

STOP

OVEREATING

Now!!

- 1) **Balance Blood Sugar** - B and L should be high in protein and good fat & dinner should have more carbs - 30-50 g
- avoid processed foods, sugary snacks - eat clean
- 2) **Snack between 2-5p** - 3 hours away from the previous meal a good carb snack on it's own - 25-35 grams of carbs amt from (Judith Wurtman - Serotonin Power Diet) - carrots - 2 cups, root veggies - baked/roasted, beets 1 1/2 cup (serotonin and dopamine), rice, 1 cup cooked oats = 28 g (serotonin and dopamine), rice cakes - 2 of them = 30 g approx, cacao nibs - 1.5 oz - 24 g (serotonin and dopamine), dark chocolate - 2 oz (both)
- 3) **Dopamine specific foods** - apples, avocado, banana, beets, fava, dark leafy greens, olive oil, oregano, peanut, rosemary, sea veggies, sesame/pumpkin seeds, soy products, turmeric, watermelon, wheat germ
- 4) **Skip Happy Hour Alcohol** - alcohol lowers serotonin's appetite suppressing effects
- 5) **5 minute detox from the day** - go relax - the Muse, walk don't go to kitchen or stop in it when you get home just go through it; foam roll, stretch, play with the dog or kids!
- 6) **Hydrate Yourself!** - 1/2 your weight in oz minimum
- 7) **Time Dinner Accordingly** - at least 40 minutes after your carb snack - eat carbs at dinner - chew food, only eat no multitasking, put leftovers away before you plate your food, put dishes in dishwasher or sink right away, extract self form kitchen

18) **Be Patient - It takes 21 days to form a habit** - feeding after work is a habit - we are creatures of habit need to set a new routine - put in writing somewhere

ex: slow down from the fast pace of the day - stretch, foam roll, pet dog, walk dog, meditate breathe, yoga

9) **Be kind to yourself** - think about best day ever and having fun - seek fun after work - creativity art - we are all kids at heart and need to express that - want to stand on your head and listen to music do it!

10) **Have Clean Eating Food Ready To Go To Prevent Snack-cidents** - have cut up veggies or fruit on standby when you get home, nuts/seeds sprouted have them ready, avocado - don't buy junk

11) **Make sure your emotional needs are met** - speak up - speak your frustrations and don't be afraid to get what you need - most of the root of emotional eating is not having a need met - you might not know what that need is - explore it - most need to connect, be heard and feel supported ex: if you come home from a crappy day at work and the house is a mess and kitchen is a disaster ask for help don't take it on yourself.