

Cravings **CRUSHER** CHEAT SHEET



 **ladyboss**[®]
WOMEN'S HEALTH & WEIGHT LOSS

LET'S *Crush* THOSE CRAVINGS

UNDERSTAND CRAVINGS:

When you have cravings, which we all do, it actually means your body needs nutrients. What you crave can help us diagnose which nutrients your body is missing.

COMBAT CRAVINGS:

Use the 5 LadyBoss® Craving Crushing Tips to help fight off your urge to give in to craving temptations.

This cheat sheet will help you see what nutrients your body needs. Then use the options listed to feed your body healthy food and subdue your cravings for good.

Craving **CRUSHER #1** **CARDIO**



Researchers at the University of Wyoming made a startling discovery: Cardio exercise squashes an enormous appetite. In the study, a group of women engaged in vigorous exercise and were then given the chance to feast at an enormous buffet. On alternate days, the women sat quietly for an hour before being welcomed to the buffet. You would think that the exercise days would be the hungry days, right? After all, an intense workout creates a huge appetite.

The researchers were flummoxed, however, because the women ate less on workout days than they did on the sedentary days! The secret was in the hormones. Although exercise causes a spike in the production of ghrelin — the hormone that tells the body to eat a lot — the ghrelin release also causes a cascade of other hormones, including the ones that make you feel satisfied. The resulting hormone cocktail actually tells the body to eat less, not more. The post-workout women naturally lowered their appetites and were less likely to overeat. The conclusions were straightforward: Exercise causes a complex hormonal interaction that keeps you from overeating. Yet another great reason to get moving.

The LadyBoss® Pocket Personal Trainer provides you with more than 100 AfterBurn at Home workouts with tutorial videos. Sign up today to get access to the Trainer during your [FREE 7 Day Experience](#).

A woman with long brown hair and red nail polish is holding a clear glass of water. She is smiling slightly and looking towards the camera. The background is a soft, out-of-focus light blue and white.

Craving CRUSHER #2 WATER

We often mistake thirst for hunger, so stay hydrated. Take 10 big gulps or drink 16 ounces of water every time you pick up your water bottle. Drinking water sends a signal to your body that you are filling up and that decreases your cravings for food. Drown your cravings with water. Your stomach feels full and satisfied and you keep your body hydrated. Make drinking a gallon of water a day easy with the [Work For It Half Gallon Carry Jug](#) available at the LadyBoss® Store.

Craving CRUSHER #3 EAT MORE



It may seem counterintuitive to snack your way to weight loss, but there's a solid logic behind this trick. Cravings most often hit mid-morning, mid-afternoon, and late at night. Rather than view these cravings as negative forces, respond to them by eating. Your body is secreting more ghrelin, telling you "EAT!" Here's the key, though. Don't eat just anything. Instead, give your body what it needs. Here's the short list of top-notch snacking solutions:

NUTS: A handful of nuts or a tablespoon of peanut butter gives your body a dose of oleic acid, a healthy form of fat that can quickly decrease the craving level.

AVOCADO: Eating an avocado provides your body with a whole medley of nutrients and it gives the smackdown to screaming demands for food.

GRAPEFRUIT: This juicy fruit goodness is the perfect way to say farewell to a ravenous appetite. Researchers at the Metabolic Research Center of Scripps Clinic discovered grapefruit helps weight loss, perhaps by reducing insulin levels.

LEAN PROTEIN: Increasing the amount of protein in your diet reduces cravings and helps keep you satisfied longer after eating. Consider a light snack of sliced chicken or turkey breast, eggs, Greek yogurt, low-fat cottage cheese, or a shake or other snack made with [LadyBoss® LEAN](#), an ultra-premium, all-in-one nutritional meal shake that's powered by science and formulated especially for women.

Craving **CRUSHER #4** **CHEW GUM**



Researchers at the University of Rhode Island discovered participants in a study who chewed gum for at least an hour in the morning ate less at lunchtime. On average, those who chewed gum consumed an average of 67 fewer calories! The chewing motion sends neural signals to your brain that you're eating, even if you don't take in any calories. Your brain tells the ghrelin to back off, and your appetite retreats. If you can't grab a grapefruit or other healthy snack during your morning break, reach for a stick of gum instead.

