

REDUCE HUNGER

CHECKLIST

When it comes to fat loss, a lot of people know that being in a caloric deficit for a prolonged period is going to do the job.

But, a lot more people know how big of a struggle the caloric deficit can get. Mainly, feeling hungry all the time.

I've gone down the road of fat loss a few times and have picked up neat tricks along the way to help me reduce hunger and make fat loss much easier.

1 **DO INTERMITTENT FASTING**

This is by far the best tip I can give anyone trying to stick to a caloric deficit.

In short, intermittent fasting is a simple eating schedule. You have a dedicated eating window that lasts 6-8 hours. For the remaining 16-18 hours, food is off limits.

This allows you to have bigger and more satisfying meals and to have dedicated breaks from eating or thinking about food.

I find it much easier to stick with some hunger when I'm fasted compared to after having my first meal of the day.

I eat from 12 to 8 PM and spend the next 16 hours fasting. Once I wake up, I have one or two black coffies to blunt my appetite until lunch time.

You can read and learn much more about intermittent fasting at [Leangains.com](https://leangains.com)

2 **KEEP THE CALORIC DEFICIT SMALL TO MODERATE**

The more severe a caloric deficit you use, the hungrier you'll feel.

That is why, I recommend using a small to moderate deficit and only making adjustments to your calories when your average weight loss per week stalls for over two weeks.

For example, say your TDEE is 2800 calories. This is the calorie amount you need to eat daily to maintain your weight.

Now, instead of slashing these calories nearly in half, take out 20% ($2800 \times 0.20 = 560$, $2800 - 560 = 2240$).

You'll consistently lose fat thanks to the moderate deficit but your hunger levels won't be as high and diet adherence is going to be better.

3



EAT MORE PROTEIN

Protein is a very important macronutrient. It helps you build muscle and maintain in during a caloric deficit. But, protein also helps with satiety.

I recommend a minimum of 1g per pound of body weight of protein when you're in a caloric deficit and you can go as high as 1.2-1.25 grams to help you feel satiated longer.

4



EAT MORE LOW-CALORIE VEGETABLES

Veggies are a blessing during a caloric deficit. Not only are they full of vitamins, minerals and fiber our bodies need, but they're also very low on calories and high on volume.

A big bowl of mixed greens can be as little as 150 calories but it could easil fill you up for a few hours until dinner time.

5



DRINK COFFEE AND GREEN TEA TO BLUNT APPETITE

Coffee and green tea are excellent tools to use, especially in combination with intermittent fasting.

Both are natural appetite suppressants and having a cup or two in the morning can really help keep the hunger away until noon time.

In the afternoon, I recommend green tea only as it has less caffeine content and it shouldn't disrupt your sleep.

6 DRINK PLENTY OF WATER

Water has many health benefits and one of them is appetite blunting. Drink it throughout the day and before each meal.

The recommended amount is 0.6 ounces of water per pound of weight daily.

7 CYCLE YOUR CALORIES

This method is hardly revolutionary, but cycling your calories (or carbs, to be more precise) can help you with hunger management.

On workout days, eat at maintenance.

On non-workout days, eat in a bigger deficit.

This method is good for two reasons:

1) You get "days off" from your diet throughout the week. The weekly calorie deficit is there and you will lose fat, but having days of high calorie intake can help you mentally. Also, the day after eating at maintenance, your appetite will likely be more manageable.

2) The increased carbohydrate intake on workout days can help you feel more energized and motivated to hit your workouts hard. Better performance during your workouts means much less (if any) strength and muscle loss.

Here's how to do it:

Say your maintenance calories are 3000. To lose fat at a reasonable pace, we'll set a caloric deficit of 20%.

$3000 \cdot .20 = 600$, $3000 - 600 = 2400$ calories per day.
Or 16800 per week ($2400 \cdot 7$).

To get to target calories for each day, multiply 3000 calories by the number of workout days you have each week.

For our example, they will be 3.

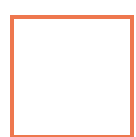
So 3 workout days, 3000 calories per day equals 9000 calories ($3000 \times 3 = 9000$).

Now deduct the 9000 calories from the total 16800 calories for the week and you're left with 7800 calories ($16800 - 9000 = 7800$).

Now that you have your remaining calories, divide that by the number of rest days you have each week. For our example, they are 4.

