

HOW TO BATTLE A SUGAR CRAVING & WIN!

START HERE

OH NO!
I've got a sugar craving!



YOU COULD

be lacking in nutrients such as sulfur, chromium, carbon phosphorus, tryptophan.

Try snacking on

some grapes, broccoli, fresh fruit, poultry, eggs or legumes.



TIP: Have a sweet and Clean snack ready for when cravings hit. Just mix some Greek yogurt with berries or other fruits and freeze.

IS IT EMOTIONAL?

(e.g. Did you just have an argument with someone? Are you bored, depressed, unhappy?)



NO

Get active:

Take a walk, head to the gym, go bowling... anything!



BREW SOME HERBAL TEA

and write down what is bothering you.



FEEL THE CRAVINGS

DISAPPEAR

as a newfound sense of self-respect floods in.

YES

DISTRACT YOURSELF

CALL A FRIEND

or write a post on **The Kitchen Table** (eatcleandiet.com).

TURN DOWN THE VOLUME

and let your heart find the truth of what is right and wrong with the situation at hand.



DON'T DWELL! If a craving gets the best of you, pick up your Eating Clean and training where you left off. Chalk it up to a minor slip up – it happens!

GO

SOMEWHERE

quiet and let the matter settle down in your head.



Eat a bag of CHOCOLATES



CONGRATULATIONS!

You were able to successfully strike sugar!! Every little bit counts. Tell Tosca about it by tagging her on Facebook, Twitter, Instagram or the Kitchen Table. Use the hashtag #STRIKESUGAR!!