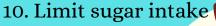


- 1. Control hunger and prolong satiety by pairing a highprotein food with each meal and snack
- 2. Ensure 15-30 grams carbs for each snack and 30-50 grams carbs for meals
- 3. No more than 60 grams carbs per meal!
- 4. Choose high-fiber carbs
- 5. Eating while standing gives you a better perception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



