

3-DAY CRAVINGS RESET

Simple recipes & smart swaps to
satisfy cravings

YOUR 3-DAY RETURN TO BALANCE

This comprehensive guide is designed to help you regain control over your eating habits, gently quiet the cravings that leave you feeling scattered and stuck.

Over the course of three days, you'll discover how to nourish your body with foods that support your health goals, all while satisfying your taste buds and boosting your energy levels.





UNDERSTANDING YOUR CRAVINGS

REFLECT

1 Begin with a reflection on what triggers your sugar cravings and snack spirals. Is it stress, boredom, or habit?

2 HYDRATE

Replace sugary beverages with herbal teas or infused water to stay hydrated and reduce sugar cravings. Thirst can often be confused with hunger. If you are dehydrated, you may have strong cravings for food while in fact, you just need to hydrate. Before grabbing a snack, have a cup of water first.

Daily goal? Aim to drink 2-3L throughout to make sure you are not dehydrated

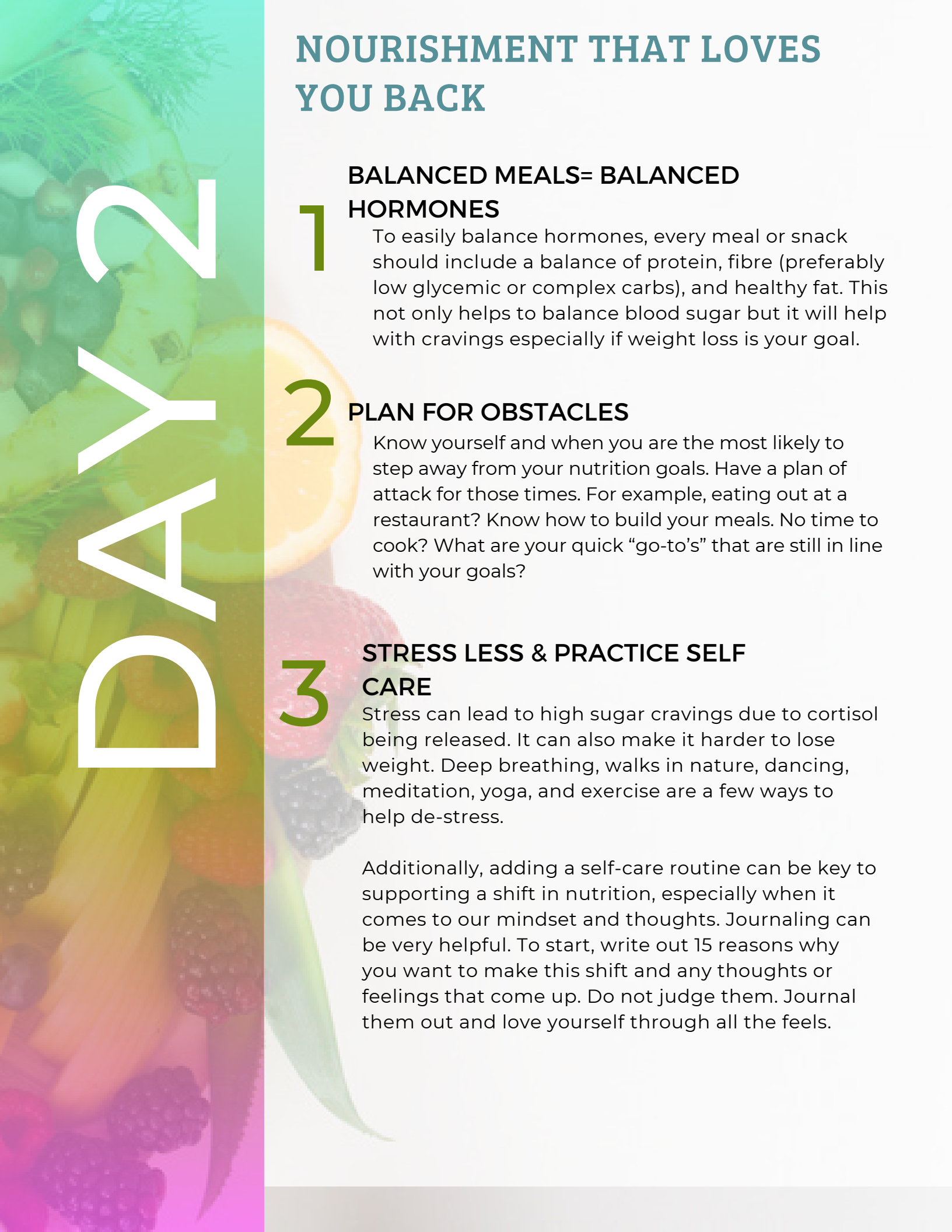
3 FOLLOW 80/20 RULE

When we try to be 100% perfect with our eating, it can lead to a negative "good or bad" / "on or off" relationship with nutrition which can lead to cravings.

