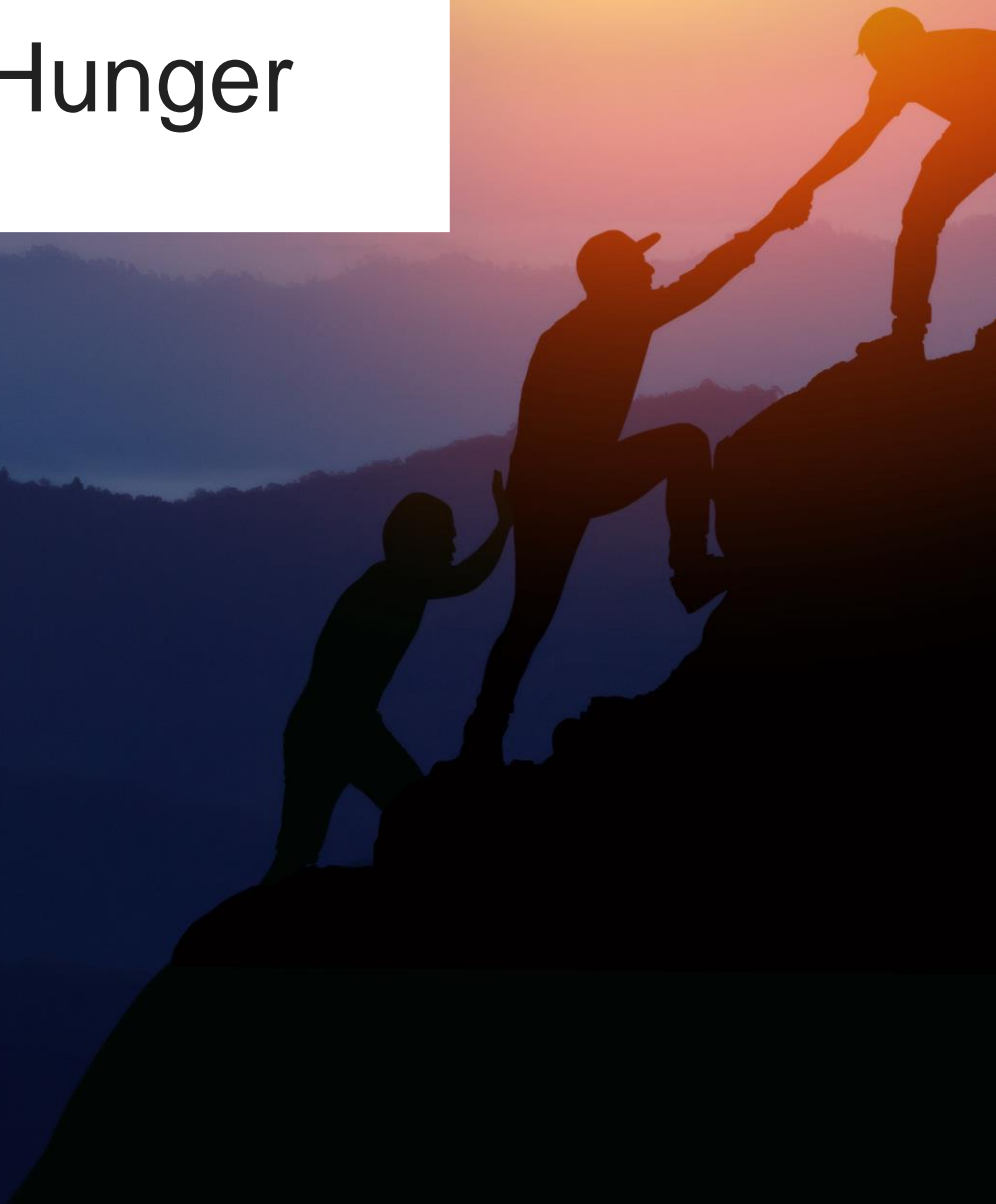




Behavior Change Checklist: How To Satisfy Hunger






It's recommended to weigh yourself once a week. This can help you track your progress without becoming obsessed with daily fluctuations. Remember, a healthy weight loss is typically 1-2 pounds per week.



Behavior Change Checklist: How To Satisfy Hunger

- I will eat slowly and mindfully, taking time to savor each bite.
- I will drink plenty of water throughout the day and during my meals to help me feel more satisfied.
- I will pay attention to my body's hunger and fullness signals and stop eating when I feel comfortably full.
- I will choose nutrient-dense snacks like berries, dried fruit, and nuts to help me feel more satisfied without overindulging.
- I will plan by packing healthy snacks and meals, so I don't have to rely on unhealthy options when hungry.
- I will allow myself to enjoy my favorite foods in moderation and not deprive myself of treats that I enjoy.
- After each meal or snack, I will reflect on my feelings and adjust my choices accordingly.
- I will practice self-care and manage my stress levels to avoid emotional eating or overindulging out of boredom or anxiety.
- I will prioritize my health and well-being by making mindful choices about what and how much I eat.



**Boost
Your Snack Game
with These Delicious
Trail Mix Ideas**

Boost Your Snack Game with These Delicious Trail Mix Ideas



This trail mix is the perfect blend of crunchy nuts, chewy dried fruit, and savory seeds for a delicious and nutritious snack on the go.

Choose your own snack adventure by mixing and matching your favorite ingredients — combine it all together, and voila, a delicious and nutritious snack perfect for on-the-go adventures or anytime you need a quick pick-me-up.



Nuts	Dried Fruit	Seeds	Bonus
60-80 grams	15 grams	30 grams	15 grams
Almonds Peanuts Cashews Pecans Walnuts	Apples Apricots Bananas Blueberries Cranberries Raisins Goji Berries	Pumpkin seeds Sunflower seeds	Wasabi peas Mini pretzels Choc chips



Choose Nutrient-Dense Foods

Avoid ultra-processed power-bars and packaged garbage. Snacks high in nutrients and low in calories can help you feel more satisfied without overindulging.

Choose foods like fruit, berries, dried fruit, and nuts. These foods will give your body the necessary nutrients while helping you maintain a healthy weight and reduce over-snacking.





Don't Deprive Yourself

Depriving yourself of your favorite foods can lead to binge eating snacks and overindulging later.

Instead of cutting out your favorite treats altogether, allow yourself to enjoy them in moderation. If you're craving something sweet, have a small piece of dark chocolate or a serving of fruit.



Healthy Recipe For You Recipe



Chickpea & Quinoa Tabbouleh

Serves 4

1 x 400g can chickpeas, drained
1 x 100g quinoa, rinsed and drained
2 medium cucumbers, diced
1 small tomato, diced
1 cup (250g) fresh parsley
4 tbsp olive oil
2 tbsp red wine vinegar
salt & pepper

What you need to do

1. Drain the chickpeas according to the instructions on packaging. Discard liquid, then pat dry with a paper towel.
2. In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.
3. Store refrigerated in an airtight container for up to 3-5 days.



Nutrition						
Per	100g	100g	100g	100g	100g	100g
Energy	100kcal	100kcal	100kcal	100kcal	100kcal	100kcal

