

A photograph of four white bowls filled with different snacks: almonds, cashews, popcorn, and pretzels. The bowls are arranged in a cluster on a dark surface. The popcorn is in the center bowl, and the other snacks are in the surrounding bowls.

Guide to Stop Late Night Snacking

5 SIMPLE STEPS
TO END LATE
NIGHT SNACKING

MINDY'S
COACHING
CORNER

Hi There

My name is Mindy, and I'm a Certified Health Coach. First and foremost, I'm a momma of 4. I have struggled with health issues for most of my young adult life. Several years back I was tired of feeling so sick and tired all of the time, that I decided to take control of my own health. Now, here I am in better health, with more energy than ever, helping other mommas make themselves a priority and improve their health in order to keep up with the challenges of motherhood.



I would love nothing more than to walk along this wellness journey with you. T

Mindy

HEALTH COACH EDUCATOR BUSINESS OWNER



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Changing Habits

According to Google, habits are defined as a settled or regular tendency or practice, especially one that is hard to give up. We all have habits we've created throughout the years. Some healthy habits, some not.

Have you ever tried to break a habit, or read that you can break a habit after 21 days and wonder why it didn't work for you? Well essentially, that rule isn't true for everyone.

The habits that took years to build, do not take a day to change. - Susan Powder

Not all humans are wired the same, and we're all biochemically different. What works for one person doesn't necessarily work for another, yet we're wired to believe something is wrong with us if we can't change something we've spent most of our lives doing within a set amount of time.

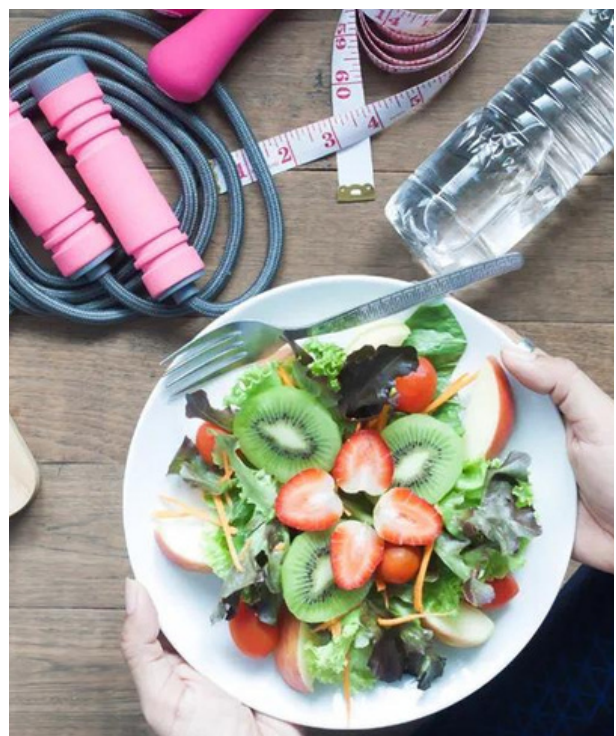
Why even put a time limit on it? Is it good to have a reference point for when you're working on changing a habit? For some it does, and for others it

it can add extra pressure that will essentially set them up to fail. Breaking habits is not an easy task, but it is doable when you find the steps that work for you.

My whole wellness journey over the past several years has essentially been around habit stacking, making changes one after the other, at my own pace.

"But where do I start" you may ask? First, you have to look at your wellness goals, and pick a habit you would like to break first. Then you come up with a plan, and focus solely on that habit until you feel comfortable enough that you've overcome it.

This is where I come in. Having a health coach will not only keep you accountable, but will also help you set goals and encourage you along the way.



5 Simple Steps to Stop Late Night Snacking

01

Establish a Regular Eating Schedule: Create a consistent eating routine throughout the day that includes balanced meals and snacks at regular intervals. Ensure that you're consuming enough nutrients and calories during the day to avoid excessive hunger at night. This can help reduce the urge to snack late at night.

02

Identify and Address Triggers: Pay attention to the factors that trigger your late-night snacking. It could be stress, boredom, emotional eating, or certain environmental cues. Once you identify your triggers, find alternative activities or coping mechanisms to address them effectively. For example, if stress triggers snacking, try practicing relaxation techniques like deep breathing or meditation.

03

Opt for Balanced Meals: Make sure your meals are nutritionally balanced and provide sufficient satiety. Include adequate protein, fiber, and healthy fats in your meals to keep you feeling full for longer periods. Consuming nutrient-dense foods will help curb cravings and reduce the desire to snack late at night.

04

Create a Pre-Bedtime Routine: Establish a relaxing routine before bedtime to signal to your body that it's time to wind down. Engage in activities such as reading, taking a warm bath, practicing gentle stretches, or listening to calming music. This can help distract you from snacking impulses and promote better sleep, which in turn reduces late-night snacking tendencies.

05

Stock Up on Healthy Snack Alternatives: If you find yourself genuinely hungry at night, choose healthier snack options that are lower in calories and more nutrient-dense. Keep a variety of nutritious snacks readily available, such as fresh fruits, cut vegetables with hummus, Greek yogurt, or a small handful of nuts. By having healthier alternatives on hand, you can satisfy your cravings without compromising your health goals.

Time Line



01

Establish a regular eating schedule. Go through your day and plan out the best time for you to eat and stick with that schedule the best you can.

02

Pay attention to your triggers. What is causing you to want to snack? Have you eaten enough today? Sometimes it helps to keep a food journal for this to refer to what you've eaten along with how you feel as you make changes.

03

Try to eat balanced meals this week. Make sure they have enough protein, fiber, and healthy fats to keep you fuller longer.

04

Create your pre-bedtime routine. Find activities that take your mind off snacking. Read, take a bath, drink some tea, or do some light stretches. Whatever feels right for you.

05

Come up with some healthy snack alternatives to keep in your house for times of cravings. This could be a handful of your favorite nut mixture, or some veggies with hummus. Pick a few and keep them on hand at all times.

Habit Tracker

Week Of: _____

Habit

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Motivation

Rewards