



### ***3 - Steps to Building a Bullet-Proof Willpower***



***Dearest,***

***Thank you for exploring yet another avenue of how to get cravings under control.***

***Cravings for sugary, fatty and salty foods can rule your life and I love that you are willing to change that.***

***Let this guide help you create an environment around and in your body, which will become nourishing for your health and your soul. It'll help you crowd out the ever-occurring desire for more of the foods which don't serve you.***

***Be gentle, allow time to get used to these 3 steps and enjoy having stability, calmness and health in your life.***

***Are you ready? Let's start your journey 😊***

## Step # 1 Create a **supportive, non-disruptive environment**

Environment is everything when it comes to cravings. What you don't see, you hardly crave and if you do crave it, it's much easier to distract yourself until the craving passes.

You are designed to crave the richest foods (hence the tastiest) for your survival. That's your instinct. That's why you'll always prefer a cracker with peanut butter to a handful of nuts or an apple pie over a sliced apple.

Fighting your biology at the end of the day is incredibly hard.

At that point you've already said NO to biscuits at work, a cheesy pizza at lunch, a pastry in a café. And finding the strength to have just a small taste of ice cream while watching TV or have a cracker at night when you get hungry, is for a robot, not an emotional soul like you.

Make it easy for yourself!

**Clean your environment.** Determine what's the most common food you crave and get rid of it.

Make it difficult to get to it and you won't ....

### Ask yourself the following questions and list the answers to find your most commonly craved food(s):

What food(s), after you've eaten them, give you that feeling: "Aaaaah, now my day is perfect"?

.....

For what food(s) will you go out of your way just to get it?

.....

What food(s) do you eat for comfort when you are stressed, tired, lonely or under any type of pressure?

.....

What food(s) do you find difficult to control once you start eating it?

.....

What food(s) if you don't have it makes you feel irritable or anxious? .....

### Based on your answers above, list what foods you are going to remove from your environment :

I'll get rid of: .....

### I'm going to clean up my:

Fridge

Handbag

Freezer

Gym bag

Cupboards

Car

Pantry

Office desk

### I'm going to do this by:

## Step # 2 - don't go hungry, **eat enough starch**

You are a carbohydrate-burning machine. You convert glucose (sugar from food) into heat and energy. Your brain runs on sugar and your muscles and liver store glucose for later use.

If you have been experimenting with low carb diets, limiting the portions of rice and potatoes or eating rice cakes and crackers to reduce the volume of your food, **you are starved of carbs.**

That's why you crave!

That's why you can't get your hands off the biscuits, crackers, bread, pastries and even pizza.

The taste buds on the tip of your tongue are for sweet taste. Even the first food you've tasted as a baby - your mum's breast milk - was sweet. So naturally you'll look for the same in food.

When you eat healthy complex carbohydrates - **starch - to satiety**, not only will you feel comfortably full, you will also satisfy your sweet tooth and cravings start to disappear.

Healthy, unprocessed starch to choose from:

<b>Whole grains</b>	Rice, quinoa, buckwheat, millet, amaranth
<b>Potatoes</b>	White potatoes, sweet potatoes
<b>Squashes</b>	Butternut squash; other squash varieties, pumpkin
<b>Legumes</b>	Beans, peas, lentils



### Worried about calories?

Don't!

These foods in the picture are all 400 Kcal, yet **the volume is different!**

2 cups cooked potatoes = 1,5 cup cooked rice = 4 slices of bread

**The same calories but which will fill you up more?**

### Action:

To feel satisfied, **eat at every meal minimum 1 - 2 cups full of starch.** And yes, you can mix grains or potatoes with legumes.

### How do you know you are not eating enough?

If you get hungry 2 hours after you've had a meal, your portions are too small. **Solution** - increase the amount of starch. Eat more potatoes or rice to stay satisfied for at least 3 - 4 hours.

### Eating too much?

If you happen to eat an extra potato or portion of rice, you won't get hungry that soon after. Since they are natural foods, you'll burn them off as heat or store in your muscles and liver in the form of energy for later use.

### Plan your menu for a day:

<b>Breakfast:</b>	Example: <b>1,5 cup buckwheat</b> with soy yogurt, seeds, fruit etc.	
<b>Lunch:</b>	<b>1 cup baked potatoes</b> , lentil chilli, broccoli etc.	
<b>Dinner:</b>	<b>1 cup rice</b> ; bean burger, asparagus etc.	

### Step # 3 - fall in love with vegetables

I know you know 😊 Veggies are good for you. But there is lot to them when it comes to cravings, specifically. They contain bitter compounds - **thylakoids** which **switch off hunger and prevent cravings from happening**.

They work on your brain chemistry, stabilise hormones, alkaline your body and reset your taste buds. The more veggies you eat, the more you crave them.

Especially the bitters like **kale, spinach, arugula, pok choi and swiss chard**.

If you like vegetables but feel it doesn't make any difference to your cravings, you are not eating enough.

To make this strategy work you need to do 2 things:

1. Eat in large enough amounts
2. **ADD** them to your meals, **NOT** replace your meals.

#### How to do that?

- snack on them (carrots, cherry tomatoes, peppers, radishes, cucumbers)
- steam or grill veggies and eat them on the side with your main meals
- have them as a starter before your main (green beans dipped in humous)
- make a veggie soup (broccoli & cauliflower or tomato) as a starter
- make veggies an entire meal but do match them up with starch for satiety (veggie stir-fry at the weekend see an example below: )



**Instructions:** caramelize onions in a drop of water. When they start to stick, add another drop of water and cook until brown. Then add crushed garlic (4 cloves) and cook for another 2 minutes. After that add mushrooms (250 gr sliced) - no more water is needed as they release lots of moisture - and 2 handfuls of chopped kale. Season with garlic powder and chilli flakes, small bit of salt if needed. Cook on high heat for 5 minutes. Then enjoy.

#### List below what actions you are going to take to include veggies with every meal:

Example: I'll have a vegetable soup with my lunch (brown rice & lentil chilli); Then I'll have steamed broccoli together with my dinner and snack on some chopped carrots

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



***You did it! You went through the 3 key steps to mastering cravings and building a bullet-proof willpower. When you use them in combination, you build a strong foundation not only for elimination of cravings but also for your health.***

***Clean environment, belly filled with satisfying starch and superb nutrients provided by veggies is what you need to feel strong and powerful to resist temptation.***

***Get going, be gentle with yourself and don't forget that any improvement is a success. Progress not perfection made you learn how to ride a bike or speak a foreign language. And the same goes with eating a healthy diet.***

***Enjoy your journey and if you have a question or want to have a chat, contact me [here](#).***

***Cheers to you and a delicious way of living 😊***

**XX**

**Lenka**