



Sensible Snacking

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Protein, Fat & Fibre

Snacks always need to be made up of protein, fat and fibre... as they are the three macronutrients which help to keep you feeling full for much longer.

Quick Snack Idea:

Nut butter spread on organic celery stick.

This provides you with:

- fibre = celery stick
- protein = nut butter
- healthy fats = nut butter

Celery should be organic because it's high on the 'Dirty Dozen' list as it contains so many sprays. Not all of them can be washed off.



Concentrate on your Meals

But... I believe snacks should only be eaten on the rare occasions. You see, as mentioned to you before, our body needs a break from food being popped into our mouth so that it can get on with the other important jobs it has to do.

I would rather you concentrate on eating 3 satisfying meals during the day, or two if you are following the Time Restricted Eating method.

If you still want to snack, try to make sure the snack contains protein, fat and fibre. For example, just eating a piece of fruit does not cover those three. Where's the protein? Where's the fat?

This requires you to think!



Yield Not to Temptation!



Many times, your body is not crying out for food of any kind.

It could be that you actually need a drink of water!

Remember how I said that when your body is ready it will press a 'nutrition please' button. This makes you hungry.

Now is the time when you will be at your weakest point and more likely to grab something unhealthy. If you have snacks 'ready to go' you will not fall for that temptation.

Be Prepared!

I would suggest that you spend a little time making up a list of potential healthy snacks you could enjoy.

At the beginning (or end) of the week, make a few snacks up so that you know when you do snack you are adding healthy food into your body.

There are many wonderful snack ideas you can find on the Internet. Just remember to stay away from wheat. Look for recipes made out of coconut flour or almond meal.

Anything including coconut products is good. Remember that raw nuts is a perfect snack. Fruit. Vegetable pieces.

Just work out what you would like to have with them so that you are having a little snack of protein, fat and fibre.



Drink More!

Have a glass of water and then have a cup of tea... or coffee.

Water first. Always drink water first before drinking any other beverage, or for that matter, eating any food.

Do you have a list of potential drinks you can consume throughout the day?

Don't forget the Bone Broth. That's a wonderful satisfying drink to have on hand.

