



How Are You Snacking?



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Transform Your Snacking Habits

Indulging in your favorite snacks can be tempting, but doing so without overeating can be challenging (believe me...I get it), particularly if you're accustomed to consuming more significant portions or high-calorie meals.

With some know-how, you can learn to tune in to your body's hunger signals and make smarter decisions about what and how much you consume. Learning to listen to your body and take that moment to ask yourself why or what you are truly feeling...is key.

In this step-by-step guide and my behavior change checklist, we'll explore some simple tips and strategies to help you satisfy your cravings without going overboard. Plus, make snacking easy with my trail mix generator ideas!

By paying attention to your body's needs, you'll soon discover that you can enjoy your favorite foods in moderation and without the guilt. Let's get started!



Don't ONLY Listen To Your Body's Hunger Signals...you gotta watch for that tank hitting FULL too!

Pay attention to how your body feels before, during, and after you eat. Ask yourself if you're starving or eating out of boredom, stress, or habit. Is it truly hunger or is it your appetite getting the best of you? 99% of the time, when it's true hunger, you will satisfy it with a good choice & be done...if it's appetite and purely a "WANT" that could lead to over indulging.

Similarly, check in with yourself periodically during your meal or snack to see how full you're feeling. Stop eating when you feel comfortably full, not when you're stuffed.





Choose Nutrient-Dense Foods

If, and when at all possible, avoid the ultra-processed foods and packaged garbage. Snacks high in nutrients and low in calories can help you feel more satisfied without overindulging.

Choose foods like berries, dried fruit, whole fruits, veggies and nuts. These foods will give your body the necessary nutrients while helping you maintain a healthy weight and reduce over-snacking.





Plan Ahead For Snacks & Meals

If you know you're going to be on the road or out and about, plan ahead and have your favorite go-to's at the ready!

Having healthy snacks and meals can help you avoid overindulging in unhealthy foods later in your day or grabbing crap in a drive thru or quickie mart (Which ps...always have a better option!).

Plan ahead by packing a healthy snack like veggies, hummus, string cheese, apple slices, and almond butter, or make a homemade trail mix (learn how at the end of this guide.)





Drink Plenty Of Water

Drinking water not only help keep you hydrated and lessen retention, but it can also help you feel full and reduce your appetite and possible over-snacking.

Drink at least 8 cups daily (A good rule too is 1 oz. per pound of body weight) and sip water throughout your meal or snack to help you feel more satisfied.

My favorite and easiest way to keep me drinking my h2o, is to have a dedicated water bottle to help you stay on task and keep you in the know of your intake goal for the day.





Don't Deprive Yourself

Speaking from experience, depriving yourself of your favorite foods and labeling things a big fat “NO. NEVER” can lead to binge eating snacks and overindulging later.

Instead of cutting out your favorite foods, drinks and treats altogether, allow yourself to enjoy them in moderation. If you're craving something sweet, first take a moment to decide if it's a “WANT” or a “NEED” if it's a need and you know you can walk away after and feel good, have a small piece or serving. It's all about balance.




A small green seedling with two leaves growing out of a crack in a dry, cracked rock surface. The background is a close-up of dark, jagged rock with deep, dark cracks. The seedling is positioned on the right side of the frame, with its stem and leaves emerging from a crack. The leaves are bright green and appear to be in the early stages of growth. The overall scene is one of resilience and growth in a harsh, arid environment.

Behavior Change
Checklist:
How To Gain
Control of &
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Behavior Change Checklist: How To Gain Control of & Satisfy Your Hunger

- I will eat slowly and mindfully, taking time to savor each bite.
- I will drink plenty of water throughout the day and with my meals to help me feel more satisfied.
- I will pay attention to my body's hunger and fullness signals and stop eating when I feel comfortable and not stuffed.
- I will choose nutrient-dense snacks like berries, dried fruit, and nuts to help me feel more satisfied without overindulging.
- I will plan by packing healthy snacks and meals so I don't have to rely or cave into unhealthy options when hungry.
- I will allow myself to enjoy my favorite foods in moderation and not deprive myself of the foods that I enjoy.
- Before/After each meal or snack, I will take a moment to think and then also reflect on my feelings and adjust my choices accordingly.
- I will practice self-care and try to manage my stress levels to help me avoid emotional eating or overindulging out of boredom or anxiety.
- I will prioritize my health and well-being by making mindful choices about what and how much I eat and how it ultimately is going to make me feel.



Boost
Your Snack Game
with These Delicious
Trail Mix Ideas

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This DIY trail mix is the perfect blend of crunchy nuts, chewy dried fruit, and savory seeds for a delicious and nutritious snack on the go.

Choose your own snack adventure by mixing and matching your favorite ingredients — combine it all together, and voila, a delicious and nutritious snack perfect for on-the-go adventures or anytime you need a quick pick-me-up.

*This is one serving. Combine your choices and get a solid 210 calorie snack with 7gr. Protein/10g good Fats/26 Carbs.

*Get ahead of the game by diving up a few snack bags so they are at the READY!

Nuts	Dried Fruit	Seeds	Bonus
1/3 cup	2 tbls.	1 tbls.	.5 oz
Almonds	Apples	Pumpkin	Wasabi peas
Peanuts	Apricots	seeds	Mini pretzels
Cashews	Bananas	Sunflower	Choc chips
Pecans	Blueberries	seeds	
Walnuts	Cranberries		
	Raisins		
	Goji Berries		