

MINDLESS *MUNCHING*:

YOUR GUIDE TO CONQUER AFTERNOON
SNACKING





Hello there!

Afternoon snacking can be a common stumbling block for those striving to maintain a healthy eating routine. The urge to snack often strikes during the late hours of the day, and it can derail your dietary goals. In this guide, we provide five essential steps to help you conquer afternoon snacking, ensuring you can curb cravings, make nutritious choices, and stay on track with your health and fitness objectives.

Let's dive into these five simple steps to Say goodbye to mindless munching and hello to empowered choices!

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OUR 5 TIPS:

1 Stay Hydrated

Dehydration can sometimes be mistaken for hunger. Ensure you're adequately hydrated throughout the day by drinking plenty of water. Opt for herbal teas or infused water if you prefer variety. Staying hydrated can help reduce afternoon cravings.

2 Balanced Meals

Fuel your body with balanced meals that include lean protein, healthy fats, and fiber-rich carbohydrates. This provides sustained energy and helps you feel full for longer periods, reducing the urge to snack.





3

Plan Nutritious Snacks

If you find yourself genuinely hungry in the afternoon, plan nutritious snacks in advance. Choose options like Greek yogurt, veggies with hummus, or a piece of fruit. Having these healthy alternatives on hand makes it easier to resist less nutritious options.



4

Identify Triggers

Pay attention to what triggers your afternoon snacking. Is it stress, boredom, or habit? Identifying these triggers empowers you to address the underlying causes and develop healthier coping mechanisms.



- # 5
- ## Practise Mindful Eating
- Practise mindful eating by savouring each bite and paying attention to your body's hunger cues. Avoid eating in front of screens or while distracted. Mindful eating helps you enjoy your meals fully and prevents mindless snacking.

By following these steps...

you will conquer afternoon snacking and make empowered choices that align with your health and fitness goals. Implement these strategies, and you'll discover how to curb cravings, stay satisfied, and maintain a healthy eating routine throughout the afternoon.

We hope this guide helps!

If you have any questions about HOW to action any of the above, feel free to reach out to us!

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