



5

Tricks to never Overeat Again!



MARIA SMITH | EATCAKELOSEWEIGHT.COM



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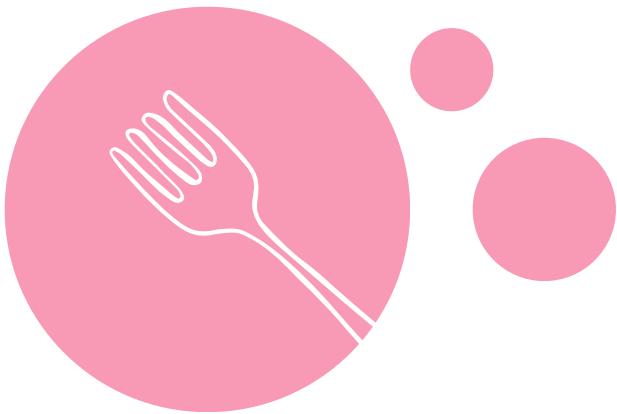


Table of Contents

1. Is This Right for You?
2. Trick #1 Eat When You're Hungry
3. Trick #2 Stop at Satisfaction
4. Trick #3 Eliminate Distractions
5. Trick #4 The Halfway Check-in
6. Trick #5 The Romance Trick
7. Bonus! Avoid “Last Chance Eating”
8. Eat Cake, Lose Weight, Love Your Body

Hi! I'm Maria Smith

I'm an ex-dieter and former overeater. If you struggle with overeating and get frustrated with your body, you are not alone!



I know what it's like to restrict, overeat, cut out food groups, and struggle with body image. While I tried different diets, they didn't work in the long run, and they left me feeling deprived, guilty, and frustrated with my willpower.

Ironically, I was at my highest weight when I was restricting gluten, dairy, and sugar. I decided enough was enough. I stopped worrying about what to eat, and I started relearning how to eat. After a few years of research and trial and error, I found a way that changed my life.

I lost 30 pounds while eating dessert every day!

In this book, I'll share some of my favorite, simple tricks that helped me stop overeating and find my ideal weight without any dieting.



Remember this...

The secret to finding your ideal weight is not about **what** you eat; it's all about **how** you eat.



Let's See If You Can Relate...

1. When you go to a buffet, do you eat as much as you possibly can to get your money's worth?
2. On Thanksgiving Day, do you wear your favorite stretchy pants in preparation for the big meal?
3. On cheat days, do you say yes to dessert even when you're full? I mean, if you only get to eat sugar on certain days, you need to take advantage of it while you can!
4. When watching movies, do you absent-mindedly eat handfuls of popcorn or snacks, unaware of how much you've eaten until your fingers scrape the bottom of the bowl?
5. Do you often eat while driving, working, or watching tv? Life is busy, and sometimes sitting down for a meal just gets in the way!
6. Whenever you eat dinner, do you eat until your plate is clean? Maybe you want to show appreciation for the food, or you were taught to never waste it?

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If these examples sound familiar to you,
congratulations! You're a normal human being!

While overeating may be a common habit, it creates many problems in the long run. Weight gain, digestive issues, food guilt, poor body image, and a harmful relationship with food can all result from frequent overeating.

Here's the good news: You can break the habit!

If you frequently overeat, you aren't weak, and you don't have low willpower. You're experiencing a symptom of something much bigger!

Overeating results from feelings of restriction and deprivation. You might feel restricted by how much you can eat. You might feel deprived of your favorite foods, like cookie dough ice cream or stuffed crust pizza. Maybe you feel stressed or emotional, leaving you deprived of pleasure and comfort. Heck, you might simply feel deprived of the time needed to sit down and intentionally eat!

Whatever it may be, overeating is not an event. It is a reaction to restriction.

Because of this, each of these tricks helps you eliminate those feelings of restriction and deprivation, helping you make peace with food and eat with intention.

Now! Without further ado, here are your 5 Tricks to Never Overeat Again!

Trick #1.

Eat Whenever You Feel Hungry

This trick is simple. Whenever you're hungry, eat! I know it seems like a paradox at first, but when you disregard your hunger cues, you increase your subconscious sense of restriction and deprivation. One of the best ways to combat overeating is by honoring your hunger. Let me explain.

Have you ever ignored your hunger to the point where you felt starving? By the time you're ready to eat, you don't want to wait another hour to cook a wholesome meal. You want to grab whatever is fastest and most convenient at the time!



