



DON'T USE WILLPOWER — REPLACE THE CRAVING

High-protein + high-volume foods = stay full longer

SWEET CRAVINGS

-  Ice Cream → Greek yogurt + protein + berries
-  Milkshake → Protein shake + ice
-  Candy → Protein bar / yogurt + honey
-  Chocolate → Dark chocolate + protein
-  Cookies → Protein mug cake

SALTY & CRUNCHY

-  Chips → Popcorn / protein chips
-  Fries → Air-fried potatoes/carrots
-  Crackers → Rice cakes + cottage cheese

FAST FOOD FIXES

-  Burger → Lettuce-wrapped lean burger + veggies
-  Fried Chicken → Grilled or air-fried
-  Pizza → Low-carb wrap pizza

LATE NIGHT

- Cottage cheese + berries
- Greek yogurt
- Casein shake



CRAVING RESET BOX

Before you eat:

- Drink water
- Eat low-cal veggies
- Have protein
- Wait 10 minutes

EMERGENCY FOODS

-  Eggs
-  Chicken
-  Protein powder
-  Low-fat cheese
-  Deli meat
-  Protein bars

 WIN THE MOMENT → WIN THE DAY
Make the better choice the easy choice.