

DAY 4: How To Avoid Sugar At Night

At night after dinner, the worst thing you can do is eat a large portion of refined carbs or sugar, because it destabilizes your blood sugar before bed and through the night. You'll wake up feeling sluggish, tired, or grumpy in the morning.

Even worse, you may wake up craving sugary breakfast foods. Think a bag of candy while watching Netflix, dessert after dinner or a bag of flavored chips filled with added sugar. Apart from the day after effects of nighttime snacking, nighttime snacking with sugary or highly refined carb foods is a surefire way to disrupt sound sleep and can lead to weight gain.

In an ideal scenario, it's best to stop eating after dinner and at least 2 hours before you go to bed. If you have a long history of late night eating, it can be hard to kick the habit.

Nobody likes to go to bed hungry, so until your body is used to your new routine, you can start with replacing your regular go-to after dinner snacks with these healthy alternatives. Remember to keep portion sizes small.

- Chocolate Avocado Pudding – see recipe below*
- Boiled edamame with salt
- Veggie slices and almond butter
- Drink herbal teas
- Blueberry Protein Smoothie – see recipe below*

RECIPES

CHOCOLATE AVOCADO PUDDING

2 ripe avocados, peeled and pitted
(must be ripe)
¼ cup raw cacao or cocoa powder
¼ cup almond milk, unsweetened
1 tsp pure vanilla extract
½ teaspoon stevia

1. Combine all ingredients in a high-powered blender or food processor and blend until smooth. Add more liquid if necessary to get the desired consistency.

BLUEBERRY PROTEIN SMOOTHIE

1/4 cup Vanilla Protein Powder*
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries*
1 cup Baby Spinach
1 cup Water (cold)

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

**You can use any type of frozen berry and may substitute hemp seeds if you don't have protein powder.*