This usually means you order a super-size meal in the drive-through, consume bottomless handfuls of packaged snacks from the pantry, or load up your dinner plate with large portions. By the time you finally feel full, you've inhaled way more calories than your body needs.

This is a common human experience that is built into our biology. There are 3 main reasons why ignoring your body's hunger cues can lead to overeating.

Reasons Ignoring Hunger Leads to Overeating

1. **The Ghrelin Hormone:** Ghrelin is a hormone that stimulates appetite and sends hunger signals to the brain. The more you ignore hunger, the more ghrelin is produced. When you wait too long to eat, it can take longer for your body to register the decrease in ghrelin levels and signal satiety. This means your body was full long before you actually felt full. This is how people can go from starving to stuffed so easily.
2. **Impaired Portion Control:** Disregarding your hunger cues can lead to a heightened sense of hunger. As the saying goes, this can make “your eyes bigger than your stomach,” impairing your ability to control your portion sizes. When you use external cues to tell you when to eat, it’s likely that you use external cues to tell you when to stop eating. This means you are more likely to eat all of the enlarged portion sizes until your plate is clean.
3. **Psychological Factors:** Ignoring hunger cues creates a mental preoccupation with food and can intensify cravings. This can create a mindset where you’re more likely to binge on comfort foods and eat for emotional reasons.

“

Here's the bottom line: If you want to stop overeating, you need to start honoring your hunger.

Trick #2.

Stop at Satisfaction

While we normally think of eating in terms of hunger and fullness, there is a missing step that is often overlooked. Instead of stopping when you're full, stop eating when you're satisfied. This is a small subtlety, but it makes all the difference.

If you've spent years relying on diets and food rules to tell you how much to eat, it can be challenging to know what true satiety *actually* feels like. The first step in finding satisfaction is to stop using external cues.

Here are some examples of external cues:

- Eating until no food is left on your plate
- Eating until the bag or carton is empty
- Tracking calories or macros
- Using social cues (ex: Clarissa is already done eating? I should stop too).



Why Is This a Problem?

Clean plates and empty packages are not signs of fullness. They're simply signs that you ate all of the food that was available to you.

While counting calories or macros might seem like a good idea at first, using these external tools ignores your body's individual needs. Some days you might feel less hungry, and other days you might feel more hungry. Strictly adhering to calorie allotments can lead you to overeat on some days and undereat on others.

More importantly, counting calories or macros can lead to feelings of restriction and deprivation, which is just another slippery slope to overeating.

Lastly, social cues can lead you to undereat in the moment and binge when you're alone. It can also cause you to unconsciously snack or take bites as you talk, even when you're full.



Remember this...

The secret to stop overeating is to use internal cues, not external cues.

What is Satisfaction?

Instead of waiting until you're "full" to stop eating, aim for satisfaction. This feeling is slightly different for everyone because we all have our own unique bodies.

I like to think of fullness like a scale. Here are some examples of how you might feel at different stages.

Stuffed- lethargic, uncomfortable, tight, bloated

Full- content, heavier, comfortable, desire to rest while digesting

Satisfied- Neither hungry nor full, content, light, re-energized

Some Satisfaction Examples...

To help you pinpoint this feeling, here are some examples of ways other people describe the feeling of satisfaction.

"It's almost a feeling of nothing. I'm neither hungry nor full."

"I feel content and refreshed."

"I'm no longer preoccupied with food. I'm no longer hungry. I'm comfortable moving around, and I just feel good!"

Satisfaction Examples Continued...

"The food doesn't taste as good as it did when I started eating."

"When I feel satisfied, my mind feels sharper and I feel uplifted. It's a feeling of being physically and emotionally satisfied after eating."

"If I were to put a number to it, I'd say that I feel satisfied when my stomach is somewhere between $\frac{2}{3}$ to $\frac{3}{4}$ of the way full."



It takes some practice as you figure out how your body communicates with you. Listening to those internal cues can be hard, so be patient with yourself! Start by asking yourself these questions:

What does it feel like when I'm stuffed?
What does it feel like when I'm full?
What does it feel like when I'm satisfied?

The difference between full and satisfied can be subtle, but this one change in habit can make a big impact!

(If finding the difference between satisfied and full feels overwhelming or near impossible to you, don't stress! I have an entire chapter devoted to this in my book, Eat Cake, Lose Weight, Love Your Body.)