Aim to focus your plate, meal, or day around 80% from nutritionally dense foods (think real, whole foods) and leave 20% not so nutritionally dense (think processed, refined foods) so there are no foods that are considered off limits.

4 PLAN AHEAD

Focus on eating balanced meals with a good mix of protein, healthy fats, and fibre to stabilise blood sugar level



NOURISHMENT THAT LOVES YOU BACK

DAY 2

BALANCED MEALS= BALANCED

1 HORMONES

To easily balance hormones, every meal or snack should include a balance of protein, fibre (preferably low glycemic or complex carbs), and healthy fat. This not only helps to balance blood sugar but it will help with cravings especially if weight loss is your goal.

2 PLAN FOR OBSTACLES

Know yourself and when you are the most likely to step away from your nutrition goals. Have a plan of attack for those times. For example, eating out at a restaurant? Know how to build your meals. No time to cook? What are your quick “go-to’s” that are still in line with your goals?

3 STRESS LESS & PRACTICE SELF CARE

Stress can lead to high sugar cravings due to cortisol being released. It can also make it harder to lose weight. Deep breathing, walks in nature, dancing, meditation, yoga, and exercise are a few ways to help de-stress.

Additionally, adding a self-care routine can be key to supporting a shift in nutrition, especially when it comes to our mindset and thoughts. Journaling can be very helpful. To start, write out 15 reasons why you want to make this shift and any thoughts or feelings that come up. Do not judge them. Journal them out and love yourself through all the feels.

DAY 2

NOURISHMENT THAT LOVES YOU BACK

SHOP SMART

4

Healthy eating doesn't have to be expensive. Buy in bulk, price-match, buy frozen options, and use coupon apps to get the best savings.

Prepare simple, wholesome snacks like sliced vegetables with hummus or a handful of nuts to have on hand when cravings strike.

Check out the recipes on [page 7](#) for more ideas!

5

ADEQUATE PROTEIN AT EVERY MEAL

Protein is the most satiating macronutrient. It will keep you feeling full for longer periods. This will also keep you from snacking in between meals.

A good range to start is 20-25g per meal. Protein can come in many forms from animal or plant-based sources.



BUILDING SUSTAINABLE HABITS

REFLECT

- 1 Reflect on the past two days and identify what strategies worked best for you in managing cravings and reducing sugar intake.

2

ESSENTIAL FATS ARE A MUST

Fats are important for hormonal balance and help to control our appetite. Most fats can be manufactured by the human body except for essential fatty acids like omega 3's. These must come from our diet and are key to combating inflammation.

Include cold-water fatty fish, such as salmon, mackerel, tuna, herring, sardines, chia seeds, flax seeds, walnuts, egg yolks, and supplements.

3

GET YOUR ZZZ'S

Sleep is sooo important to reduce cravings, balance hormones and helps our bodies regulate. Also it has been shown that hunger hormones can be higher when we are sleep deprived (feeling extra starving in the morning?) Aim for 7-9 hours a night.

DAY 3

Recipes



If you've ever found yourself reaching for snacks you didn't even want... you're not alone

According to a recent review in Frontiers in Psychology, sugar can have addictive qualities, with sweet foods potentially increasing the desire for more. To counteract this, balancing your diet with savoury snacks alongside sweet treats is recommended, as suggested by Wyosnick.

You will find a few Supportive Satisfiers that would be perfect for managing the sweet cravings on the next page !

Chocolate 'Nice' Cream



CRAVING: CHOCOLATE ICE CREAM

WHY IT WORKS: CREAMY, SWEET, AND CHOCOLATEY, BUT PACKED WITH GOOD STUFF.

INGREDIENTS:

- **2 FROZEN BANANAS, SLICED**
- **2 TABLESPOONS UNSWEETENED COCOA POWDER**
- **1/4 CUP ALMOND MILK (OR YOUR PREFERRED MILK, WHATEVER YOU'VE GOT IN THE FRIDGE)**
- **OPTIONAL: 1 TABLESPOON MAPLE SYRUP (OR OTHER NATURAL SWEETENER), A PINCH OF SEA SALT**

INSTRUCTIONS: WHIZZ ALL INGREDIENTS IN A HIGH-POWERED BLENDER UNTIL SMOOTH AND CREAMY. GET STUCK IN STRAIGHT AWAY!



