

When Hunger Strikes

When Hunger Strikes on the Program

This is for those times you might get hungry while on the program. I do these things myself and they are also what I learned while studying to be a Certified Take Shape For Life Health Coach so I know these tips will work for you too.

Evaluate Your Day: Before doing anything, go over what you have eaten that day. Make sure you are eating 3 meals before 2 pm. Are you eating slowly? You should be spending 15 minutes eating a meal. If you ate something that was not on program, it may have added extra calories, carbs or fat to your program which would increase your appetite and take you out of the "fat burn". Always finish your day on the program. Don't beat yourself up about the mistake. Just learn from it so you can avoid doing it again.

Meal Spacing: Determine how many hours apart you are eating your portion controlled meals. If you are eating them 3 hours apart, move them closer together such as 2-1/2 hours apart. Always have your first meal within the first hour after you wake up. If you can have it within the first 30 minutes, that is even better.

Number of Meals: Are you eating all 5 of your portion controlled meals and the entire Lean and Green meal? It is important to understand that you must get in all 6 meals every day so your body is continually being fueled. If at the end of the day you determine you are behind in eating your meals, it is better to double up your meals than to skip a meal. It is not recommended that you double up too often. Use it as a learning experience and correct the problem the next day. The Medifast meal plan is also teaching you portion control and better eating habits. So consuming double meals all the time is not recommended.

Snacks: If you aren't currently eating an approved snack, you may consider adding one snack to your daily meal plan. See the list of approved Healthy Snacks in your Quick Start Guide or page 6 of this guide.

Drink Lots of Water: Are you drinking a minimum of 64 ounces of water? The keyword here is "minimum". Water is a natural appetite suppressant and is very healthy for our bodies. Increase your water intake to ½ ounce per pound of body weight; more is better. The human body is comprised of 70% water, so drink up!

Hungry between meals: Try bouillon (up to 1 cup). It can help build your electrolytes and help curb your appetite several times per day.

Eat an Extra portion controlled meal: If you have tried everything, then consider eating an extra portion controlled meal. It is better to eat another meal which would add an additional 100 calories to your meal plan than to be tempted to go off plan.

Snacks

Did you know that you can have one approved snack a day while on the weight loss program? The daily snack can be just what you need when you are craving that certain something in between your meals or as an evening snack. Here are some approved snacks you can choose from:
Crackers - Soy Crisps - 3 celery stalks - 2 dill pickle spears - 1 cup bouillon - 1 sugar-free Popsicle - 1 cup sugar free Jell-O - up to 5 pieces of either sugar-free gum or mints per day. See page 6 of this guide or your Quick Start Guide for more ideas.