

YOUR DAILY CHECKLIST TO

*Crush Your
Sugar Cravings*

7 SIMPLE SHIFTS TO LOSE THE
CRAVINGS & DROP FAT FOR GOOD

by Tanya Willis

Crush Your Sugar Cravings

Thank you for downloading the free checklist!

Hi, I'm Tanya. I used to be a total sugar addict - on a vicious cycle that I thought would never end. Until it did!!! For the past 30 years I have been helping women implement healthier habits by using simple shifts to crush sugar cravings, lose the emotional baggage and drop fat for good.

For decades I berated myself for how I looked and felt, I was exhausted, felt trapped in a vicious sugar cycle and was so frustrated because I wanted the quick fix to fix everything.

What I learned is that quick fixes don't exist and I wanted to cry.

Then I put on my big-girl pants and made some changes that have resulted in

=> being centered and calm (aka much better wife & mum!!)

=> losing my muffin top (sweet!!)

=> not craving sugar (never thought this was even possible)

=> sleeping through the night without night sweats & burning feet

=> actually enjoying foods I never thought I would

=> and so much more!

And that is my dream for you too. Once upon a time, I didn't think it was possible to not be craving sugar, but it can really happen and it's so worth the journey.

Welcome to Crush Your Sugar Cravings!

Healthy Hugs, Tanya

Crush Your Sugar Cravings

Your Daily Checklist

Cravings can be caused by vitamin & mineral deficiencies, lack of sleep, unmanaged stress, emotions, hormonal imbalance and even dehydration.

_____ **Begin to Notice** when you are reaching for a sugary snack or unrefined carbohydrate. Are you tired, stressed, with certain people. When you begin to notice what is going on, you can begin to develop new habits to meet your Crush Your Sugar Cravings Goal.

_____ Start & end your day with a **glass of water**. Many times a craving can be crushed just by enjoying a glass of water. In the morning add fresh lemon juice to help cleanse your liver and boost your energy.

_____ **Incorporate green veggies** throughout your day. This will crush cravings and keep you feeling full longer due to the fibre. Aim for minimum 3 servings a day of greens.

_____ **Increase healthy fats** like avocado, coconut oil, nuts and seeds, wild-caught salmon, egg yolks and grass fed meat. These will crush your sugar cravings and keep your feeling satisfied.

_____ **Enjoy healthy sweet options** like these *raw chocolate macaroons*. Choose a low sugar fruit option like berries.

_____ **Get your ZZZZ's**. When you are deprived of sleep, your energy will be low and you will more likely reach for sugary choices to boost your energy.

_____ **Look for simple shifts**. Can you replace the white sugar in your tea/coffee with local honey? Can you take a moment to breathe and re-center yourself instead of eat? Can you go for a walk as a treat instead of rewarding yourself with food?

Crush Your Sugar Cravings

What's next for you?

Incorporating these Crush Your Sugar Cravings tips into your day is an amazing start. Make a commitment for the next 10 days to tick off as many as you can.

If you would like more guidance to lose your emotion baggage, lose fat for good, enjoy delicious recipes, receive meal plans & snack ideas and the many tips I used to help me shift off a high sugar diet, then check out my signature program, Vibrant Living Reboot or check out my new book *Cookie Dough in the Dark*. I'd also love to have you join our community @ Vibrant Living with Tanya Facebook Group.

Please email me at Tanya@moveyourbody.ca with any questions that you may have. I look forward to being a part of your Crush The Sugar Cravings journey.

I know that for me, it has been life changing.