



Your Ultimate Guide to Cravings

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Break the Cycle & Take Back Control

If you find yourself constantly battling food cravings, overeating, or feeling out of control around certain foods, you're not alone. But here's the good news—cravings aren't about willpower. They're patterns. And once you understand them, you can break free.

This guide will help you uncover what's really driving your cravings and give you simple, actionable steps to take back control.

Step 1: What Happened Right Before the Craving?

After an episode of emotional eating, snacking, or feeling out of control around food, pause and reflect:

- Where were you? (At home, at work, in the car?)
- What were you doing? (Watching TV, scrolling your phone, working late?)
- What were you thinking? ("I've had a hard day; I deserve this.")
- What were you feeling? (Stressed, bored, anxious, tired?)
- Who was with you? (Alone, with friends, with family?)

✨ The goal here isn't to judge yourself—it's to gather clues.



Step 2: What Happened Even Earlier?

Now, go back even further. What was going on a few hours (or even days) before the craving hit?

- Were you eating balanced meals or skipping meals?
- Were you under extra stress at work or home?
- Did you sleep poorly the night before?
- Were you feeling overwhelmed or drained?

💡 Cravings don't come out of nowhere. They're often your body's way of trying to fix something—whether it's low blood sugar, stress, or exhaustion

Step 3: Spot the Patterns

Now, connect the dots.

Look over your notes—do you notice any recurring themes?

- "I always crave sugar after a stressful day."
- "I snack when I'm scrolling my phone at night."
- "I eat mindlessly when I skip meals earlier in the day."

🔍 The more awareness you build, the more control you gain.

"Cravings aren't a sign of weakness—they're signals from your body. Understanding them isn't about restriction; it's about learning what your body truly needs and responding in a way that supports your long-term health."



Step 4: Break the Cycle (Your Action Plan)

Now that you see the patterns, how can you disrupt them?

Try this:


- ✓ **Swap the Habit:** Instead of reaching for sugar after dinner, go for a short walk or sip herbal tea.
- ✓ **Balance Your Blood Sugar:** Eat protein and fiber with every meal to prevent energy crashes.
- ✓ **Change Your Environment:** If you always snack in front of the TV, move to another room or keep snacks out of reach.
- ✓ **Plan Ahead:** If cravings hit at the same time each day, prepare a healthy alternative in advance.
- ✓ **Pause & Reflect:** Before eating, take five deep breaths and ask, “Am I really hungry, or do I need something else?”

✨ **It’s not about perfection. It’s about progress. Every small shift adds up.**

Take the Next Step

Possible steps I could take to change my behaviors or “break the links. Write 3 solutions that you could take to change your behavior and break the cycle:

- 1 -
- 2 -
- 3 -



Hi! I'm Lucy Round—a certified Health & Nutrition Coach. I empower women to take back control of their health and live a healthier, longer, happier life through personalised, and evidence-based strategies that make healthy living easy, achievable, and enjoyable.

My mission is to help you live longer in better health.



Let's Connect



Nutrition Specialties: I provide evidence-based nutrition counselling to help individuals achieve better health, manage specific conditions, and develop a positive relationship with food.]



Meal Planning: designed to take the stress out of healthy eating while saving you time and energy. Whether you're managing a specific health condition, feeding a busy family, or simply looking to improve your nutrition, my meal plans are tailored to meet your needs and goals.



"Lucy helped me lower my A1C in 3 months, I started having more energy and felt better about myself all while eating the foods I love" M. Shoker



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