

Snack Replacement Observation Checklist

The name of the healthy
snack replacement

Did I succeed in replacing my snack? If
so, check mark. If not, what didn't you
like about your replacement snack?
Was it the wrong taste and/or texture?

Monday

Tuesday

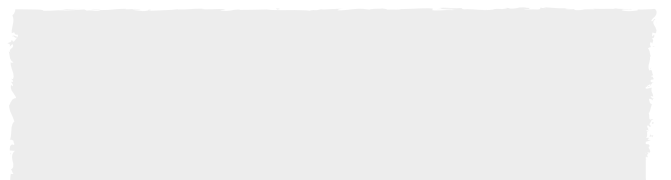
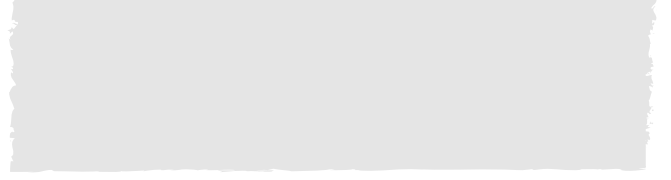
Wednesday

Thursday

Friday

Saturday

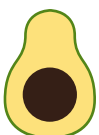
Sunday



Stop Junk Food Techniques

- Texture and Taste Replacement technique
- What *texture* is this:
- +crisp, crumbly, flaky, fluffy, lumpy, smooth, hard, mushy, sticky, rubbery, sticky
- +What does it *taste* like? sweet, bitter, zesty, hot, tangy, sour, salty, rich, tart, etc
- +What can be a healthier option that I can replace this junk food with? (you will have to do your research here with types of food that are best for snacking and your health goal)
- Google search tip: "replacement snack for potato chips"
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- Observe your week and see if you succeeded in replacing your snack.

- Mindful technique
- Each time you're going to reach for a snack STOP and ASK YOURSELF the following:
- +Is it snack or mealtime? If yes, you eat. If not, ask further questions
-
- If I'm not really hungry, then why am I going for the snack?
- What am I feeling?
- ++stress?
- ++nerves?
- ++anxiety?
- ++boredom?
- ++or am I just lazy to get the healthier option?
- ++How will I feel after I eat the healthier option? (allow yourself and your brain to fire off feel-good brain chemicals in order to trigger a great feeling with eating healthy food)



Mindful with Food Observation Checklist

Write down the time, place, location, and what you were doing when you went for the junk food.

Did I use a STOP?

Did I ask myself all the questions?

Did I choose a better option?

What was I really feeling?

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