

Beat the Hunger



Prioritize Protein

Protein is the most filling **macronutrient**. Use this.



Protein Snacks

Again, protein is the most filling **macronutrient**. Use this.



Prioritize Sleep

Realize and acknowledge the importance of sleep.
Get 7-9 hrs.

HOW TO BEAT HUNGER



Drink More Water

This will stop you from snacking so damn much!



Stock Up On Fiber

Fibrous foods are very filling. Use this to your advantage.



Drink Coffee

Caffeine has an appetite suppressing working.



GastroDoxs
defenders of the digestive system