Trick #3

Eliminate Distractions

You're probably not going to like this one. You might even be tempted to roll your eyes and think, "I know, I know," but this is one of the most important tricks. I promise it works, and it's really simple! The problem is that people don't like to do it.

When you eat, turn off your TV, put away your phone, put down your book, step away from your work, and focus on your food.

I know that might feel boring or even awkward, but a large part of overeating stems from distraction. Eating is a mind and body connection.

It's hard to hear your body's subtle satisfaction cues when your mind is preoccupied with that cute TikTok of the talking dog or the intense season finale of the Great British Bake-Off.



Remember this...

Eating is a mind and body connection...don't let your mind disconnect!

So What Do You Do While You're Eating?

Sit down and really focus on your food. Take your time. Pay attention to the textures, temperatures, aromas, flavors, and colors. Engage all of your senses and be in the present moment as you eat! Don't be thinking about what toppings you're going to put on your next taco while you're still eating your first.

Sometimes, I like to imagine I'm a judge on one of those cooking competitions. It's fun to see which ingredients and flavors I can pinpoint!

When you're present with your food, you're more likely to feel satisfied. It'll be so much easier to stop eating and feel good about it!

Now, because I love you, I'm going to share one of my favorite principles that I like to call **The Mostly Principle**.

If you commit to always or never do something, you set yourself up for failure. I'm not saying *never* eat without distractions. I'm just saying eat without distractions *most* of the time. Personally, I think that Family Pizza Movie Nights are one of life's greatest pleasures. Have I sacrificed them in the name of mindful eating? Heck no!

Instead of *never* eating while distracted, aim to eat without distractions *most* of the time.



Trick #4

The Half-Way Check-in

When you're eating a meal or snack, stop when your plate is halfway empty. Take some time to check in with yourself. How does the food taste? Where is your hunger level? Would you feel physically and emotionally satisfied if you were to stop eating now? How is your energy?

If you're still hungry, continue to eat. Stop halfway again to check in with yourself. Ask yourself the same questions. If you're still hungry, get seconds. Continue eating and checking in until you feel satisfied.

If you stop halfway through your meal and find that your body is satisfied, stop eating. Remind yourself that you can eat the rest of the meal or any other food whenever you're hungry again.



Remember this...

Intentionally check in with yourself throughout your meal. This prevents you from eating on autopilot.

Trick #5

The Romance Test

Alright, I want to make sure I leave you with a variety of tools to use as you break the habit of overeating. I couldn't end without this quick and easy trick!

This exercise might feel a little embarrassing, but I promise it's effective, and no one needs to know your answer!

When you check in while you're eating, ask yourself if you'd feel comfortable with a night of some romantic intimacy.



Stopping at satisfaction means you feel content, refueled, and energized.

If you're up for some romantic intimacy after dinner, you're at the satisfied stage.

If you need to put on some stretchy pants and fall onto the sofa after eating, you missed the mark.

Now, I like the Romance trick because it plays into the emotional side of stopping at satisfaction. This means you feel comfortably content while

still feeling light and energized. It's hard to feel sexy when you feel bloated and sluggish.

With that said, if the romance question feels awkward to you, no worries! Instead, when you check in while eating, ask yourself if you would be up for a brisk walk after dinner.

If the thought of a post-dinner walk makes you feel uncomfortable, you probably over-ate.

(Bonus!) Trick #6

Avoid Last Chance Eating

Have you ever been to a restaurant and eaten until you felt so stuffed you thought someone would have to roll you out the door? Back in the day, those buttery Texas Roadhouse rolls got me every time!

Have you been full to the brim at Thanksgiving dinner, but you still ate that piece of pumpkin pie because you only get it once a year?

Or have you avoided buying Halloween candy because you know if you keep it in the house, you'll eat half of the bag before any trick-or-treaters come along?



Last-chance eating is a problem that occurs when food feels scarce or limited. You eat all of the precious food because you feel like it's your only chance!

To combat last-chance eating, give yourself permission to eat, and remind yourself of that permission.

This means reminding yourself that you can save that piece of pumpkin pie and eat it the next day. Or the day after that. Heck, you can make or buy pumpkin pie on a Tuesday in March! No rule says you can only eat pumpkin pie on Thanksgiving Day.

The Habituation Response



As you make your favorite “forbidden” foods more accessible to you, **the habituation response will kick in**. This is a common phenomenon that occurs when an individual is repeatedly presented with the same stimulus over time. As the stimulus becomes more familiar, the individual learns to either ignore it or respond to it in a weaker way.

