

# HUNGER OR HABIT

- 1 Time of day? Give yourself 1 point between 2pm-6pm
- 2 When did I last eat? 1 point if more than 3 hours ago
- 3 Did I eat protein at last meal? 1 point if yes
- 4 Last meal heavy in carbs? 1 point if no
- 5 Did I have electrolytes today? 1 point if yes
- 6 How do I feel right now?  
nervous, shaky, foggy, angry, depressed or clear headed but hunger? 1 point if clear headed
- 7 Do I want something sweet or savory? 1 point if savory
- 8 Am I delaying a project, chore or work deadline? 1 point if no

**5-8 points:** You may be truly hungry. If you are eating enough food and protein at each meal, you should not be hungry for at least 4-6 hours. If you are hungry enough to eat an egg, then have some type of protein.

**Less than 5 points:** This could be habit hunger or Reevaluate your last meal. Did you eat enough, with enough protein? Did you eat too many carbs? If you feel jittery, light headed or shaky, place some sea salt on your tongue and wait 15 min. If you are still hungry eat only protein.