

A close-up photograph of a person's midsection. The person is wearing a dark-colored top. A hand is visible on the left side, pinching a portion of the belly fat. The background is a plain, light color.

**GOOD RIDDANCE**

**Belly Fat Busting  
SNACK GUIDE**

**MUFFIN-TOP**



# BELLY FAT BUSTING SNACK GUIDE

THE SNACKS YOUR STRESS  
HORMONES DON'T WANT YOU TO  
KNOW ABOUT...

## What Makes a Snack “Belly Fat Friendly”?

- ✓ Keeps blood sugar steady (no spikes = no crashes = no late-night biscuit heist)
- ✓ Helps your body feel safe and satisfied, not hangry and deprived
- ✓ Combines at least two of: protein, fibre, healthy fats
- ✓ Quick, tasty and doesn't taste like sadness on a rice cake 🧑🏻♀️






# **Build-Your-Own Snack Formula**





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Pick 1 from each group:

## **Fats & Proteins**

- Nut butter (almond, peanut, cashew)
- Greek yoghurt (plain, full-fat)
- Hummus
- Cheese cubes or Babybel 
- Boiled egg 
- Handful of nuts/seeds 
- Edamame pods

## **Fibre & Colour**

- Apple or pear slices 
- Berries 
- Cucumber sticks 
- Carrot coins 
- Celery (yes, with nut butter!)
- Roasted sweet potato cubes



# **Build-Your-Own Snack Formula**

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## **Add-ons (Optional)**

- Sprinkle of cinnamon (hello, blood sugar magic!) ✨
- Square of dark chocolate (80%+) 🍫
- Chilli flakes 🌶️
- Tahini drizzle
- Sea salt + lemon juice 🍋

## **Snack example:**



👉 Apple + almond butter + cinnamon =  
snack sorcery 🧙♀️





## **Snack Personalities**

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### The **"I have got 3 Minutes" Snack**

 Boiled egg + cherry tomatoes  + almonds



### The **"Desk Drawer Emergency"**

 Nut butter sachet + oatcakes + green tea 

### The **"Can't Be Bothered But Starving"**

 Mini Babybel + apple  + 1 square of dark choc

### The **"Netflix Nibbler"**

 Roasted chickpeas or spiced popcorn + sparkling water with lime 

### The **"School Run Fuel"**

 Banana + peanut butter + rye cracker



# Sneaky Snacks That Pretend They are Healthy

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(Not banned – just balance them out like a snack ninja 🏹)

- ❌ Fruit juice (try whole fruit instead 🍊)
- ❌ Rice cakes (unless topped with protein/fat)
- ❌ Low-fat yoghurts with added sugar
- ❌ Granola bars with syrups + marketing buzzwords
- ❌ Dried fruit by the handful (👏 sugar rush incoming)

💡 Fix it fast: Add a handful of nuts, some Greek yoghurt, or a slice of cheese to steady the ship 🚢

## Coach's Tip: Is it hunger or... something else?

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Try this first:

🫁 5 deep breaths

🚶♀️ A 2-minute walk

🍵 A warm drink (decaf counts)

💬 A quick chat or giggle

Still hungry? Snack away – now you are making a conscious choice, not just reacting to chaos.





# Meet Your Coach

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**Certified Health Coach. Chaos-juggling parent. Big fan of chocolate and balance.**

I help busy parents stress less, snack smarter, and feel good in their bodies again - one small, doable step at a time.

👉 Book your free 30-minute call and let's get you feeling good again – no pressure, no perfection required.

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