Craving

CRUSHER #5

BRUSH YOUR TEETH

I know it sounds crazy, but I use this craving crusher trick all the time and it actually works. When you start to get cravings — brush your teeth! Brushing your teeth washes away the feeling of cravings and gives you a clean palette. Your mouth's freshness keeps you from wanting sweets and treats because **EVERYTHING** tastes bad after brushing your teeth.

Peppermint also is known to reduce cravings, so for a double whammy — buy peppermint-flavored toothpaste!

STILL
Craving?

EAT THIS
INSTEAD.

 ladyboss®
WOMEN'S HEALTH & WEIGHT LOSS

I'm Craving: **CHOCOLATE**

What Your Body is Missing:

MAGNESIUM

Eat 1 Serving of One of the Options Below:

- RAW NUTS AND SEEDS
- LEGUMES
- FRESH FRUITS

I'm Craving:

SWEETS

[Like candy, cookies, and desserts.]

We crave sweets for a few different reasons. Stop and assess what you might be missing from these 3 options.

What Your Body is Missing:

1. PROTEIN

Eat 1 Serving of One of the Options Below:

- LadyBoss® LEAN
- CHICKEN
- TURKEY

2. OXYTOCIN

Eating chocolate, sweets, desserts, cakes, candies, cookies, etc., increase your body's oxytocin levels. This hormone is released by the human touch. If you're missing human contact, you may crave chocolate.

Ways to Overcome it:

- EAT A SQUARE OR TWO OF DARK CHOCOLATE WITH HIGH CACAO CONTENT (AND LIMITED SUGAR)
- EAT A SERVING OF A HEALTHY SNACK MADE WITH LADYBOSS® LEAN LIKE [HEALTHY PROTEIN BROWNIES](#), A LOW-CAL CHOCOLATE MUG CAKE, OR A SLICE OF HEALTHY BANANA BREAD.
- GIVE SOMEBODY A HUG AND BRIGHTEN YOUR MOOD AND SUPPRESS YOUR APPETITE!

3. SLEEP

When your body is under stress and suffering from lack of sleep, you crave anything that will give you a quick pick me up. Sugar provides quick energy, but it doesn't last. Instead, give your body what it really needs, a good night's sleep. Schedule an extra early bedtime and take [LadyBoss® REST](#), a non-habit forming sleep optimizer formulated for women with valerian root, passionflower, and chamomile to promote calmness and prepare you for some much-needed sleep.

I'm Craving: **BREAD & PASTRIES**

(Or other simple carbohydrates such as pasta, muffins, or rolls.)

This one can be tricky and you really need to stop and assess what you are missing. It could be one of the 4 options below.

What Your Body is Missing:

1. NITROGEN

Eat 1 Serving of One of the Options Below:

- LEAN MEAT
- WHITE FISH
- ALMONDS
- BLACK BEANS
- FIND OTHER HEALTHY RECIPES IN THE [LadyBoss®
ULTIMATE WEIGHT LOSS COOKBOOK](#)

2. SEROTONIN

Your body doesn't have enough tryptophan, which is important in producing serotonin, "the feel good" hormone. If you are craving bread, or other simple carbohydrates, try doing something fun like calling a friend, going for a walk, or watching a funny movie. The increase of serotonin will help crush that craving.

3. CHROMIUM

Eat 1 Serving of One of the Options Below:

- APPLE WITH CINNAMON
- ONIONS

4. ESSENTIAL NUTRIENTS

Eat 1 Serving of One of the Options Below:

- SWEET POTATO
- BROWN RICE
- QUINOA

You also may crave simple carbohydrates because you cut them from your diet. If you are trying a fad diet to lose weight quickly and limit this essential macronutrient, your body is telling you something. You need carbohydrates in your diet.

