

Snacks



A FAT LOSS FEAST SNACK GUIDE

Should you snack?

If you're hungry, yes.

Snacking is normal and doesn't have to be an issue but it is one of the reasons so many people struggle with their weight. Snacking on the wrong things and snacking too often is a fast track way to piling on the pounds. Get snacking right tho and not only will you have more energy and less hunger, you will improve your results and crave less junk.

Below is a short guide to snacking and how best to add it into your every day life.





A guide to snacking

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One of the reasons you may feel like snacking all of the time is because your other meals are too small and you end up wanting to eat everything in sight. If you feel the need to snack all of time, make sure you up the portion sizes of your meals and see if that makes a difference.

If you do end up snacking, what you snack on is very important. The healthier the snack the better. Not only will it stop you from consuming empty calories, it will also improve your health depending on the snack you choose. Fruit will add a healthy dose of vitamins, a small amount of nuts will add some much needed healthy fats and snacking on some lean meat will boost your daily protein intake keeping you fuller for longer and helping repair you muscles.

Another option to control snacking is to add an extra healthy meal into your day. If you feel like you're always hungry and in need of a boost, maybe switch to four/five smaller meals instead of 3 bigger meals daily. This could help to control and improve energy levels and hunger.

The list of snacks could be endless as anything could be a snack. From a portion of soup you made earlier, a handful of left over meat from a previous meal, some hard boiled eggs or a few squares of dark chocolate, you name it. If you have a snack idea, run it past me and I will be happy to let you know if it's healthy or not. A good tip is to keep it as natural as possible. Things with added sugar etc should usually be avoided.



Can't stop snacking on junk?

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Do you really want to see big results but can't stop shoving unhealthy snacks down your neck? If you just answered yes to that question, you may not want it as much as you think.

It's easy to say you want to lose weight or want to drop a clothes size or two but in reality, it takes a few sacrifices which a lot of people aren't prepared to do. One of them sacrifices being the very fun and tasty past time of sitting around on a night time eating chocolate bar after chocolate bar. This is a hard habit to give up because it's so enjoyable and very very tasty.

The best thing to do at this point is to remember what your goals are. You may not want to feel uncomfortable and bloated in your favourite clothes so remind yourself that a healthy snack will take you a step closer to that goal and ten bags of crisps will take you a big step away from that.

If that's not good enough, you are going to have to try to aim to stall your weight instead of losing it. You may not be in the right frame of mind to get some results so instead switch your focus on not gaining weight. This is a lot easier than losing.

This is really important because if you don't, you will find your weight will creep up very slowly and before you no it you will be feeling even worse than you do now and you'll be buying the next clothes size up.

So, if you want it enough, remind yourself of your goals, head to the snack section in the recipe library and pick a healthy snack. If you can't get the right mindset, don't worry and aim for the stall. Make sure you message me and we can action plan a new program for you to fit your lifestyle.