



FEED THE NEED

**YOUR GUIDE TO MANAGING OVEREATING
AND ENJOYING FOOD AGAIN**

WWW.MICHELLEYANDLE.COM

THANK YOU for downloading this life-changing workbook

My name is Michelle
and I'm a Health
and Nutrition Coach
determined to help you
achieve your health goals
without giving up the
foods you love!



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Hi! I'm Michelle Yandle, a Nutrition Coach, Author and Speaker and I'm so happy that you have now got yourself a copy of 'Feed The Need'.

I designed this book for all of you who 'know what to do' but just can't seem to make it happen. In the past, when I focused solely on nutrition I noticed that all was well for a short while but something always happened that caused clients to 'fall off the wagon' or give up altogether. That's when I realized that there was so much more to health than a healthy eating plan and created my Empowered Eating programs to help women, like you, eat well and stick to it using proven strategies.

This book will help you to identify the triggers behind an overeating and give you everything you need to feel in charge again. I want you to feel great! But I also want you to be able to eat your favourite foods guilt free and without worrying that you'll overdo it.

My programs are for smart, busy women who concerned about their health or weight, tired of dieting, find nutrition confusing and want simple solutions that work for good. Sound like you? Read on!

The Empowered Eating Course: This is 6 weeks of top of the line goodness with daily prompts and coaching to help you break free from dieting and achieve your health goals without rules or restrictions. You'll be joining hundreds of other women who have been overwhelmed by it all as well and get real results that will last a lifetime.

Empowered Eating VIP Coaching: Each year I take a limited amount of women on board for my signature 1:1 coaching programmes. Whether it's a 1 hour strategy session or an 8-week Empowered Eating all-inclusive, you'll be sure to see the results you want. You'll find info on how to apply for both these programs at the back of this book.

Let's get started!

WHAT DRIVES YOUR HUNGER?



You've heard of mindful eating? When we overeat is often the opposite. It's coming from a place of disconnect and it's fuelled by triggers rather than physical hunger. If you're like many of us, actual, physical hunger isn't often the driving force for many of your eating decisions, instead, you eat because of one of many other triggers that motivate your food choices.

So, what causes us to overeat?

Overeating, in particular, emotional eating is that one biscuit that turns into 10 because we've already 'blown it'. It's that large bag of chips that suddenly disappeared. It's that entire block of chocolate eaten in the car before anyone sees. It's that tub of ice cream that was suddenly gone before you knew it – and the guilt that follows.

Perhaps your triggers are habitual ones, or maybe physical, such as thirst or hormones. Or maybe, you need to feed is driven by something deeper, a need to self-soothe or distract ourselves from unwanted feelings.

They don't call them 'comfort foods' for nothing!

Many of us, including myself, have fallen prey to eating to self-soothe, to entertain and to reward and I want to make it clear there is nothing 'wrong' with eating for emotional comfort or distraction or celebration even, but doing so can often lead to unwanted feelings of guilt and shame, which can be powerful triggers in and of themselves.

The key is to be in charge of your decision making and being ok with the result so that you can feel physically, emotionally, spiritually and mentally WELL and GOOD.

COMMON NON-HUNGER TRIGGERS



- | | | |
|----------------------------------|---------------------------------------|-----------------------------------|
| <input type="radio"/> Boredom | <input type="radio"/> Procrastination | <input type="radio"/> Excitement |
| <input type="radio"/> Avoidance | <input type="radio"/> Reward | <input type="radio"/> Frustration |
| <input type="radio"/> Loneliness | <input type="radio"/> Celebration | <input type="radio"/> Anger |
| <input type="radio"/> Guilt | <input type="radio"/> Comfort | <input type="radio"/> Stress |
| <input type="radio"/> Shame | <input type="radio"/> Love | <input type="radio"/> Anxiety |
| <input type="radio"/> Overwhelm | <input type="radio"/> Anxiety | <input type="radio"/> Depression |

MY OWN PERSONAL TRIGGERS

- | | | |
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| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |
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*If your craving doesn't
come from hunger -
eating isn't going to
satisfy it*

Again, there is a time and a place for emotional eating and there is nothing wrong with the occasional comfort food when other options are in the 'too hard basket'. We need to ditch the guilt overall. However, it's also great to have a toolkit of other strategies that you can use as an alternative to food when you're able.

I honestly believe our bodies are very powerful. That they know what's the healthiest weight for us and if we truly listened to it, and to our hunger we wouldn't have as many problems maintaining a healthy weight.

