



5 Strategies To Crush Your Cravings And Avoid Weight Gain Over The Holidays

Strive for 7 to 8 hours of sleep

If you are only getting 5 to 6 hours of sleep, start with going to bed 15 minutes earlier for one week. After your body adjusts, increase by another 15 minutes so you are going to bed 30 minutes earlier. Every little bit helps!

What does sleep have to do with cravings and weight gain?

Studies confirm that not getting enough sleep increases your appetite the next day, especially for sweets and other carbohydrates. Can you relate? Another benefit of getting more sleep during the holiday season - getting your ZZZ's supports your immune system during this time of the year when so many people are getting sick!

Start your day with a power smoothie packed with protein, veggies/fruit, and good fat

Why is this important? Getting protein and good fats in the morning will help stabilize your blood sugar and fill you up. This will help decrease the mid-morning sugar cravings and set you up to make better food choices all day long! Adding veggies and a small amount of fruit to your smoothie will provide fiber, which also fills you up and helps regulate your blood sugar. Good-bye cravings! See my delicious power smoothie recipe below!

Be ready when your cravings hit really hard

This is going to happen during the holiday season! Try waiting 20 minutes first (many cravings pass after 20 minutes). If your craving does not go away, then have a healthy substitution on hand. Some of my favorites to satisfy cravings:

- Several apple slices topped with 1 TB almond or other nut butter and sprinkled cinnamon – **Cinnamon is an amazing spice that helps regulate glucose (sugar) metabolism.**
- ½ to 1 cup unsweetened coconut yogurt topped with a handful of raspberries and 1 to 2 tsp flaxseed powder.
- Intense chocolate craving? Try one to two squares dark chocolate (72 to 80% cocoa content). Normally higher cocoa content chocolate has much less sugar than milk chocolate and even semisweet dark chocolate (which is about 55 to 65% cocoa content).
 - 72 to 80% cocoa is so rich that it is hard to eat more than a couple of squares!
 - Did you know that chocolate is a good source of magnesium, a calming mineral which helps you to handle stress?!
 - If chocolate leads to other cravings for you, other great sources of magnesium include almonds, Brazil nuts, cashews, walnuts and pumpkin seeds!

You want to have fun, but not at the expense of feeling bad and gaining weight

Does this resonate with you? Drinking one too many glasses of wine at the holiday party sets you up for a bad night's sleep and then intense cravings the next day! If you are drinking, start with a glass of sparkling water first and then move to a cocktail or glass of wine. Be sure to drink another glass of water after the first drink and it's always a good idea to not drink on an empty stomach.

Tip: Eat a high protein snack before the party like a turkey and avocado roll up or a couple of hard-boiled eggs!

Really crush it with my Pre-Holiday Cleanse program!

Time after time my clients report that their sugar cravings go away during the cleanse! They feel reset, lighter, and ready to make better food and lifestyle choices during the holiday season. [Click Here](#) to learn more about my upcoming pre-holiday cleanse that will set you up to get through this holiday season without gaining weight and feeling good!!

Power Smoothie Recipe:

- ½ cup unsweetened coconut milk
- ½ cup organic frozen berries (pick your favorite)
- 2 cups spinach, chard or your favorite greens mix! Pre-washed organic greens make it really easy!
- 1/3 large avocado or 1/2 small avocado
- 1 scoop of your favorite protein powder (vanilla goes well with this recipe!) ***Can add more liquid to make a thinner consistency smoothie**
- Blend all ingredients well **except for the protein powder.**
- **Add the protein powder at the end** and blend for about 15 more seconds.
 - My current favorite protein powder with this recipe is [PurePaleo Vanilla](#): 21 grams of protein per scoop and an incredible source of collagen! PurePaleo is also a good source of vitamins A and D, (think immune support!), as well as the natural forms of the B vitamins.