

CRAVINGS

PURE VANILLA

CRUSHER

CHEAT SHEET



PREVAIL CRAVINGS CHEAT SHEET

ABOUT CRAVINGS:

YOU'RE HERE BECAUSE FRUSTRATED WITH YOUR UNHEALTHY CRAVINGS AND LOOKING FOR HELP, RIGHT? I KNOW BECAUSE YOU'RE NOT ALONE. CRAVINGS IS YOUR BODY'S WAY TO TELL YOU IT ACTUALLY IS DEFICIENT IN NUTRIENTS. THE AWESOME PART IS WE HAVE SOLUTIONS THAT ARE TARGETED DEPENDING ON WHAT YOU ARE CRAVING.

HOW TO COMBAT THEM:

INSIDE YOU WILL FIND 5 SAVAGE CRAVING CRUSHING TIPS TO HELP FIGHT OFF YOUR URGE TO GIVE IN TO YOUR TEMPTING CRAVINGS, A ROAD BLOCK FOR MANY ON A BETTER HEALTH JOURNEY.

USE THIS CHEAT SHEET TO AS A GUIDE TO SEE WHAT NUTRIENTS YOU ARE MISSING & EAT OFF OF THE OPTIONS LISTED TO FEED YOUR BODY THE NUTRIENTS IT NEEDS AND CRUSH THOSE CRAVINGS





PREVAIL

CRAVING

CRUSHER #1

CARDIO

Photo: Pexels

There is a study from the University of Wyoming that made a breakthrough discovery recently: Cardio exercise actually CRUSHES appetite. A group of people engaged in active exercise, and after the workout, they were allowed free range at a HUGE buffet. On the alternate days, they were told to simply sit quietly for an hour before entering this huge buffet. Our mind tells us these days they would eat the most, right? it only makes sense that after a hard workout they would be starving, right?. Wrong the researchers themselves were stunned at the results. The study showed that on workout days, the group ate less than the days without no workouts!

What was the secret? Well, the secret was in the hormones. When you exercise your body has a spike in the hormone ghrelin. When there is a ghrelin spike your body is told to eat a lot. BUT the spike of ghrelin also causes a rush of other hormones, including the ones that tells brain your full. The resulting flurry of hormones tells the body to eat less, not more. Cardio is the perfect way to get your body pumping with these hormones!

A dynamic splash of water in shades of blue and white, with many droplets and ripples, serving as the background for the top half of the page.

PREVAIL

CRAVING CRUSHER #2

WATER

Water is an essential part for life yet some of us still struggle with consuming it on a regular basis. the trick is to always keep a water bottle with you to drink and fill easily throughout the day. Whenever you begin to have those pesky cravings filyour bottle up and drink 16 oz of water right away. When you drink water it signals to the body that you are filling up, This will decreases your food cravings while your stomach fills full and satisfied. The additional benefit of course being that water keeps your body hydrated as well!



PREVAIL

CRAVING

CRUSHER #3

EAT MORE

I know it may seem crazy that eating more to lose weight is being recommended but here we are. There is SOLID reasoning however, behind this “trick”. Studies have shown that the most common times for cravings are midmorning, mid-afternoon, and late night. Perspective is reality so instead of viewing these cravings as negatives, respond to them by simply eating. Your body is telling you “EAT!” so listen. However, here’s the key, though. You can’t eat just anything. Here’s a Savage list of top-tier snack solutions:

- Nuts: nuts contain oleic acid which is a healthy fat that crushes cravings.
- Avocados: an avocado a day is the perfect way to introduce a ton of nutrients in your snack time.
- Grapefruit: Clinical studies have shown that grapefruits aid in weight loss they are an awesome snack to grab whenever your cravings become active.

A close-up photograph of a person's mouth, showing their teeth and tongue as they chew a piece of bright green gum. The background is a soft, out-of-focus skin tone.

PREVAIL

CRAVING

CRUSHER #4

CHEW

GUM

A study at the University of Rhode Island has shown that people who chew gum in the morning consume less calories during lunchtime - around 67 calories less in fact. When you chew your brain gets sent signals that your eating. Tricking your brain like this will cause you to feel fuller sooner. The awesome part is while you are chewing gum your are not taking in any active calories.

A man and a woman are shown in a kitchen setting, both brushing their teeth. The man is on the left, wearing a white shirt, and the woman is on the right, wearing a blue and white striped shirt. They are both smiling and looking towards the camera. The background is slightly blurred, showing a window and some kitchen items.

PREVAIL

CRAVING

CRUSHER #5

BRUSH

YOUR TEETH

Now hear me out for a second, I know this sounds crazy but this hack WORKS!

When you brush your teeth it cleans your palette and brushes away ll those pesky cravings. The freshness in your mouth will fight those cravings for sweets and other unhealthy snacks. After all everything taste bad after brushing your teeth. Next time cravings strike grab your toothbrush instead of a snack.



PREVAIL

CRAVINGS
CHOCOLATE

**WHAT YOUR BODY
REALLY WANTS**

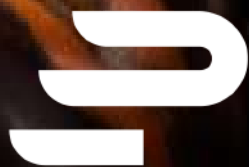
MAGNESIUM

EAT 1 SERVING OF ONE OF THE OPTIONS BELOW

RAW NUTS AND SEEDS

LEGUMES

FRESH FRUITS





PREVAIL

CRAVINGS

BREAD

**WHAT YOUR BODY
REALLY WANTS**

NITROGEN

EAT 1 SERVING OF ONE OF THE OPTIONS BELOW:

**LEAN MEAT
WHITE FISH
ALMONDS
BLACK BEANS**





PREVAIL

CRAVINGS

SODA

**WHAT YOUR BODY
REALLY WANTS**

CALCIUM

EAT 1 SERVING OF ONE OF THE OPTIONS BELOW:

**MUSTARD
BROCCOLI
LEGUMES
KALE**





PREVAIL

CRAVINGS

SALTY FOOD

**WHAT YOUR BODY
REALLY WANTS**

CHLORIDE

EAT 1 SERVING OF ONE OF THE OPTIONS BELOW:

FISH

LEMON

UNREFINED SEA SALT





PREVAIL

CRAVINGS

ACID FOOD

**WHAT YOUR BODY
REALLY WANTS**

MAGNESIUM

EAT 1 SERVING OF ONE OF THE OPTIONS BELOW:

RAW NUTS & SEEDS

LEGUMES

FRESH FRUIT





PREVAIL

CRAVINGS

OILY FOOD

WHAT YOUR BODY

REALLY WANTS

CALCIUM

EAT 1 SERVING OF ONE OF THE OPTIONS BELOW:

**MUSTARD
BROCCOLI
LEGUMES
KALE**

