



*Your guide to*

# CRUSHING THE CRAVINGS

IN THREE EASY STEPS





# HELLO I AM SUE...

I support midlife women to lose weight effortlessly by showing them how to balance their blood sugars and crush the cravings. If you find yourself reaching for snacks you didn't mean to eat, or craving sugar more than ever, this guide is for you. You don't need superhuman willpower, you just need the right strategy to help balance your insulin and crowd out the cravings. This short guide will show you 3 science-backed steps to cut cravings before they start.

LET'S DO IT!

*Sue x*





# 01

## HAVE PROTEIN FOR BREAKFAST

**Starting your day with protein helps stabilize blood sugar levels, reduces the hunger hormone (ghrelin), and increase satiety (feeling full). With more balanced blood sugars we can virtually eliminate cravings throughout the day.**

When you eat a high-carb or sugary breakfast (think cereal, pastries, or toast), your blood sugar spikes quickly and then crashes, leading to mid-morning hunger and the urge to snack. Protein slows digestion, helps keep blood sugar steady, and makes you feel full longer.

First thing in the morning your stomach is full of hydrochloric acid which is designed to break down protein not carbs. If carbs are eaten first the release of glucose into the blood stream is rapid and insulin will spike, leading to cravings throughout the day.

# WHAT TO EAT

- Eggs (boiled, scrambled, or as an omelette) always add some colour such as cherry tomatoes or mange tout
- Greek yogurt with lots of seeds, nuts and berries
- Toasted sweet potato slices with the topping of choice (cottage cheese with avocado, and a sprinkle of seeds are a great topping)
- Protein smoothies with natural yogurt, nut butter, and a spoon of protein powder (add spinach, pear and carrot to make your smoothie really nutrient dense)
- Corn cakes with nut butter and a handful of berries on the side
- Tofu scramble or lean meats
- Overnight oats with added protein powder
- Protein pancakes with yogurt and crushed nuts

**Aim for:**

**20–30 grams of protein at breakfast time**





# 02

## DRINK MORE WATER

Dehydration is often mistaken for hunger. When your body is short on water, it can trigger the same signals as food cravings — especially for salty or sugary snacks.

### Drinking enough water:

- Helps curb unnecessary snacking
- Aids digestion and metabolism
- Supports energy levels and focus

### Craving Tip:

Next time you feel a craving, drink a full glass of water and wait 10–15 minutes. You might find the craving fades completely.

# HERE IS A SIMPLE STRATEGY

Break the day up into 4 quarters. Have one 500ml glass of water before 10am, another before 1pm. A third one before 5pm and the last 500mls in the evening.

This is 2 litres of water completed in a day, often without thinking about it. Try to sip water throughout the day too, rather than overwhelming yourself and having to drink a litre in one go!

Always carry a water bottle with you. This way you can always stay on track.



## WHY DRINK 2 LITRES?

While water doesn't directly steady your blood sugar, staying well hydrated helps your kidneys flush out excess sugar through urine. Stable blood sugar levels helps keep appetite under control and eliminates cravings.

Hydration affects hormones like ghrelin (hunger hormone) and leptin (satiety hormone). Dehydration can increase ghrelin levels, making you feel hungrier and crave sugar. Drinking water helps keep these hormones balanced.



# 03

## MOVE AFTER EACH MEAL

**A short walk or light movement after meals helps your body regulate blood sugar more efficiently.**

It also supports digestion and reduces the sluggish feeling that can lead to cravings later on in the day.

Movement improves insulin sensitivity, meaning your body uses food for energy instead of storing it as fat. Reducing post-meal crashes and helping to control hunger and cravings.

Staying sedentary after a meal allows glucose to linger in the bloodstream longer, especially in individuals with insulin resistance or type 2 diabetes. Movement helps prevent this accumulation by prompting immediate use of some of the glucose that has been eaten.



