

Better Evening Snacking: The Systems Solution

Check out the live recording session:

https://youtu.be/ia2fLtL9_TU?si=gJzUUUPw3_fTWzp

What's Really Happening

Decision Fatigue Reality

By evening, you've made thousands of decisions. Your brain defaults to the easiest option—comfort food.

Stress-Eating Cycle

Work stress, family pressure, provider responsibilities—your cortisol is elevated. Your body craves quick energy (sugar and carbs) to handle this perceived threat.

Social Programming

Tea time equals treats. It's cultural conditioning.

Reward System Hijack




You've been "good" all day, so you "deserve" a treat. But you're not rewarding yourself—you're sabotaging yourself. Every evening session undoes your daily progress.

The key insight:

Your evening snacking isn't about hunger—it's about transition. You need a way to shift from "work mode" to "home mode." Right now, food is your transition ritual.

The 5-Step Solution

1. The 10-Foot Rule

-  Remove all snack foods from within 10 feet of where you relax
-  Keep fruit on counter, nuts in press—if genuinely hungry, you'll make the effort
-  No more mindless grabbing of processed junk

2. The Transition Ritual

Create a 15-minute ritual when you get home that doesn't involve food:

- Change clothes
- Wash your face
- Stretch

This signals to your brain that work is over without using food as the transition.

3. The Strategic Snack / Evening Meal

If you must snack, make it work for you:

- Greek yogurt with berries
- Apple with almond butter
- Protein pudding/ Protein oats

Give your body what it actually needs—protein and nutrients—not empty calories that leave you wanting more.

4. The Tea Upgrade

Keep your tea ritual but upgrade it

- Herbal teas
- Sleepy tea
- Hot chocolate

The warmth and ritual satisfy the psychological need without the calories. Half the time, you just want something warm and comforting.

5. The 20-Minute Rule

When you feel the snacking urge:

- Set a timer for 20 minutes

- Do literally anything else (read, call a mate, organize)
 - Most cravings pass in 15-20 minutes if you don't feed them immediately
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The Better Man Outcome

When you master your evening routine:

- ☒ Wake up energized instead of frustrated
 - ☒ See the body composition changes you've been working toward
 - ☒ Prove to yourself that you can change
 - ☒ Build confidence that spills into every area of life
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Key Mindset Shifts

- ☒ "I deserve a treat after this day"
 - ☒ "I deserve to feel good about my choices tomorrow morning"
 - ☒ "I just need more willpower"
 - ☒ "I need better systems and environment design"
 - ☒ "This craving is too strong"
 - ☒ "This will pass in 20 minutes if I don't feed it"
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Emergency Action Plan

When the urge hits:

1. **Pause** - Don't react immediately
2. **Assess** - Am I actually hungry or just transitioning?
3. **Redirect** - Use transition ritual or 20-minute rule
4. **Satisfy smartly** - If genuinely hungry, choose strategic snack

Bottom Line: The man who can control his evening routine is the same man who can control his career, relationships, and future. It starts with something as simple as what you do at 9 PM on a Tuesday.

You don't need more willpower. You need better systems. Start tonight.