I'm Craving: **SODA**

What Your Body is Missing:

CALCIUM

Eat 1 Serving of One of the Options Below:

- GREEK YOGURT
- SALMON
- BROCCOLI
- KALE
- [LadyBoss® GREENS](#)

Consisting of 35 SuperFoods and other minerals, the three proprietary blends in GREENS will help detox your body and mind by flushing harmful toxins, support overall health, organ, and immune function, increase mental focus and acuity by eliminating brain fog, and help reduce feelings of stress all while tasting like apple pie.

I'm Craving: **SALTY-FOOD**

[Such as potato chips, tortilla chips, pretzels, french fries, salted nuts.]

What Your Body is Missing:

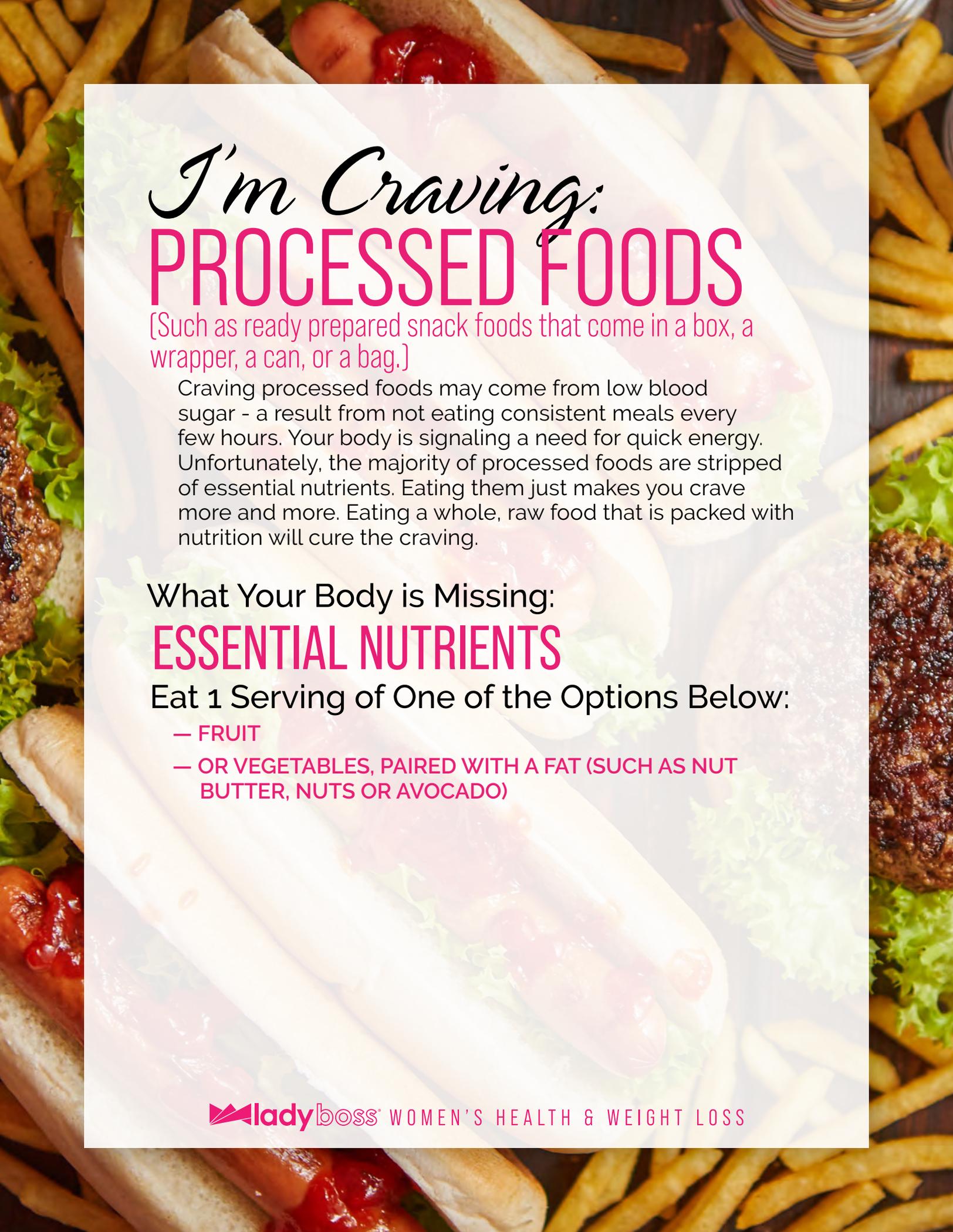
1. CHLORIDE

Eat 1 Serving of One of the Options Below:

