



Katie B!

Inspiring & Supporting Women to Live Healthy & Vibrant Lifestyles



Your Cravings

Our cravings for food is just our solution to how we are feeling. Think of it this way, if you are craving salty foods all of the time, it might mean you are dehydrated and need to drink more water. If you are craving chocolate all of the time perhaps your hormones are not balanced.

Explore what you are craving, what time of day it is and what you decide to feed your body. After you have taken a week to explore your cravings, schedule a time to speak with me so I can offer insight and support with your cravings.

Day 1

♥ ***What I was craving***

♥ ***How was I feeling***

♥ ***What time***

♥ ***What did I feed my body***

Day 2

♥ ***What I was craving***

♥ ***How was I feeling***

♥ ***What time***

♥ ***What did I feed my body***

Day 3

♥ ***What I was craving***

♥ ***How was I feeling***

♥ ***What time***

♥ ***What did I feed my body***

Day 4

♥ ***What I was craving***

♥ ***How was I feeling***

♥ ***What time***

♥ *What did I feed my body*

Day 5

♥ *What I was craving*

♥ *How was I feeling*

♥ *What time*

♥ *What did I feed my body*

Day 6

♥ *What I was craving*

♥ *How was I feeling*

♥ *What time*

♥ *What did I feed my body*

Day 7

♥ *What I was craving*

♥ *How was I feeling*

♥ *What time*

♥ *What did I feed my body*

Other Thoughts About You & Your Cravings

Healthy Snack Ideas

Crunchy

- ♥ Apples
- ♥ Frozen grapes
- ♥ Kale chips
- ♥ Sweet potato chips
- ♥ Carrots
- ♥ Celery and peanut butter
- ♥ Hummus with baby carrots, cucumbers, tomatoes, + other veggies
- ♥ Nuts + trail mix
- ♥ Ezekel bread toasted with coconut oil or sliced avocados

Sweet

- ♥ Fresh, whole fruit
- ♥ Apples and almond butter
- ♥ Dried fruit
- ♥ Smoothies
- ♥ Fruit “ice cream”: peel a banana, freeze, blend and add nuts, berries
- ♥ Sweet vegetables: yams, sweet potatoes, squashes cut into chunks or fries; sprinkle with cinnamon and bake
- ♥ Chia seed pudding
- ♥ Raw chocolate macarons

Salty

- ♥ Olives
- ♥ Pickles and pickled vegetables, such as carrot, daikon, beets, lotus root & tabouli
- ♥ Steamed vegetables
- ♥ Salsa or guacamole with veggies
- ♥ Kimchee, Sauerkraut or Kombucha, it will also knock your sweet craving right out
- ♥ Fresh lemons or limes in water
- ♥ Edamame

Creamy

- ♥ Smoothies
- ♥ Avocados
- ♥ Chia seed pudding
- ♥ Hummus and baba ganush
- ♥ Puréed soups
- ♥ Mashed sweet potatoes
- ♥ Coconut milk

We all need different food, movement and self-care to feel good in our bodies and thrive. I am here to support you so that you no longer have to struggle with any part of your health and wellness. I believe that we are all meant to feel joyous, healthy and abundant every single day and I would be honored to support and guide you on your journey.

Email me today at Katie@Katiebressack.com and let's set up a time to explore your cravings and see how you can feel more nourished in your body.

Looking forward to getting to know you better soon!

Big Hugs & Health,
Katie