# IDEAS FOR MOVEMENT

## 1. Brisk Walking (10–20 minutes)

- **Why it helps:** Increases glucose uptake by muscles and improves insulin sensitivity.
- **Tip:** Even a walk around the block or inside your house can make a difference.

## 2. Light Squats

- **Why it helps:** standing up and sitting down a number of times engages large muscle groups.
- **Tip:** Set a 15 minute timer for an hour after eating to remind you to do 10 sit down and stand ups!

## 3. Standing Yoga or Gentle Stretching

- **Why it helps:** Improves circulation and helps regulate digestion without needing vigorous effort.
- **Tip:** Try poses like standing side bends, forward fold, or a few sun salutations.

## 4. Marching in Place or Step-Ups

- **Why it helps:** Raises your heart rate just enough to aid glucose metabolism.
- **Tip:** Use a stair or a stable platform for step-ups, or simply march while watching TV.

## 5. Leisure Biking or Light Stationary Cycling

- **Why it helps:** Keeps you moving without putting stress on joints.
- **Tip:** Aim for 10–15 minutes at a comfortable pace.

Muscles use glucose as fuel during activity. Moving after a meal encourages your muscles to take up more glucose directly, lowering post-meal blood sugar spikes and cravings.



# WHAT NEXT?



## GET STARTED WITH THESE 3 ACTIONS

Follow the actions daily. Use the checklist to help you stay accountable and on track. Start to notice if you have more energy or if your cravings are reducing. This is a simple and sustainable place to start.



## DOWNLOAD THE 7 DAY PROGRAMME

Once you are in a routine with these three actions try downloading the 'How to Quit Sugar in Just 7 days' course. It is packed with videos, recipes and guidance on how to really crack your sugar cravings long term and reduce your reliance on glucose. Details are [HERE](#)



## TRY THE FEEL FABULOUS CLUB

The Feel Fabulous Club is designed to help you get the basic actions in place that will help to crush the cravings. It includes The Feel Fabulous Method, daily accountability and support, live calls and a huge recipe vault. This club delivers huge results in a short period of time. See more details by clicking [HERE](#).



## MAKE HUGE LIFESTYLE CHANGES

And you won't even realise you have made them! Take small steps every day following the guided plan of the 3 actions first, then then join the Feel Fabulous Club or download the 7 days guide. Make cravings a thing of the past, improve your health and wellbeing long term, and live a full and vibrant life!

# DID YOU FIND THIS HELPFUL?



**SUE THOMAS  
LOW SUGAR  
WEIGHT LOSS  
COACH**

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# TESTIMONIALS FOR THE FEEL FABULOUS CLUB



THE CLUB IS LIFE CHANGING! DO NOT HESITATE TO JOIN. I WAS A COMPLETE CHOCOHOLIC AND FELT RUBBISH ALL OF THE TIME. NOW WITH SUE'S HELP I HAVE COMPLETELY CHANGED THE WAY I AM EATING I FEEL LIGHTER, MORE FOCUSED WITH LOTS OF ENERGY. I DON'T CRAVE SWEET THINGS AT ALL. SUE MAKES THE FEEL FABULOUS COURSE EASY TO FOLLOW. SHE IS A WEALTH OF KNOWLEDGE AND IS ON HAND THE HELP AT EVERY MOMENT. THIS IS SUCH AN INSIGHTFUL AND ENJOYABLE CLUB WITH LIFE CHANGING RESULTS! THERE'S NO GOING BACK FOR ME NOW. THANK YOU SUE



THANK YOU SO MUCH, SUE, FOR THE FEEL FABULOUS CLUB. IT WAS SUCCESSFUL ENOUGH TO ALLOW ME TO LOSE WEIGHT, REDUCE MY HIGH BLOOD PRESSURE AND LOSE MY 'SWEET TOOTH'. I SEE THE CLUB AS A NEW WAY OF LIFE.

ALL CREDIT TO SUE FOR HER HELP AND SUPPORT TO MAKE IT SUCH A SUCCESS.

GO TO

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