

Fasting:

## **Staying Away from Temptation**

1. Stay away from the Kitchen
  1. Have meals pre-made for anyone else in the family.
  2. Have your next meal pre-made so you're not tempted to eat while prepping your next meal.
  3. Keep any water for your fast in your bedroom or living room away from the kitchen, so you're not tempted to get a snack while refilling on water.
2. Stay away from any Media
  1. Watching TV or Movies always requires being exposed to those tempting food commercials, and most shows and movies will also show people eating. Don't torture yourself!
  2. Limit your Online use to just checking your Emails and any Work or School required. There are plenty of food ads online as well.
3. Have someone else buy your groceries.
  1. Have a family member, friend or delivery service buy your food, so you're not tempted to buy things you shouldn't at the store.
  2. If you must do your own shopping, stick to the outer edge of the store, that's where all the healthy meat and produce are. Everything in the middle is just fillers and junk.
  3. Pre-stock yourself with any cooking oils, and spices beforehand for the next month or two, so you won't be tempted while walking through those middle aisles in the store as much.
4. Sip on some hot salt-water with pure Pink Himalayan Sea Salt first thing in the morning and drink plenty of clean drinking water throughout the day.
5. Stay away from foods that will open up your appetite or increase cravings
  1. Sugar
  2. Fruit
  3. Breads, Pastas
  4. Starchy Vegetables like potatoes or sweet potatoes
  5. Sweetener of any kind. Artificial Sweeteners, even natural sweeteners like stevia can increase sugar cravings and increase blood glucose.
6. Sleep
  1. Get at least 8 hours of sleep each night.
  2. Not getting enough sleep increases food cravings, and bad food choices.
7. Don't Stress
  1. Stress is the number one thing that prevents people from losing weight.
  2. Stay away from stressful situations and stressful people.
  3. Practice diaphragmatic breathing, pray, read your bible, call or text someone if you need prayer or feel like you might be tempted or struggling.