

How To Prevent Hanger and Energy Crashes:

Hangry

CULPRIT:

Low blood sugar. Could be due to not eating often enough, having a very high metabolism, or not including enough protein, fiber or fats in a meal.

SOLUTION:

Eat meals that include complex carbohydrates (whole grains, beans, starchy vegetables), proteins (beans, legumes, nuts, seeds), and healthy fats (nuts, seeds, avocado). Have a healthy snack (include protein and/or fat) to tide you over between meals.

Afternoon Crash

CULPRIT:

Sugar overdose and then crash

*You overproduce insulin, giving you a blood sugar drop - and energy crash.

SOLUTION:

Eat a balanced lunch of complex carbs and protein (beans, quinoa, chickpeas and lentils have both!), and skip the sugary treats in favor of fruit.

ANOTHER CULPRIT:

Eating too much, or too heavy a meal, for lunch.

ANOTHER SOLUTION:

Have an afternoon snack to boost energy - like fruit and nuts, or veggies/rice cakes and bean dip.

Evening Exhaustion

CULPRIT:

Lack of nutrients, especially B vitamins, magnesium and calories/complex carbs.

*If you aren't eating enough whole foods and fresh produce, you're not getting enough of the nutrients your body needs to fuel and support all your systems.

SOLUTION:

Eat lots of fresh produce and healthy whole foods through your day!

*B vitamins: whole grains, beans/legumes and bananas

*Magnesium: whole grains, dark green veggies and nuts (especially cashews, almonds and hazelnuts)

General Fatigue

CULPRIT:

Lack of nutrients, overload of calories, gland imbalances, liver overload, carrying excess weight, eating foods that don't support your body.

SOLUTION:

Eat lots of fresh produce and healthy whole foods through your day to reduce calorie density, increase nutrient density, nourish your glands, and cleanse your liver! Avoid junk foods and overeating.