For example, when you arrive in a big city, the noisy traffic may seem distracting and almost deafening. After spending some time in the city, you hardly notice the sound of the traffic as you go about your day.

The same phenomenon occurs when you give yourself unconditional permission to eat. **If you feel out of control around candy, you need more exposure to candy.** Keep it in your pantry all year long.

Sure, it might be exciting for the first few days, but after a while, your body and mind will adjust. You'll find yourself losing interest.

A Snickers bar will stop feeling like a sinful treat that must be devoured. Instead, it'll become just another food. You'll find yourself only wanting the candy bars when the mood strikes. You might find yourself no longer needing to finish the whole candy bar to feel satisfied. A bite might be perfect, or you might turn down the treat altogether.

Giving yourself total access to food allows you to become habituated to it.

You can do this by keeping "forbidden" foods in the freezer or pantry or by allowing yourself to go out to your favorite restaurants more often. You can even make some copy cat recipes at home. There are so many ways to help your mind become habituated to your previously limited foods!

Now, You Might Be Thinking...

"But what about cravings?"

Can I really lose weight without dieting?

"What about nutrition?"

More on satisfaction please!

Emotional Eating???

How do I know when I'm actually hungry?

"If I gave myself permission to eat like that, I would live on cookies and tortilla chips!"

I Get It!

Although it seems simple, there are so many complexities to learning how to listen to your body! It's just too much to fit into a guide with 5 tricks.

I know that this process isn't for everyone, but I also know that some of you completely resonated with these ideas and want more.

If you want to know my exact process for healing my relationship with food, falling in love with my body, and losing 30 pounds without dieting, check out my eBook, *Eat Cake, Lose Weight, Love Your Body!*

This is a 7-step guide to help you: heal your relationship with food, fall in love with your body, and maintain your ideal weight

✿ Basically, I want to help you become the most confident, gorgeous version of yourself!

Get your copy here!

hello@eatcakeloseweight.com
www.eatcakeloseweight.com

xo, Maria



Maria Smith

Eat Cake, Lose Weight, Love *your* Body

7 Steps to Heal Your Relationship with Food, Fall in Love with Your Body, and Maintain Your Ideal Weight

Finally!

- Watch your extra pounds slip away while still eating chocolate cake, pancakes, cheesecake, or any other favorite foods!
- Walk out of the shower and catch yourself thinking, "Dang, I look good!"
- Watch yourself take a bite or two of dessert and feel genuinely satisfied! (Not just pretending to feel full).
- Feel peace around food. Eat vegetables because you want to, and enjoy deep-dish pizza without any food guilt.
- Discover **your** body's ideal weight and finally feel comfortable in your own skin!

[Get The Book!](#)

Finally!

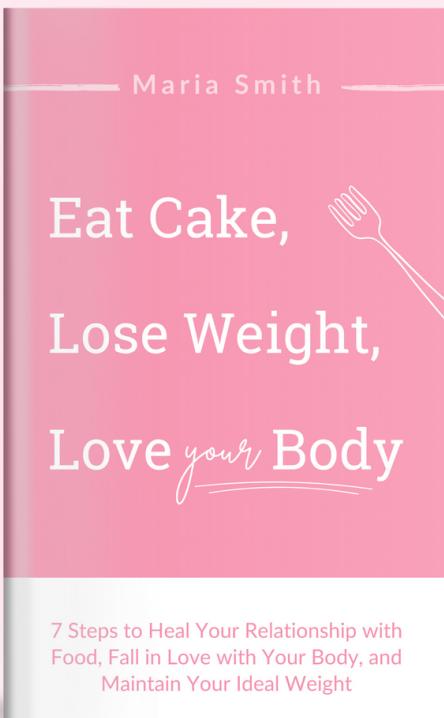
Watch your extra pounds slip away while still eating your favorite chocolate cake, pancakes, cheesecake, or any other version of cake!

Walk past a mirror and catch yourself thinking, "Dang, I look good!"

Watch yourself take a bite or two of dessert and feel genuinely satisfied! (Not just pretending to feel full).

Feel peace around food. Eat vegetables because you watch too, and enjoy deep-dish pizza without any food guilt.

Discover **your** body's ideal weight and finally feel comfortable in your own skin!



I'm a girl who likes to feel the pages in my hands!

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