

CLEAN AND BRIGHT ★ EATING ★

Why are you eating?

This is the KEY. Stop, count to 10, and then take a moment to see if your stomach is actually growling.

If not, here are my suggestions:

Drink 8 - 12 oz. water. Add cut up cucumber to the water for flavor.

Take a walk to the mailbox and back.

Go to a different part of the house and start an activity.
Call me and let's talk about the craving and where it is coming from - stress, boredom, sadness, etc.

If you are hungry, eat lean protein, non starchy vegetables and healthy fats.

What I keep in the pantry and refrigerator:

raw unsalted almonds

cucumber

small dill pickles

celery

turkey pepperoni

avocado