

HUNGER STRATEGIES

If you find that you are getting hungry it is important to have some strategies to handle this.

OUR TOP HUNGER STRATEGIES

1

DRINK WATER BEFORE A MEAL

Drink 600ml of water 15-20 minutes before a meal.

2

INCREASE INTAKE OF PLANTS

Increase your intake of PLANTS (i.e. vegetables & salad) at your next 1-2 meals.

3

INCREASE PROTEIN PORTION

Increase protein portion by 25% at your next 1-2 meals.

4

SNACK ON VEGGIES

Snack on cut up vegetable sticks.

5

VEGGIE SOUP FIRST

Have a vegetable soup as an entrée to your next meal.