that things can be different.

This doubt exists to help protect you from future disappointment. Your fear is completely natural (and expected!)

Why is this time different? 🤔

When you've relied on diets or willpower to control your eating, you've been fighting against your own brain and body.

It's like a pendulum. The more you pull it to one side (food rules, restriction) and try to make it stay there, the harder the pendulum swings back to the other side (cravings, binges, rebellion).

That's why "falling off the wagon" feels inevitable, every time.

But we don't work that way.

Instead of forcing change through restriction, we work *with* your brain's natural patterns. 🧠

We leverage your mind's remarkable ability to rewire itself through gentle, consistent practices that don't trigger your body's survival response.

There's No Wagon to Fall Off 😊


One of the biggest fears people have is, "What if I slip up? What if I fall off the wagon again?" 😨 This is especially true if you've tried many approaches in the past.

Here's what makes this approach fundamentally different: setbacks aren't failures – they're valuable information that accelerates your progress. 📈

Unlike other approaches where a "slip" means starting over or regressing, every experience here moves you forward. This isn't about white-knuckling through cravings or maintaining perfect control.


Instead, you learn, adjust, and continue moving forward. My clients report such relief—they no longer live in fear of "ruining everything" with one decision.


From "All-or-Nothing" to Steady Progress


The real transformation doesn't happen through perfect days or heroic efforts. It happens through consistent practice that compounds over time. 

Just like how investing small amounts of money consistently creates wealth, investing consistently in these small practices creates health. 

Each small step builds upon the last, creating compound growth.

My most successful clients aren't the ones who never struggle—they're the ones who show up consistently, even after challenges.  They're the ones who practice the tools and techniques regularly, allowing these new patterns to become second nature.

That's why clients report that their relationship with food continues improving even after our work together ends. 

My clients regularly tell me they "couldn't binge like they used to even if they tried" – not because they're forcing themselves, but because those old patterns simply aren't part of who they are anymore. 

See just a few examples below:

 [Hannah's Story: Ending 25+ Years of Binge Eating](#)

 [My Mom's Story: Struggled through 27 Rounds of Weight Watchers](#)

 [Johanna's Story: Ending 30 Years of Disordered Eating \(Since Age 9!\)](#)

 [Rona's Story: Ending Multiple Decades Trapped in Food Prison](#)

 [... and even more testimonials here!](#)

Each one of these people had their own fears about taking the leap, but decided to go all in, committing to themselves.

They envisioned a new life for themselves and feared what would happen if they *didn't* take the leap!

The Last Time You'll Ever "Start Over" 🌟

If you're truly ready for change, give yourself a real chance.

Go all in.

A few months from now, you'll look back on this moment with profound gratitude for your completely new relationship with food.

PRICING

Our clients can expect to end 10-45+ years of food prison.

Get everything you need to live the rest of your life in freedom in this all-inclusive, 4-month premium intensive, including:

- Personalized expert support in a supportive group setting
- Comprehensive materials and proven framework
- Lifetime access to all resources
- Accountability at every step of your journey

"What would it be worth to feel genuine peace around food and never again make your world small because of fears? The return on that investment can be a million times more valuable." — Johanna, Program Graduate

🔥 LIMITED TIME OFFER: Unlock \$1,000 Savings When You Enroll by April 6

- **Pay in Full:** \$4,997 (Regular price \$5,997)
- **Payment Plan:** 4 monthly payments of \$1,499 (Regular price \$1,749/month)
- **Affirm Financing:** Flexible payment options available for US residents


🙌 EXCLUSIVE EARLY ENROLLMENT BONUS! Enroll by April 6 and receive a private 1:1 session with Katie (This private coaching is not normally included at any price point!)


Your Investment in Perspective: The average person with binge eating eats \$20+ daily in excess food (\$7,300+ per year). Add to that the cost of diet programs, special foods, multi-sized clothing, and potential health issues —

not to mention the immeasurable cost of mental energy drained and life opportunities missed.

My Commitment to You: When you show up fully committed to this process, I guarantee I'll be equally invested in your success. This isn't about perfection—it's about showing up consistently, simply taking one step at a time to solidify your peace and freedom with food.

Next cohort begins Sunday, April 6 To secure your spot and guarantee \$1,000 savings, enroll by April 6.

 All major credit cards accepted. No refunds. All fees in US dollars.

 **Note for those preferring 1:1 Coaching Only:** For those with unique circumstances requiring complete privacy or desiring purely 1:1 experience, I offer a very limited number of Private 1:1 Coaching spots at \$9,997. Email me for more details at coach@katiepapo.com. However, for 99% of clients, the signature Food Freedom Intensive delivers the same transformational results at a significantly lower investment.

HOW TO ENROLL

I keep my enrollment process short and simple, while ensuring I can help you, and your questions are answered.

Step 1: Reach Out

Email me at coach@katiepapo.com with "Food Freedom Intensive" in the subject line.

In your email, please include:

- ✓ **1. A few sentences about your history with food struggles** and what challenges you're currently facing
- ✓ **2. What you hope to achieve in your relationship with food** and why it matters to you
- ✓ **3. Write "Yes" if you commit to our community values:** kindness, honesty, and a solution-focused mentality

✓ **4. Any questions or concerns** you'd like to address before enrolling

Step 2: Get Started!

I'll respond promptly with answers to your questions and your enrollment link so you can register.

I'm excited to help you create a life of food freedom!

Love,

Katie

PS Our next cohort begins Sunday, April 6, which means you'll start to feel your new changes that very first week!

- **To guarantee your \$1,000 savings**, enroll by April 6
- **Initial spaces are limited to 12 participants**, and they always fill up.
- **Email me at coach@katiepapo.com** with any questions

"Take the chance. Take the leap. It doesn't matter how old you are. It doesn't matter how long you've dealt with this issue. It's the best thing you'll ever do for yourself."

– Amy, ended 42 years of binge eating

"What would it be worth to feel genuine peace around food and never again make your world small because of fears? The return on that investment can be a million times more valuable."

– Johanna, overcame 30 years of food struggles

"Just do it. Do the program. It's structured, it's simple, it's life changing. Do it because you love yourself. Get the support. Just do it for the love of yourself."

– Grace, overcame 61 years of binges and restrictions

"Do this program. It works. It really works. It's scary to take that leap, but it really, really works. Trust in the process."

– Hannah F. ended 25 years of binge eating and bulimia

"I've always put myself last. Should I do it? Or should I spend the money? Should I spend the time? And it's the best decision I've ever made... it's the best investment I've ever made in my life. Make the investment in yourself. This is the most important thing above all else."

– Hannah H. ended 20+ years of disordered eating