

Girlfriends guide to hunger cues

01

I FEEL HUNGRY AND WANT TO SNACK

ASK YOURSELF
"AM I ACTUALLY
HUNGRY OR DO I
JUST WANT TO
EAT"

02

MAYBE JUST BORED & FEEL
LIKE I NEED SOMETHING

HELP YOURSELF TO ONE OF
THE 3 FOOD ITEMS YOUR
COACH RECOMMENDED FOR
YOU (OR USE MY GF CHEAT
GUIDE!)

02

HUNGRY.

REACH FOR ONE OF THE 3
HUNGER CUTTING SNACKS
YOUR COACH SUGGESTS
(OR USE MY CHEAT SHEET
FOR COMMON IDEAS)

AFTER DOING
EITHER OF THE
ABOVE

Give yourself 1 - 2 hours
and see if you're still
feeling hungry.

STILL HUNGRY GIRL.

Reach for a 200 cal protein
snack from your coaches guide...
OR if you still havent invested in
hiring me (RUDE LOL) message
me for my free protein punch
snack list.

ACTUALLY I'M
GOOD, I CAN WAIT
UNTIL MY NEXT
MEAL- WHOO!

I shouldnt need to tell you this...
BUT we then wait to eat again
until your next meal. =)