So, $7800 / 4 = 1950$ calories per day.

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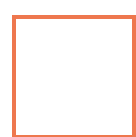
KEEP YOURSELF OCCUPIED

I often find myself thinking about food when I'm not occupied. Usually, when I'm not at work and not really doing anything, I try to keep myself occupied.

Feeling bored can make us think about food. Thinking about food compulsively leads to overeating and poor adherence to the caloric deficit.

The next time you find yourself feeling bored and hungry, find something to do. Chances are, once you occupy your mind, the hunger will go away.

9



EAT MORE WHOLE FOODS

Whole foods generally digest slowly and have more volume. For example, potatoes are a source of starchy carbohydrates and digest slowly.

This means that they make you feel full(er) for longer and provide a steady stream of energy, rather than a sudden spike and crash that most energy drinks (high in fast-digesting carbs) provide.

Meats, fish, dairy products, eggs, and nuts are a great source of protein and healthy fats. They also digest at a slower rate and help you feel full longer.

Vegetables are high in volume and low on calories. They fill your stomach and make you feel full even though the calorie content is very low.

10



USE DIET BREAKS EVERY SO OFTEN

A diet break is a predetermined period of time where you increase your caloric intake to maintenance. That period usually lasts 1-3 weeks.

Having a diet break, especially if you're looking to lose fat permanently, is essential.

A diet break directly improves your hormonal profile from the deficit. This, in turn, helps in the following ways:

- 1)It reduces your appetite and cravings.
- 2)It raises your metabolic rate.
- 3)It improves the likelihood that you'll maintain more muscle and lose more fat after resuming the diet.
- 4)It improves your physical performance and the quality of your workouts.

A diet break also helps you mentally. Knowing that you get to eat normally for a period of time after every few weeks of dieting can really help with diet adherence.

Think of it this way:

Say you have a reasonable amount of fat and are looking at 18-20 weeks of cutting to get to your goal.

But every 6-10 weeks, you get a full break from your diet. Suddenly, that enormous amount of time (4.5-5 months!) doesn't look that scary or daunting.

And instead of progressively feeling worse and worse, you get to take a break and come back fresh and ready to hit the next stage.

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EAT SLOWLY

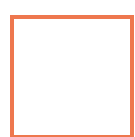
This is more of a psychological trick, but it has a lot to do with how satiety works.

You see, after consuming food, it takes some time before you feel satiated (some research states around 20 minutes). And if you eat food in a rush, you can easily overeat before you start feeling full.

On the other hand, eating slowly allows you to consume food within moderation and slowly “building up” to the satiated state.

So, eat slowly and mindfully, chew your food well and you’ll find yourself leaving most meals feeling satiated, rather than hungry.

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GET ENOUGH SLEEP

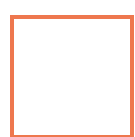
Sleep is an imperative part of being human. Sleep regulates many processes and improves our energy levels, focus, physical endurance, and more.

Sleep also plays an important role with satiety and hunger. Not only is the lack of sleep associated with a high BMI, but it also promotes the feeling of hunger.

I always find myself hungry and craving foods after sleeping less and the research supports it.

To avoid the negative effects of sleep deprivation, get your 8 hours of sleep.

13



SEE HOW CARDIO AFFECTS YOUR HUNGER

A lot of people like to recommend cardio for calorie burning and appetite suppressing.

But, cardio affects people differently and while some people feel less hungry after doing it, others find themselves starving.

These people could have burned as much as 500 calories from the cardio session, but that doesn’t mean much if they gorge themselves with thousands of calories worth the food afterwards.

The best advice I can give you is this:

Do a few low intensity cardio sessions and see how they affect your appetite. If they suppress it or don’t make a difference, keep doing cardio.

But, if you constantly find yourself craving food after doing low intensity cardio, consider the other alternative - high intensity interval training (HIIT), such as sprinting.



The final piece of advice I can give you is the toughest to take. Nevertheless, it's necessary.

Being in a caloric deficit and losing fat sucks sometimes. Some days you can't seem to shake the thought of food and you feel really hungry.

The 13 tips above should really help you keep that hunger under control, but it ultimately depends on you to suck it up to reach your goals.

Getting lean is not that difficult but it does require a degree of discipline and patience.