# Beat the Hunger



## **Prioritize Protein**

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



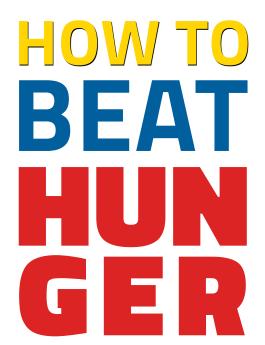
### **Protein Snacks**

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



# **Prioritize Sleep**

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





### **Drink Coffee**

**Caffeine** has an appetite suppressing working.



## 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.

