

HEAL YOUR HUNGER



3 Meal Magic[®]

[three-meel-maj-ik]

noun

1. A plan of eating that includes eating breakfast, lunch and dinner every day, with nothing in between
2. A way of eating that avoids the mindless munching of high calorie foods normally associated with snacking

The Magic of Three Meals a Day

- You face emotions as they come up, rather than snacking them away.
- You are empowered as you embrace feelings of hunger between meals.
- Three healthy meals per day ensure that you get proper nutrition.



Why 3 Meal Magic® Works:

- It's a healthy structure for eating.
- Eliminates quandary of whether or not you should eat anytime you feel hunger.
- No dalliance with unhealthy snacks such as candy, chips, etc.
- Your digestive system has a break in between meals.
- You learn to distinguish between emotional and physical hunger.
- You enjoy each meal because you plan and look forward to it.
- You practice conscious eating.
- It's easier to avoid nighttime eating.
- You are no longer wasting time obsessing about food.

How it Works:

- Have your three meals at roughly the same time each day.
- Four to five hours between each meal with nothing in between.
- All three meals should be similar in size and calorie amount.
- Prepare your meals whenever possible.
- Give yourself 30-60 minutes to eat each meal so that you can enjoy it.
- Don't schedule other things during your planned mealtime.
- Make sure you eat in a peaceful and quiet environment.
- Turn your phone off.
- Don't drive, walk, watch TV or read negative things while eating.
- Put your fork down between bites.
- Breathe.

REMEMBER:

- ✓ Don't strive for perfection; making progress is great.
- ✓ Be willing to pay more for healthy, nutritious food (you deserve it!)
- ✓ Drink water in between meals (dehydration makes you hungry.)

H.A.L.T

DON'T GET TOO HUNGRY, ANGRY, LONELY, TIRED

Avoid Unconscious Eating

- Don't eat things in bags, boxes or on your desk – put your food on a plate.
- Eating on airplanes counts as eating! Stick to 3 Meal Magic even when traveling.
- Don't go shopping when you're hungry.

Unsupportive Family and Friends

- Be quiet about your new path.
- Distance yourself from people who are negative.
- Stick to your path and don't be swayed by others.
- Join the HYH community for support from others on the same path.

If You're Going Out

- Plan ahead to get the food you need (if you fail to plan, you plan to fail)
- Find out what's being served beforehand and at what time, and plan accordingly.
- Always have a backup plan.
- Focus on the people you're spending time with rather than the food.
- Remember: you already used up your dessert coupons!

When Cravings Happen

- Cravings don't *just* happen; they are a response to emotional and physical factors...do some detective work!
- Use the PEP formula – ask yourself if you're craving food as a pain- killer, an escape or as punishment for something you feel bad about.
- Practice one or several of the 6 Self Care Success Secrets.

Safe and Slippery Foods

- Safe foods are ones you can take or leave.
- Slippery foods are the ones you obsess about and can't stop eating, even if they could be considered healthy, like nuts, etc.
- Don't eat slippery foods – not even a little bit. None is better than some!
- Use the HYH community for support when you are struggling with eating a slippery food.

What to Do When You Stumble

- Don't beat yourself up!
- Talk about it to someone who understands and try to identify the emotions that caused you to deviate from your plan.
- Put pen to paper and try to identify troubling emotions.
- Make a game plan for how you can avoid the same scenario in the future.

What About Sugar and Flour?

- Sugar is highly addictive, so when you eat something with sugar in it, you are setting yourself up to crave more.
- Processed flours quickly convert to sugar inside your body, setting up cravings for more.
- This is true for all grains and starchy carbohydrates, thus making them addictive as well.
- If you avoid eating sugar and flour as an act of self-care, you will have a much easier time with 3 Meal Magic®

“None is Better Than Some” ~Tricia Nelson

For other bonus material from
*Heal Your Hunger: 7 Simple Steps to
End Emotional Eating Now*
go to www.healyourhungerbook.com