Berry & Chia Seed Pudding



CRAVING: SWEET TREAT

WHY IT WORKS: SWEET, CREAMY, AND PACKED WITH FIBRE TO KEEP YOU FULL AND SATISFIED, LOVELY!

INGREDIENTS:

- **1/4 CUP CHIA SEEDS**
- **1 CUP ALMOND MILK (OR YOUR PREFERRED MILK)**
- **1/2 CUP MIXED BERRIES (FRESH OR FROZEN)**
- **1 TABLESPOON MAPLE SYRUP (OR OTHER NATURAL SWEETENER)**
- **1/2 TEASPOON VANILLA EXTRACT**

INSTRUCTIONS: SHOVE CHIA SEEDS, MILK, MAPLE SYRUP, AND VANILLA EXTRACT IN A JAR OR CONTAINER. STIR WELL AND LEAVE IT TO SIT FOR AT LEAST 2 HOURS (OR OVERNIGHT) IN THE FRIDGE. BEFORE SERVING, STIR IN THE MIXED BERRIES.



Fruit topped Rice cakes



**IF YOU THINK RICE CAKES ARE RATHER BLAND,
HERE'S A WAY TO TRANSFORM THEM INTO
SOMETHING BOTH APPEALING AND TASTY:**

INGREDIENTS:

- **2 RICE CAKES**
- **2 TBSP ALMOND BUTTER**
- **½ CUP FRESH RASPBERRIES**

**INSTRUCTIONS: SPREAD ALMOND BUTTER OVER 2
RICE CAKES. THEN, GARNISH THEM WITH FRESH
RASPBERRIES**



Avocado Chocolate Mousse



CRAVING: SWEET TREAT

WHY IT WORKS: SWEET, CREAMY, AND PACKED WITH FIBRE AND HEART-HEALTHY FATS

INGREDIENTS

- 1 AVOCADO
- ¼ CUP OF HONEY,
- ¼ CUP OF UNSWEETENED COCOA POWDER,
- 2 TABLESPOONS OF UNSWEETENED ALMOND MILK,
- A TEASPOON OF VANILLA EXTRACT,
- AND A PINCH OF SALT.
- TOP IT OFF WITH FRESH BERRIES AND A SPRINKLE OF NUTS.



Your Ritual to Reclaim Rhythm



You've done something powerful these last three days.

You didn't punish your body.

You listened to her.

You gave her what she needed—calm, clarity, and care.

Now, let's close this cleanse with intention, so your results root deeper and your softness stays sacred.

✨ THE RITUAL

Tonight, or whenever you finish this guide:

Light a candle. Choose one that feels like peace—warm, steady, familiar.

Prepare your favourite tea, infused water, or simple treat

No restriction. Just something that says: You deserve this.

Place one hand on your belly. One on your heart.

Feel what's shifted. Acknowledge it softly. You did this.

Repeat aloud (or write in your journal):

"I don't fight my cravings—I understand them.

My body is not the problem. My body is my guide.

I nourish. I reset. I return to rhythm whenever I choose."

Close with gratitude

Thank your body. Thank your intention.

Thank the softness that got you here.

🔥 Remember:

You don't need to be perfect.

You just need to be present—and willing to return when you drift.

This is your new rhythm. Let it lead you.



Ready for the Next layer of Alignment?

**If this 3-day cleanse felt powerful... imagine what 4 weeks
could do.**

The B3 System is my signature program designed to take you deeper into soft, sustainable transformation.

Built around the 3 pillars of:

Balance – blood sugar, cravings, energy
Body Trust – hunger cues, rhythm, emotional clarity
Beauty – glow from the inside out

You'll receive:

- ✓ Structured wellness that doesn't rely on restriction
- ✓ Soft strategy for weight release, hormonal peace, and emotional calm
- ✓ Support that honours your feminine rhythms—not fights them

✨ This isn't a bootcamp.

This is a return to your body's brilliance.

✉️ Want to be softly first in line for the B3 System?

→ Click here to join the early interest list →

<https://subscribepage.io/CravingsGonewithB3>

I'll share upcoming offers, early bird access, and behind-the-scenes details only with this circle.

This isn't about losing weight.

It's about losing the weight of confusion, chaos, and control.

You've already started.

B3 is the next soft step.