

HOW TO  
**CRUSH CRAVINGS**  
& CONTROL  
HUNGER FOR  
GOOD.



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## The Key to Fat Loss & Appetite Control

There are two primary paths to fat loss, but both of them basically require the same thing - calorie control. One path relies on willpower and "digging deep" to find the inner strength to stay on point with one's diet, forgoing any cravings, urges or the slightest pang of hunger. It's pretty miserable, but it feels good to be a superhero of self-control (for about 10 minutes, anyway).

The other way is one that's rarely talked about. I never see those fitness motivational memes floating about the internet talking about this particular strategy, but if there was one, it might look like this:

**Practice satiety and you'll be fine.**

I guess it's just not dramatic enough.

The reality of fat loss (regardless of which path you choose) is that it does require some nutritional overhauls, but in no way does that mean you have to suffer through it. Quite the opposite is true when you focus on learning what foods help keep you satiated and which foods make you want to eat cookies for days. Remember, hunger is not a sustainable state to be in, and it's your body's way of telling you it needs something (maybe food, maybe a reprieve from boredom). ***Satiety is long-term sustainable management of food intake that ensures optimal nutrition without overdoing it.***

## Here's where to start

Instead of promising yourself to eat less than you can stand, or get to the gym more than you can reasonably manage where you are basically setting yourself up for failure, try this instead:

Over the next week, take note of each meal you consume. Now stay mindful of what point are you hungry for your next meal. Is it 2 or 3 hours later? If that's the case, you may need to do one of the following:

1. Increase volume or nutritional density of food (aka more/better calories).
2. Increase your fat and/or protein content.
3. Decrease your carbohydrate content.

This requires that you look at each meal you eat as a pie made up of carbs, fats and proteins (the three macronutrients). If your current breakdown of macronutrients isn't keeping you satiated for 4 hours or more, try dialing back the carbs and adding more healthy fat (this tends to be the best choice for increasing satiety), or add some protein and see how you feel. When you stop thinking about food for the next 4 hours or more, then you've found the right combination of food macronutrients for you.

### **For Example...**

If you typically eat a bagel and light cream cheese at breakfast around 7:30am, but you're ready for a coffee break (with a muffin) by 10:00am, try replacing the bagel with a small English muffin (reducing carbs), use full fat cream cheese instead of the light stuff (increasing fat), and add 2 hardboiled eggs as well (increasing protein). I'm pretty confident this is going to change your satiety levels so that you're less inclined to have that muffin with your coffee once your break time comes around. It may take some time and effort to break the 10am muffin habit, but it won't be due to your brain fogging hunger.

***Just a side note*** - I wouldn't typically recommend any sort of bread with breakfast (even though I engaged that habit for close to 40 years). Grains are generally something I think people should avoid (especially gluten), but if you're not quite ready to lose this comfort food, reducing portion sizes and choosing gluten free options is a really good place to start.

The following are some easy-to-implement strategies for increasing satiety. Pick a few that you know you can sustain very easily and start there. Add more as time goes on.

## 21 Easy to Implement Strategies for Increasing Satiety

1. Start your meal off with a broth-based soup
2. Eat non-starchy veggies at each meal
3. Eat full fat dairy instead of the reduced fat (but eat a little less of it)
4. Aim to consume at least 20 grams of protein at each meal (some people need more, some don't)
5. Aim to eat 30 grams of protein at breakfast. Studies show this reduces overall hunger over the course of the day.
6. Avoid fruit - yep, fructose can stimulate hunger
7. If you can't avoid fruit - eat it with a good fat (like apples and peanut butter)
8. Go for full cream in your coffee (it has less sugar than 2% or skim and more satiating fat)
9. Eat protein pancakes with nutrient dense ingredients like coconut and almond flour with nut butter or Greek yogurt instead of maple syrup
10. Avoid breads, pasta, cakes, muffins, crackers and the like, always. Even the whole wheat stuff.
11. Avoid all things gluten - studies have shown that wheat products have an addictive quality to them.
12. Avoid most protein/energy bars (they are generally full of sugar). Quest bars are an exception.
13. Avoid sugar wherever possible - sweeten foods and drinks with Xylitol or Stevia,
14. Eat nuts. Raw is best. Don't go crazy on them.
15. Eat real/natural nut butters that don't contain lots of sugar and salt (check labels, most do). Better yet, make your own.
16. Ditch fat free food. Completely and forever.
17. Eat eggs with the yolk. Important - buy free range, organic eggs please!
18. Drink more water (cliché, but still effective).
19. Avoid or limit alcohol, especially wine (it stimulates appetite and reduces control around food intake).
20. Have a coffee (but just one or two) as caffeine has been shown to suppress appetite.
21. SLEEP!!! 7 to 9 hours per night is imperative to controlling your hunger hormones (leptin and grehlin).

Remember, small deliberate actions that are sustained over time is the secret to building a healthy life, and a fit, beautiful body. Give yourself a chance to grow into a new way of living and you'll experience far more than you bargained for.

To your health,  
Caren Magill, MA, CPT

## *Resources*

### ***Want to look and feel better than you did in your 20's?***

The best way to lose fat, gain health and have the energy you need to be the most awesome version of yourself is to have focus, structure and accountability. I offer monthly one-on-one coaching that will help you get where you really want to go. Just [click here](#) and sign up before your self-talk starts convincing you that you don't deserve it (because you do).

### **My favorite healthy fats**

[Nikki's Coconut Butter](#)

[Nutiva Coconut oil](#)

[Hemp Seeds](#)

[Chia Seeds](#)

[Flaxseeds](#)

### **The best alternatives to sugar**

[Xylitol](#) (the best alternative to sugar for baking as it doesn't leave an aftertaste)

[Erythritol](#) - less sweet than xylitol but also a great choice.

[Stevia](#) - Easy to find in grocery stores, but can have an aftertaste.

### **Protein Sources I love**

[Shakeology Superfood Smoothie](#) - Personally, I have one every day with a teaspoon of maca powder and I feel amazing.

[Plant Fusion Protein Powder](#) - Love their chocolate flavor

[Vega Protein Powder](#) (Chocolate or Vanilla)

[Quest Nutrition Bars](#) - made with no added sugars and no gluten

[Eat Wild](#) - the best source for purchasing organic, free range, ethical meats online.