

# SNACKING FOR WEIGHT LOSS

Here's the truth, snacking isn't really a bad thing! BUT if you want to lose weight, you simply need to snack smarter. That's exactly what I am going to teach you how to do in the next few minutes. Because I know so many people find that snacking is the reason they haven't been able to lose weight, I'm going to teach you how to snack smarter by following these 3 simple principles.

## **1. KEEP IT SIMPLE! Think Simple Snacks For Fat Loss**

The whole point of a snack is convenience right? If having a snack requires a lot of preparation you probably aren't going to do it and you will default to the bag of Doritos. One step or two at the most is all it should take, and I'm talking about getting a container out of the fridge or cutting up a veggie is the maximum amount of complexity. If it takes longer than 1-2 minutes to get your snack ready, it's too long and you will struggle to make it a habit you can stick to in the future.

## **2. Focus your snack around protein. This Snacking Secret Burns Body Fat!**

One of the biggest mistakes people make is eating what I call a "naked snack". It's a simple carb like a banana or crackers. This will leave you unsatisfied and even set you up for more hunger once your body deals with the blood sugar spike. Instead your snack should always have protein and a food off my free food list. These are usually veggies but there are a few fruits that fit this description as well. My clients love jerky and red peppers or tuna fish and cucumbers. Just don't make the mistake of eating naked snacks.

## **3. TOP SECRET - EAT MORE FOOD! Volume is the name of the Fat Loss Game.**

This means fiber, water and micronutrients. Sounds like a veggie to me. The volume will help fill you up, hydrate you and require a significant amount of chewing. This helps with making your snack take longer to eat and allows you to feel satisfied from the snack. If you can eat your snack in less than a minute, there isn't enough volume in it. Volume means it takes up space in your stomach and it will require a lot of energy to digest. That's less calories to absorb and that is always a good weight loss strategy. If you want a "[Free Food List](#)" just visit our website.

Are you ready to lose weight? Then take the first step, let's have a [quick chat](#) to see if I can help you achieve your goals. Even if you're not ready to work with a coach, I still want to hear from you and learn more about what you want to learn in your health journey.