

The Stop Snacking Program

Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.

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Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Stop Snacking Program

Snacking can reduce our natural hunger cues and ruin our appetites. This can result in irregular eating patterns and lack of eating routine. This 2-week habit coaching program will help you eat regularly throughout the day while being in tune with your hunger and fullness cues. It will help you ‘re-connect’ with your body.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to stop snacking.

One of the most important healthy eating habits you can create, is to ensure you eat regularly throughout the day, while being in tune with your hunger and fullness cues.

By missing meals we tend to under eat, which leads to a lack of energy and performance.

Drastic under eating also causes a reduction in your metabolism, and can actually slow fat-loss.

Snacking can disrupt hunger cues and meal schedules, leading to irregular eating patterns and weight gain for some.

This habit aids in reconnecting with your body, a vital relationship. Understanding how your body functions and optimizing its performance is invaluable knowledge.

How Can I Personalize This Habit?

Choose where your current biggest pitfall, with this habit, may currently lie.

Are you skipping meals throughout the day? If so, which ones in particular? Are you mindlessly snacking between main meals? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you achieve this daily habit, and put some small changes into place to make it a success.

How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating breakfast (or lunch or dinner), or focus on specific days Saturdays and Sundays).

Have one day off per week from completing the habit.
This is very important: whatever you pick, it should only take you one to two minutes to complete each day.

What Can I Piggyback Off Of?

Look for an event you can use as a reminder to do the habit: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

Here's a template:

I am 90-100% confident that I will **[insert habit]** for 6 days a week after I **[insert what you're going to piggyback off of]**.

Here's an example:

I am 90-100% confident that I will eat every 3-4 hours without snacking for 6 days per week after I set reminders on my phone.

Day 1: Start of Habit Review (Monday)

How was Day One?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

- What did I do well today?
- What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?
2. What did I learn today?

Day 2: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

The connection you have with your body is the most precious thing you have.

It is your past, present and future. Understanding how your body can work for you, and processing the knowledge to make it perform optimally, is the most important information you can ever learn.

To Begin...

You must understand and accept your current situation. To do this, you must start listening to your body. It will always tell you what it wants and what it needs, but you have to learn to hear it.

You know that feeling when you just have to go to the toilet, or when you just can't keep your eyes open while watching TV? That's your body communicating with you in urgent and powerful ways.

Our bodies send similar messages throughout the day regarding nutrition and wellbeing. Right this second, your body is telling you what it wants and needs. It's your responsibility to hear, learn and translate these signals.

Our current habit is key to kick-starting this.

Spend the next two weeks tuning into the cues that your body is sending you while following this habit.

Here's some key questions to consider daily:

- Do I feel true hunger at any time between meals?
- Was I hungry just before my last meal?
- How satisfied am I after each main meal?

Day 3: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

As you eat your meals today, practice shining the spotlight of mindfulness onto the habit.

Turn the spotlight onto how the food looks, how it smells, how it tastes. Then focus on your body, your surroundings and all the other sensations associated with eating a tasty healthy meal.

Appreciate everything wonderful about the habit so that the habit itself becomes your reward.

Day 4: Weekend Win (Thursday)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How?

By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll make this habit as easy as possible for the weekend.

Day 5: Daily Lesson To Reinforce Habit And Accountability (Friday)

The debate over ‘optimal’ meal frequency rages on and general advice ranges from one large evening feast to the tradition of 6+ meals per day.

Which approach is correct?

Well, it depends. Nutrition must be matched to your physiology and current goals. And of course, for long-term success, it must also fit your lifestyle to be manageable on a day-to-day basis.

We can find ‘success’ stories for almost every nutrition protocol/strategy, whether eating two meals per day or eight. This indicates that overall daily food intake is the key factor in someone’s results, not how many meals they have had.

The results usually come down to the fact that the person has found a nutrition system to suit them, one they can stick to consistently, that helps them adopt a set of healthy lifestyle habits.
What this shows us is that some of the time-honored myths can now be firmly put to bed. So let’s do that.

Meal Frequency and Metabolism

The 'thermic effect of food' (TEF) refers to the energy the body uses during digestion. While eating does temporarily boost metabolism, increasing meal frequency doesn't significantly impact metabolism or fat loss. It's the total daily food intake that affects energy expenditure during digestion.

Consider the numbers: Whether you eat three meals at 1000kcals each or six meals at 500kcals each, your daily energy turnover remains the same.

Breakfast Timing and Metabolism

Contrary to popular belief, eating immediately upon waking doesn't kickstart metabolism or enhance fat loss. Skipping breakfast, or periods without food, can actually boost metabolism and offer health benefits like improved insulin sensitivity and greater fat loss.

