

# Cravings

We all get cravings - especially around our period, but ultimately it's a choice and something you need to stay strong about. Bad food is like a drug, and the more you have it the more you want it. Even more, if you eat like shit, you'll feel like shit, which is not something we want with our busy lives. The recipes provided in the meal plan are balanced, and although you may feel like you're eating an insane amount of food, most women do not eat enough, and then end up overeating later to compensate for the calorie loss. If you're constantly craving food at night, it's either just a bad habit you need to break, OR, you're not eating enough during the day. Check in with that. Here are some options for you to not feel guilty about ;)

## Sugar

- Eat a banana or dates drizzled with almond butter
- Fruit
- Drink Yogi Egyptian Licorice or Lemon ginger tea: This tea is beyond delicious and has only 1 gram of carbs in it per servings. It is natural and helps to sooth the stomach.
- Black tea with a little raw honey or 100% maple syrup

NOTE: Ensure that you eat every 3-4 hours and don't skip meals! This habit makes a huge difference in cravings.

## Salt

- Pickled hard-boiled eggs are salty and full of protein and healthy fat. Win win!
- Mary's or Rice Thin crackers with hummus
- Edamame sprinkled with Himalayan salt
- Brown rice cake with almond butter and Himalayan salt
- Homemade popcorn with coconut oil and Himalayan salt or Frank's Hot Sauce

NOTE: Ensuring that you're well hydrated really helps with salt cravings

## Calorie Counting

On our meal plans there is no such thing as counting calories. Not only can counting calories be stressful and make you obsessed with the amount of food you're eating, but often women strongly underestimate how many calories they actually need. In this meal plan you are eating very close to nature, and the closer to nature you eat, the less you will have to focus on calories. Portions will come naturally if you just listen to your body.

## Meal Prepping

Life can be super busy, and it is important that you take care of yourself by eating healthy too - it's not just about the sweat sessions my friends! If you want healthy eating to become part of your lifestyle, you need make it as smooth and simple as possible. The easiest way to do this is to take a couple hours on Sunday's to prep your meals and snacks. Since your workouts will be fast and furious, and done in the comfort of your own home, you'll only be spending 2 hours max working out each week, and 2 or so hours prepping. That's only 4 hours each week to stay fit and healthy. That's 4 episodes of "So You Think You Can Dance". Throw your favourite show on, include your family in prep time, and make it a part of your home routine. If you don't, your healthy habit

