

LATE NIGHT SNACKING

Why you do it and how to stop it!

**Client Success Stories
Review Case Studies
Answer Questions
Tips & FAQs**



INTRO TO SNACKING

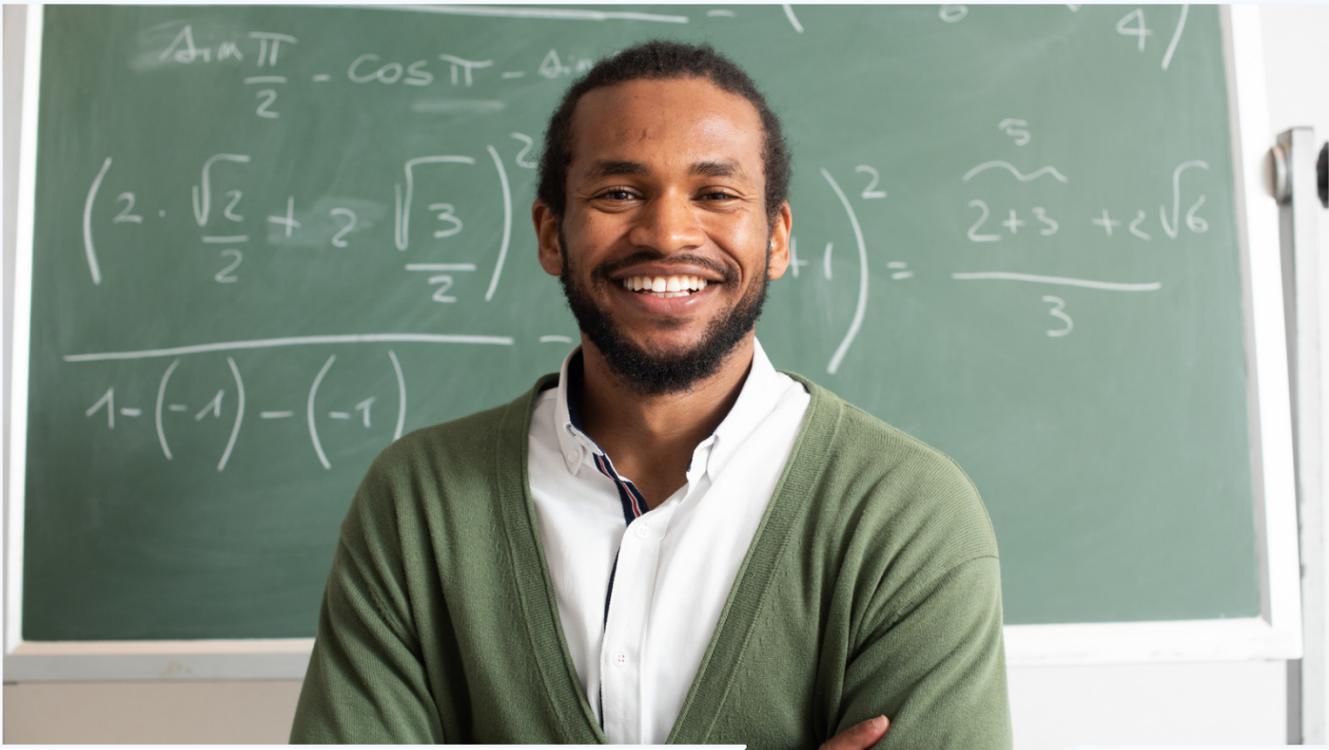
Why Late Night Eating Happens

- We don't eat enough throughout the day
- We're not getting enough balance
- We're stuck in old habits

How To Make It Stop

- Eat balanced meals and snacks all day long
- Break the cycle
- Allow yourself to have a snack if you need one





Cast Study 1

- Plant-based teacher
- Once 2pm hits - he is very tired and gets into that "2pm slump"
- He finds himself constantly hovering around the pantry and/or fridge and grazing
- He eats while he cooks dinner and then feels too stuffed for dinner
- Later in the night he is constantly snacking on "junk foods"

Guidance

1. Adequately fuel throughout the day
2. Meet caloric and macronutrient needs
3. Balance out plates
4. Lean into cravings if he has them
5. Increase water intake



Cast Study 2

- Remote worker that wants to build muscle
- Overeats every night on “bad foods”
- Every morning starts the day on track and then falls off when he gets home from work
- Is having a hard time sticking to his low carb diet

Guidance

1. Balance plates and eat enough all day long with adequate carbs, protein, and fat
2. Allow for some sweets/bad foods with a neutral mindset
3. Check in with hunger cues at night to break the habit



Cast Study 3

- Stay at home mom
- Constantly telling herself she can't have certain foods and that she has to be "good" but immediately loses control around those same "bad" foods
- Heavily restricts her intake during the week
- Uses the weekends as an excuse to eat whatever she wants and ends up feeling stressed and guilty

Guidance

1. Ditch both the mental and physical restriction
2. Increase calorie and macronutrient intake
3. Eat consistently throughout the week
4. Allow herself to lean into her cravings so that the weekends are not a "free for all"
5. Have one "mode" not two modes: weekend vs. week day

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QUESTION

If I allow myself to lean into my cravings, I am afraid I will overeat all of these bad foods. How do I prevent this?

Once you allow yourself to eat what your craving, you'd be surprised how quickly those foods become old news.

**LEARN
MORE** 

MYTH

OR

FACT

You can't eat after 8 pm.

Myth! Your body doesn't know what time it is. If you are hungry, no matter what time it is, you can eat something.



THANK YOU!



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