

BP10 EAT RIGHT SNACKING CHOICES

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – Snack, only, to avoid a poor choice or overeating, particularly at dinner.

Avoid – dips in blood sugar, thumping hunger pangs, head noise!

Water – I suggest a glass of water before snacking! Often, we're dehydrated, not hungry!

YES	NO
<p>Before Eating; try a glass of water, perhaps with a tiny dash of Pink Himalayan salt. Often, we're dehydrated not hungry!</p> <p>Kale Chips – cut up Kale, throw on a pan, drizzle with Olive Oil, dash of sea salt and toss on the oven @ 180' for 12 minutes.</p> <p>Natural Yogurt – adding nuts, like almonds, cashews, macadamias, and seeds of choices, with a final dash of ground cinnamon.</p> <p>Veggies & Hummus – carrots, celery, cucumber & co, dipped in hummus!</p> <p>Cheese – whatever type in moderation.</p> <p>Nuts & Seeds – all nuts other than peanuts.</p> <p>Fruit – Apples, Pear, Kiwi Fruit, All 'Berries', only!</p> <p>Cottage Cheese – adding nuts and seeds.</p> <p>Capsicum & Guacamole – if making yourself, use full cream.</p> <p>Veggies with non-commercial Nut butter (Almond, Mac)</p> <p>Dark chocolate – again, rich dark chocolate in moderation, only.</p>	<ul style="list-style-type: none"> ❖ Food-like product claiming it will leave you ripped or have you playing for Australia. ❖ Anything powdered ❖ Anything with a mascot ❖ Anything 'as seen on TV' ❖ Anything you press a number to receive! ❖ You get the idea! Right!