- FISH
- LEMON
- UNREFINED SEA SALT

2. HYDRATION

You may be dehydrated! When you're thirsty your body craves salt. Solve this by drinking more water. Make drinking a gallon of water a day easy with the [Work For It Half Gallon Carry Jug](#) available at the LadyBoss® Store.



I'm Craving: **PROCESSED FOODS**

[Such as ready prepared snack foods that come in a box, a wrapper, a can, or a bag.]

Craving processed foods may come from low blood sugar - a result from not eating consistent meals every few hours. Your body is signaling a need for quick energy. Unfortunately, the majority of processed foods are stripped of essential nutrients. Eating them just makes you crave more and more. Eating a whole, raw food that is packed with nutrition will cure the craving.

What Your Body is Missing:

ESSENTIAL NUTRIENTS

Eat 1 Serving of One of the Options Below:

- FRUIT
- OR VEGETABLES, PAIRED WITH A FAT (SUCH AS NUT BUTTER, NUTS OR AVOCADO)

I'm Craving: **GREASY FOOD**

[Such as pizza or french fries.]

Your body may be craving oily foods if you have a lack of healthy fats due to an improper diet. Many people also find that they crave oily foods as a way to improve their mood. It could be one of the options below.

What Your Body is Missing:

1. ESSENTIAL FAT

Eat 1 Serving of One of the Options Below:

- NUTS
- AVOCADO
- SUNFLOWER SEEDS
- CHEESE
- WHOLE EGG

2. CALCIUM

Eat 1 Serving of One of the Options Below:

- NUTS
- MUSTARD
- BROCCOLI
- LEGUMES
- KALE
- PUMPKIN SEEDS
- [LadyBoss® GREENS](#)

Consisting of 35 SuperFoods and other minerals, the three proprietary blends in GREENS will help detox your body and mind by flushing harmful toxins, support overall health, organ, and immune function, increase mental focus and acuity by eliminating brain fog, and help reduce feelings of stress all while tasting like apple pie.

WHAT
DO
I DO
NOW?



You Start!

Understanding cravings is half the battle. Having the right tools on hand is the other half. Here are some of the best ways to crush your cravings for good..

EAT MORE PROTEIN.

Give your body the protein it craves with [LadyBoss® LEAN](#), an ultra-premium, all-in-one nutritional meal shake that's powered by science and formulated especially for women.

GET MORE SLEEP.

Too many women skimp on getting enough rest and inadvertently sabotage their weight loss efforts. [LadyBoss® REST](#) includes botanicals such as valerian root, passionflower, and chamomile to promote calmness and prepare you for some much-needed sleep.

PLAN YOUR MEALS.

