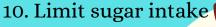


- 1. Control hunger and prolong satiety by pairing a highprotein food with each meal and snack
- 2. Ensure 15-30 grams carbs for each snack and 30-50 grams carbs for meals
- 3. No more than 60 grams carbs per meal!
- 4. Choose high-fiber carbs
- 5. Eating while standing gives you a better perception 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











- 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-withwalnuts-and-

 $\frac{honey\%2F\%3Ffbclid\%3DIwAR1kZxYxd1RkNgbyfSWtFavFIDn9lIPEvA5zWxoEni6AB1xfbnHNYmLQ}{Xik\&h=AT2lo9japF4ECg4vZ7tG-}$ 

<u>TU3fqwmxJiDR8VlB\_VOrzaCsAGydtgRVhpGk86S8kN3uAfe3eE3V7E9QPo3BccsprNQE6T9Wf8J6jWY0qhoVomeoRKkVPdlpdW1Zl-qid7EkYIE</u>

### **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)
 <a href="https://health.clevelandclinic.org/air-frying-is-it-as-healthy-as-you-think/">https://health.clevelandclinic.org/air-frying-is-it-as-healthy-as-you-think/</a>

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\_Appl\_iances%2BShopping\_Local&adgroup=SC\_Appliances&LID=700000001170770pgs&netwo\_rk=g&device=c&location=9015622&gclid=CjwKCAjw1v\_0BRAkEiwALFkj5tpCuVtEJdMQb\_ptr73iRCBKe-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
     <a href="https://cookieandkate.com/best-hummus-recipe/">https://cookieandkate.com/best-hummus-recipe/</a>
- 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/