

Surviving the Afternoon Snack Attack

Its approaching 3:30pm and all of a sudden there is a gravitational pull towards the cookie jar at work. It hasn't been there any other time of the day but now it is stronger than ever. You are fighting it as best you can but you are getting tired, and will power is getting weaker, and all of a sudden, you look down to find your hand in the cookie jar. What happened and how can you avoid it from happening every day?



330itis, it is a thing. You start to get sleepy and you decide the thing that will help you stay awake is sugar, carbs and coffee. Yes they will give you a bit of energy, SHORT TERM, but then you will crash and be back to square one. So how do you get thorough the energy slump without the cookies, chocolate and cake??? Opt for a healthier pick me up by trying one of these snacks instead:

Healthy Chocolate mousse - blend 1 banana, ½ avocado and 1 tsp of raw cacao powder, then enjoy!!!

Smoothies -

Purple – 1/2 banana, ½ cup frozen berries, tbs greek yogurt, sprinkle of cinnamon, dash of vanilla essence, skim milk

Green – ½ banana, 2 pineapple rings, handful of kale and spinach, tbs greek yogurt, sprinkle of cinnamon, skim milk

Orange – ½ mango, ½ banana, 2 tbs greek yogurt, coconut water

Fruit, yogurt and nuts - my favourite combo is grapes or strawberries, greek yogurt and macadamias.

BCAA - often sweetened with no added calories and a good dose of protein

Protein pancakes - banana, 1 cup oats, 2 eggs, 1/2 cup egg whites, 4 tsp baking powder, 1-2 scoop protein powder, 1 tbsp flaxseeds - blend, cook, top with fruit and yogurt.

Fruit salad - take advantage of the natural sugars in fruit with a small fruit salad.

Banana split - split banana lengthways, top with greek yogurt, goji berries, blueberries, cacao nibs, slivered almonds and sprinkle with cinnamon.

Papaya boats - cut in half lengthways, scoop out seeds, fill cavity with coconut yogurt and top with nuts, seeds, berries.

Protein balls

Smoothie bowl

Trail mix with dark chocolate nibs

All of these foods will give you a good pick me up without the added crash afterwards. Pre make them at home and take them to work. When you feel that itching for a cookie, grab your mousse from the fridge instead.