For many, eating every 3-4 hours without snacks strikes a balance. This approach allows flexibility to adjust meals and find what works best for individual needs.


Day 6:
No Daily Lesson
(Saturday)

Day 7: Weekly Group Review (Sunday)



When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- What was it actually like, as opposed to the fantasy you had about it before you started?
- What have you learned?
- What do you appreciate?
- What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning.

Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

Day 8: Adjustment Of Habit (Monday)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've just been focusing on eating a healthy breakfast that you would have previously skipped on a morning, then extend that to your lunch now too.

Or if you've been focusing on reducing your snacks between meals, try to focus on eating your main meals every 3-4 hours.
Or if you've noticed increased hunger between meals, then try making your meals bigger, or eating more frequently.

Never make too big an adjustment so that it becomes too difficult.
This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

Day 9: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

You’re now gaining more experience with this habit and yesterday I encouraged you tailor it more to you and what your body is asking.

Here’s some further suggestions to help with this, and guide you with any problems you might be experiencing from following this habit: When to eat more frequently!

When to Eat ***More*** Frequently

Building Muscle Mass and Strength:

To build muscle effectively, prioritize high-quality, ample food intake. Eating more frequently supports maximum muscle protein synthesis (MPS). Research suggests around 3g of leucine per meal is needed for optimal MPS, emphasizing the importance of both protein quantity and quality. Physique athletes often rely on lean meats for their complete amino acid profile and ideal 30-40g protein content per serving.

MPS peaks about two hours after elevated amino acid levels, so spacing meals too closely together may not yield optimal results. Aim for 3-6 meals daily, spaced every 3-4 hours, each containing at least 20g of high-quality protein. For instance, a typical schedule might include meals at 8am, 12pm, 4pm, and 8pm.

Managing Metabolic Damage or Food Issues:

If you're experiencing weight gain from yo-yo dieting or prolonged low-calorie diets, return to a regular eating pattern with increased food intake. The goal is to restore balance in the body and regulate hormones.

This approach also benefits individuals with food-related challenges like cravings or binge eating. Consistent meal timing helps maintain stable blood sugar levels, preventing hypoglycemia. Aim for four meals daily, spaced every 3-4 hours, with healthy snacks as needed.

When to Eat ***Less*** Frequently

Focus on Fat Loss:

If you maintain a healthy relationship with food and lifestyle choices, skipping meals can help reduce body fat. This allows for larger meals, promoting a sense of fullness while consuming fewer daily calories. You can opt for a typical three-meal approach (e.g., 8am, 12pm, 5pm) or intermittent fasting (eating at 12pm, 4pm, 8pm). Remember, the goal is to lose body fat while preserving lean body mass.

Consider Your Lifestyle:

For those leading busy, active lives, the idea of frequent meals might not be practical or appealing. However, the body is adaptable and can compensate for periods of under-eating during intense activity. If you find that two meals a day better suit your lifestyle, that's perfectly fine, as long as you're still meeting your overall nutrient needs. The key is to tailor your nutrition to fit your lifestyle, making sure to prioritize foods that enhance rather than hinder your life.

Day 10: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

If you've been struggling, resisting, uncomfortable, disappointed, feeling like quitting… these are some forms of dissatisfaction.

If you have felt any of these during this habit change, try to practice with these difficult feelings as you do the habit today.

Put your attention on how your difficultly feels. Explore the feeling instead of avoiding it.

Get to know them. Get intimate with these feelings.

This is an on-going practice you might experiment with throughout this program.

Day 11: Weekend Win (Thursday)

As we finish up this important second week, let’s reflect on not wasting this precious time we’ve been given, and instead study this habit change as if it were the most important change of our lives.

So let’s set you up to win this weekend and achieve your habit.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

Day 12: Daily Lesson To Reinforce Habit And Accountability (Friday)

As you prepare to move onto the next habit challenge, you'll want to put this current habit into 'habit maintenance mode.'

This is a way of continuing it with less of a focus.

By now, the habit should start to become more automatic if you've been at least a little consistent. You don't need reminders to start the habit, and it's feeling a bit easier, more part of your 'normal.'

So as you begin to move your focus to the next habit challenge, all you want to do is not forget about this habit. You don't need to keep track of it every day, as long as things are going well.

But every few days, pause and reflect on this habit and check in to see that everything is still going well. Maybe once a week, use one of our Sunday reflection sessions to assess whether you have any obstacles around this habit, need to make adjustments, learned anything new.

After a while, you need to reflect on the habit less often, as it becomes ingrained in your life.



Day 13:
No Daily Lesson (Saturday)

Day 14: End Of Habit Review (Sunday)

Over the last two weeks you've completed the 'The Stop Snacking Program' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- What has the habit been like and how have you done?
- What have you learned?
- What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