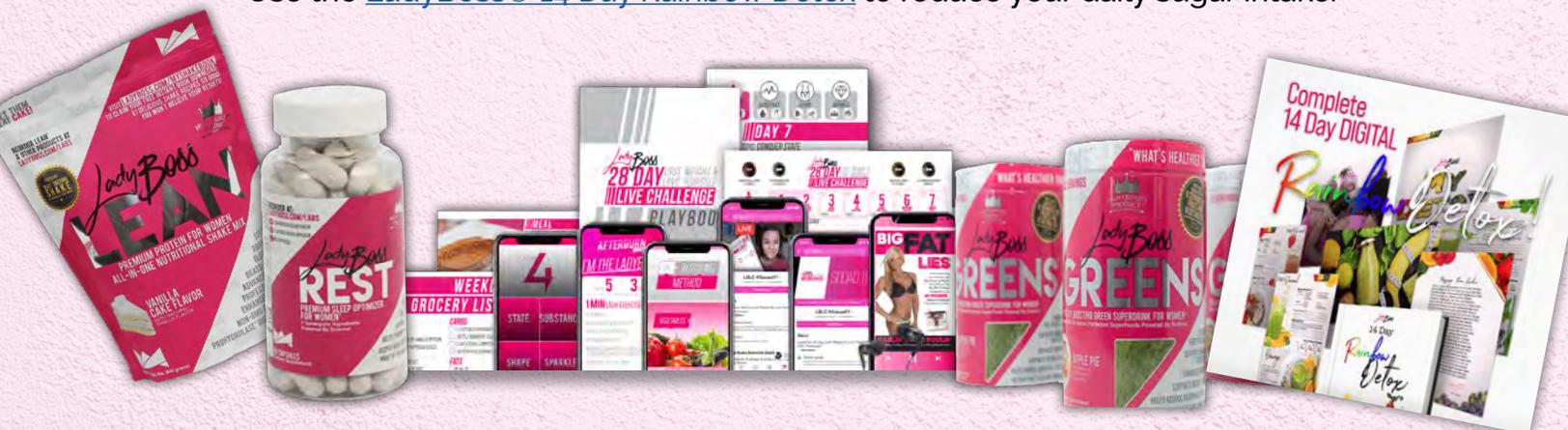
Use the [LadyBoss® Pocket Personal Trainer](#) to plan your meals. The Trainer includes a weekly meal plan with a matching grocery list, plus more than 300 recipes, each with a video tutorial. Sign up for your FREE 7 Day Experience today.

GET MORE EXERCISE.

Sign up for the [LadyBoss® LIVE](#) 28 Day \$1 Weight Loss Challenge, which includes complete meal and workout plans, plus daily opportunities to interact with a [LadyBoss® Personal Results Coach](#).

BEAT SUGAR CRAVINGS ONCE AND FOR ALL.

Use the [LadyBoss® 14 Day Rainbow Detox](#) to reduce your daily sugar intake.



LadyBoss® is a Women's Health & Weight Loss Company.

The mission of LadyBoss is to help women lose weight while loving themselves again. LadyBoss is a complete global weight loss system and support community specifically for women. LadyBoss helps women gain back their confidence, improve their overall quality of life, and change the health of their entire family tree by providing the best information, products, and services possible through the three pillars of fitness, nutrition, and accountability.

The harsh truth is that the average woman diets 5 times a year and still isn't able to lose the weight. LadyBoss has cracked the code and now served more than 330,000 Women. Join the LadyBoss® Lifestyle today.

WANT TO KNOW MORE?

Read the latest information about food, exercise, recipes, and lifestyle on the LadyBoss blog. The articles are written by our double-certified LadyBoss® Personal Results Coaches.

[How To Meal Prep](#)

[Healthy Protein Brownies](#)

[Healthy Oatmeal Raisin Cookies](#)

[14-Day Rainbow Detox](#)

[Best No Equipment Workouts](#)

[Healthy Snacks to Lose Weight](#)

[Best Leg Exercises for Women](#)

[Supplements for Weight Loss](#)

[13 High Protein Smoothie Recipes](#)

[Beginners Guide to Ab Workouts](#)

WRITTEN BY

KAELIN TUELL POULIN,

LadyBoss Co-Founder, Weight Loss Expert, Best Selling Author

Kaelin Tuell Poulin is an award-winning fitness professional, best selling author, and weight loss expert who personally lost 65 pounds in 7 months. The founder of The LadyBoss Movement, her LadyBoss Formula has helped tens of thousands of women lose weight and keep it off forever. Inc. Magazine ranked LadyBoss fourth on its list of fastest-growing companies in the United State for 2019. The magazine also named LadyBoss #1 in Consumer Products and Services and #1 for New Mexico Companies. The Stevie Awards named Kaelin Woman of the Year for 2019. Information about LadyBoss has been featured on FOX, ABC, NBC, CBS, TODAY, BuzzFeed, Forbes, PopSugar and PopCulture.

Follow Kaelin on [Facebook](#) and [Instagram](#).

