

# COMBAT SWEET CRAVINGS TOOL



## SWEET CRAVINGS

Sweet Cravings is something many of us find challenging to tackle. Sidra has exclusively curated this tool to help her clients. This is backed by psychological and scientific concepts.

### Psychological Theory of Shaping:

In shaping, we take tiny steps towards curbing the sweet craving instead of directly stopping ourselves from eating sweets. In this tool, our minds will eventually get trained to have step 1 ingredient cinnamon apple green tea to combat cravings in the long run.

**PLEASE FOLLOW THE STEPS VERY WELL SO THAT YOU  
ARE ABLE TO TRAIN YOUR MIND EFFECTIVELY.**

**OUR 4 STEPS COMBAT SWEET CRAVINGS TOOL**  
WILL HELP YOU MANAGE THOSE CRAVINGS.

STEP  
**1**

Have 1 Cup **Cinnamon Apple Green Tea** (Tea Bags)

The use of cinnamon apple green tea is found to be very effective in curbing one's sugar cravings.

Cinnamon helps to reduce sugar cravings by controlling blood glucose levels. It helps minimize insulin spikes after meals that lead to more hunger and consuming even more sugar.

Smartly following step 1 will definitely help you combat sugar cravings most of the time.

**Even after following step 1, if you get sugar cravings,  
unveil step 2.**



STEP  
2

Have 1 Date

Apart from what is mentioned in the diet, have 1 date..

Dates are rich in potassium, iron and other beneficial plant compounds. The high soluble fiber content helps in fighting off sugar cravings.

“When we can have nutritionally dense dates, in place of empty calorie foods, isn't that a smart move?”

**Even after following step 2, if you get sugar cravings, unveil step 3**

STEP  
3

Have 1 piece of **Dark Chocolate 75% Or More Cacao**

Dark chocolate is rich in antioxidants, which will help to curb your cravings of sweet.

**Even after following step 3, if you get sugar cravings, unveil step 4.**

STEP  
4

**3 Bites Of Any Sweet That You Are Cravings For**

This will be our last resort.

**Our 3 R's**

Bite 1: Refuel

Bite 2: Relish

Bite 3: Ready to eat smart guilt free!

This pattern to curb sugar cravings is shown very effective. Every time you crave for anything sweet follow this process.

**This is a way to train your mind, after a while you will realize that you wouldn't have to move to step 2**