

MIDNIGHT *MUNCHIES*:

YOUR GUIDE TO CONQUER EVENING
SNACKING AFTER DINNER



 COACHING
SOCIETY



Hello there!

Do you find yourself facing a nightly battle with the irresistible urge to snack after dinner? You're not alone. Evening snacking is a common challenge that many of us encounter on our journey towards better health and nutrition.

But fear not, because in this guide, we will walk you through five effective steps to conquer evening snacking after dinner. By addressing the root causes and implementing strategic changes, you can regain control, stay on track with your nutrition, and achieve your wellness goals. Let's dive into these steps and reclaim your evenings from unnecessary snacking.

Mikayla

Founder, Coaching Society



OUR 5 TIPS:

1

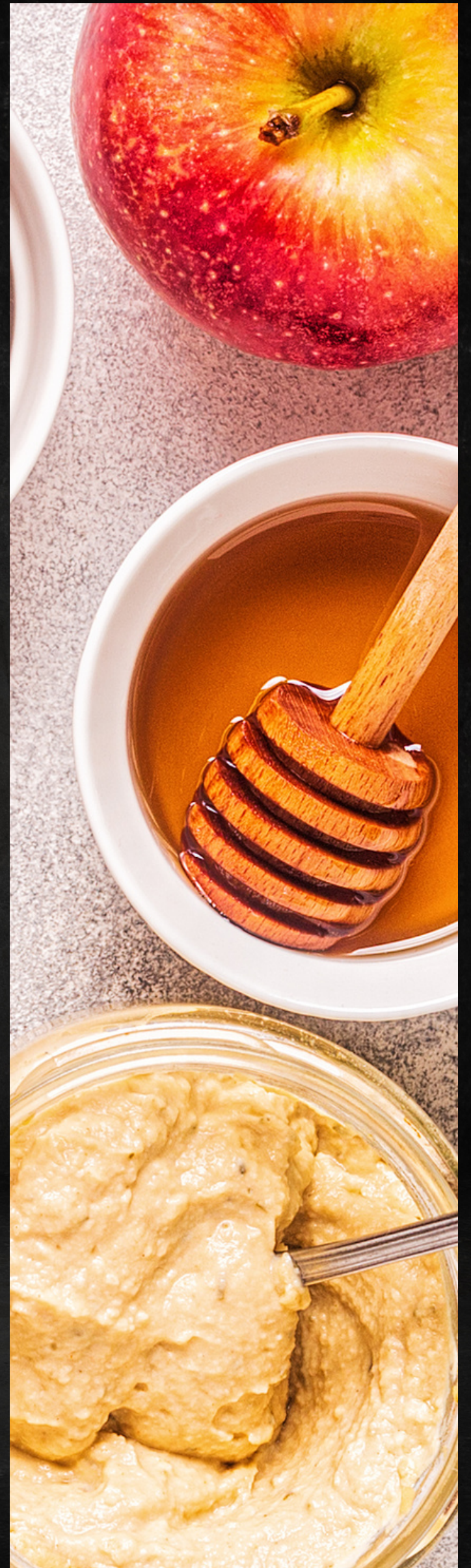
Recognise Triggers

Understanding why you reach for snacks after dinner is crucial. It could be due to emotional triggers like stress or boredom, or simply a habitual response to winding down for the day. By recognising these triggers, you gain insight into your snacking patterns and can address the root causes.

2

Prepare a Healthy Snack

Having a nutritious snack option on hand serves two purposes. First, it prevents you from grabbing unhealthy, calorie-laden choices. Second, it ensures you satisfy your cravings with something that won't derail your fitness goals. For example, a small serving of Greek yogurt with berries provides protein and fiber to keep you full.





3

Set a Time Limit

Designating a specific time for evening snacking helps create structure. It prevents mindless munching throughout the night and sets a boundary for when snacking is acceptable. This time limit encourages better portion control and discipline.



4

Create Distractions

Evening snacking is often tied to leisure and relaxation. By engaging in non-food activities, such as reading a book, doing gentle stretches, or taking a soothing bath, you redirect your focus away from food. These distractions help break the association between winding down and eating.



5 Track Progress
Keeping a journal or using a tracking app to monitor your evening snacking habits is a powerful tool. It provides visibility into your successes and areas for improvement. You can identify trends, triggers, and times when you're most vulnerable to snacking, allowing you to make necessary adjustments to your routine

By following these steps...

and understanding their underlying principles, you gain control over evening snacking after dinner. This approach is not just about willpower but about creating a mindful and strategic plan to achieve your fitness and nutrition goals.

We hope this guide helps!

If you have any questions about HOW to action any of the above, feel free to reach out to us!

Russell & Mikayla

Co-Founders, Coaching Society

