

The page features several decorative swirls in the corners, each with a different pattern of white lines on a dark red background. The swirls are positioned in the top-left, top-right, middle-left, middle-right, bottom-left, and bottom-right corners.

Tips to Kick Those Cravings!

1. Control hunger and prolong satiety by pairing a high-protein food with each meal and snack
2. Ensure 15-30 grams carbs for each snack and 30-50 grams carbs for meals
3. No more than 60 grams carbs per meal!
4. Choose high-fiber carbs
5. Eating while standing gives you a better perception of fullness
6. It takes the body a few minutes after eating to recognize it is full
 - Wait 10 minutes after finishing your food before grabbing more. You may decide you don't want any more after the 10 minutes is up.
7. Late night eating is not occurring because you are hungry. Go to bed!
8. Go for a walk or exercise instead
9. Use a meditation app to help focus you
 - Practice deep breathing
10. Limit sugar intake

11. Aim for chewing each bite 30 times
12. Allow at least 20 minutes to eat. Take your time!
13. Drink water between every 2-3 bites of food

Sweet Craving Foods:

- Halo Top ice cream
- 1 cup plain Greek yogurt with 1 cup berries

Sweet and Salty Cravings:

- 1 apple with 1-2 TBS peanut butter
- Peanut, oat, and chocolate bites
- 1 cup plain Cheerios with 1 banana and 1 cup milk
- 1 cup plain Greek yogurt with 1/3 cup Purely Elizabeth sea salt & chocolate granola
- Trail mix with 1 cup plain Cheerios, 1 handful unsalted nuts, 2 TBS dried fruit

Salty Cravings:

- Dorito Dust popcorn (try Skinny Pop brand), add protein!
- Triscuit crackers with 2 slices Parmesan, Romano, Swiss, or cheddar cheese
- Sweet potato tortilla chips
 - OR: make your own tortilla chips in an air fryer

Spicy Cravings:

- Buffalo cauliflower
- Sriacha mayo Brussels sprouts

Fried Food Cravings:

- Anything in the air fryer with sesame or avocado oil
 - Air fried vegetables
 - Fried chicken
 - Fried potatoes/sweet potatoes
 - Fried fish



Sweet Cravings:

- Halo Top ice cream:



- Banana “Nice” Cream:

<https://fitfoodiefinds.com/banana-soft-serve-recipes/>

- Roasted Honey Nut Pear:

https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.skinnytaste.com%2Fbaked-pears-with-walnuts-and-honey%2F%3Ffbclid%3DIwAR1kZxYxd1RkNgbyfSWtFavFIDn9IIPeVA5zWxoEni6AB1xfbnHNYmLQXik&h=AT2lo9japF4ECg4vZ7tG-TU3fqwmxJiDR8VIB_VOrzaCsAGydtgRVhpGk86S8kN3uAfe3eE3V7E9QP03BccsprNQE6T9Wf8J6jWY0qhoVomeoRkKVPdIpdW1Zl-qid7EkYIE

Sweet & Salty Cravings:

Peanut, oat, and chocolate bites:

<https://tasty.co/recipe/peanut-butter-oat-energy-balls>

- 1 cup plain Greek yogurt with 1/3 cup Purely Elizabeth granola



Salty Cravings:

- Dorito Dust popcorn with Skinny Pop or regular popcorn:



<https://www.allrecipes.com/recipe/244171/doritos-popcorn/>

- Triscuit crackers with cheese (see handout):



- Sweet potato tortilla chips with salsa



- Kale chips
<https://www.allrecipes.com/recipe/176957/baked-kale-chips/>

Spicy/Salty Cravings:

- Buffalo cauliflower
<https://www.vegetarianventures.com/buffalo-cauliflower-bowl-with-greek-yogurt-ranch-and-spicy-quick-slaw/>
- Sriacha mayo Brussels sprouts

<https://www.laaloosh.com/2014/08/19/roasted-brussels-sprouts-with-sriracha-aioli/>

Fried Food cravings:

- Air-fried potatoes, meat, or vegetables (see handout)
<https://health.clevelandclinic.org/air-frying-is-it-as-healthy-as-you-think/>

https://www.target.com/p/chefman-2-1qt-analog-air-fryer-black-silver/-/A-54381590?ref=tgt_adv_XS000000&AFID=google_pla_df&fndsrc=tgtao&CPNG=PLA_Appliances%2BShopping_Local&adgroup=SC_Appliances&LID=700000001170770pgs&network=g&device=c&location=9015622&gclid=CjwKCAjw1v_OBRAkEiwALFkj5tpCuVtEJdMQbptr73iRCBKe-o7qoxH07qD-4ef8TwR9LtpA2tMbXxoCGUgQAvD_BwE&gclsrc=aw.ds

Salty & Crunchy:

- Vegetables with Hummus
 - Premade brands
<https://spoonuniversity.com/healthier/the-healthiest-hummus-brands-for-your-waistline>
 - Make from scratch
<https://cookieandkate.com/best-hummus-recipe/>
- Vegetables and Greek Yogurt Ranch
<https://www.acouplecooks.com/healthy-greek-yogurt-ranch-dip-recipe-healthy-game-day-snacks/>
- Best FREE Meditation Apps:
<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>