

# SWEET SWAPS

## I JUST NEED IT

1 cup fresh berries  
1/2 cup unsweetened whip cream  
(2/19/19/5)

## THE ONE A DAY

1 Ghiradelli Chocolate Square  
(1/6/4/1)

## WORKOUT HUNGRY

1 High Fiber Pumpkin Muffin  
(5/23/14/3)

## I FORGOT LUNCH

**Yogurt Parfait**  
7oz container plain 2% greek yogurt  
1/3 cup HF chocolate granola  
(22/24/9/4)

## THE PANTRY RAIDER

10 Almonds +  
15 chocolate chips  
(17/9/14/3)

## JUST EAT THE COOKIE

1 homemade chocolate  
chip cookie  
(2/16/8/0)

## CRUNCH AWAY

1 small bag 40% less  
Cape Cod potato chips  
(2/18/6/2)

## I NEED A SCOOP

1/2 cup Breyer's Vanilla  
Ice Cream  
(3/14/7/0)

# CONQUER THE CRAVINGS

## ASK YOURSELF

Check in with your feelings (HALT) --are you Hungry,  
Angry, Lonely or Tired?  
Should I take ten deep breaths if I'm stressed?

## NEXT

Drink a glass of water first, then ask  
Did I eat enough today?  
Did I skip a meal?  
Did I get enough fiber, protein + healthy fat?  
Did I eat enough green vegetables?

## IF YOU SKIPPED A MEAL

MAKE UP THAT MEAL + MAKE A PLATE

## IF YOU NEED A TREAT

Put it on a plate, don't take the whole bag or  
package, make sure you savor it.

## IF YOU DON'T NEED EXTRA CALORIES

Try nibbling on vegetables, have a salad, drink tea



## MORE MEAL IDEAS

In my program, The Wellness Cohort, I can help you find the meals that really work for you for more energy, better healthy and controlling your cravings.

Want to learn more? Lose more?

Talk with me for a free 20 minute consult  
Or follow me on Instagram @noraeshank for more ideas.

## SCHEDULE A FREE CONSULT TODAY

[contact@norashank.com](mailto:contact@norashank.com)

[WWW.NORASHANK.COM](http://WWW.NORASHANK.COM)