If we simply ate what our body needed (and yes, sometimes that's a piece of chocolate!) we'd be more than halfway there. But, more often than not, that sneaky little emotional response kicks in and well.... diet over. That's why I hate diets and why I'm so passionate about helping people who struggle with self-sabotage and overeating.

So, we know restrictive diets don't work, we know we're usually not hungry when we overeat and so what's a smart woman like you to do about it?

"HEALTH IS A STATE OF COMPLETE PHYSICAL,
MENTAL, AND SOCIAL WELL BEING, AND NOT
MERELY THE ABSENCE OF DISEASE."

- WORLD HEALTH ORGANISATION



FIVE TIPS TO GET STARTED



1. PRACTICE PRESSING PAUSE

This means whenever possible, stop before grabbing the food. You may need a note on your fridge door or it could mean putting the comfort foods in a different area of the house. This helps us to remove the automatic response that leads to eating from a place of disconnect. Once you've managed to pause. Try to remove yourself from where the food is. Go sit in another room so that you can actually tune into your body. Ask yourself the simple question: Am I hungry? If you're not sure, ask yourself I you could eat broccoli or Brussels sprouts?

Chances are if you're wanting chocolate but not nourishing foods you're probably not hungry. Real hunger is physical, and what drives emotional eating is mental or emotional. Again, there is a time and a place for emotional eating and there is nothing wrong with the occasional comfort food when other options are in the 'too hard basket'. We need to ditch the guilt overall. However, it's also great to have a toolkit of other strategies that you can use as an alternative to food when you're able.

WHAT DOES HUNGER FEEL LIKE TO ME?

- _____
- _____
- _____
- _____
- _____

1.



2. SIT DOWN AND ENJOY YOUR FOOD

Ok, you've asked yourself if you're hungry and whether you are or not you've decided to eat, first, know that that is OK. You haven't failed, you've simply made a conscious decision. Now, if possible, always try to sit down at a table with a knife, fork and a plate and focus on the act of eating. Even if it's a bag of chips or the leftovers from your child's lunchbox. Sit down at the table, remove distractions (tv, smartphones) and simply eat.

2.

*When walking walk,
when eating eat
-Zen proverb*



3. AVOID THINKING OF FOODS AS 'GOOD' OR 'BAD'

What happens when someone tells you that you can't have something you enjoy? I don't know about you, but my natural response is to want it more.

Imagine if I were to tell you right now that you could never have _____ (insert favourite food) ever again, starting tomorrow. What would you be doing later today/tonight? I don't know about you but I'm fairly certain I'd be consuming mass amounts of said food.

The same thing happens when we label certain foods as 'bad'. They are given too much power and are naturally the foods that we're going to reach for when we're feeling stressed. They provide a release, an avoidance and a comfort. Remember, all foods can be part of a healthy diet and no one food in isolation (unless you have a severe allergy) will cause your health to deteriorate. By labelling certain foods as bad, you're just going to crave them more and overdo it when the stress is too much and you have to have 'just one'.

Instead. Enjoy these foods mindfully when you 'really really really' want them. Be grateful for the flavours, textures and aromas. Know that you can have these foods whenever you really really really want them again. Unconditional permission is a very powerful thing indeed.

Let's start with a commonly feared food: Chocolate.

3.

YOUR CHOCOLATE MOMENT:

Chocolate is a commonly grabbed food in periods of fatigue, stress, sadness and basically, any other emotion that needs comforting.

But chocolate doesn't have to be a 'danger' food. Chocolate can totally be part of a healthy balanced diet and, if you like chocolate, I encourage it! Chocolate is full of antioxidants and other health-promoting qualities.

Like a fine wine, chocolate has complexities of flavours, aromas and textures when created properly and like a fine wine, it should be experienced fully and gratefully.

So, go grab yourself your favourite chocolate or better yet, one you've never tried before. It might be dark and flavoursome, organic or fair-trade or, perhaps, cheap and trashy. The important thing is to choose a type you wouldn't normally eat or that you consume only rarely.

If you're not into chocolate, feel free to grab anything off your previous "naughty" list.

Are you ready?

1. Open the package and take a long deep breath with your eyes closed. Let the aroma fill your senses.
2. Break off a piece and look at it, analyse it, observe it as if you've never seen a piece of chocolate before.
3. Place the chocolate in your mouth and hold it on your tongue letting it melt (if possible). You'll be tempted to suck it but hang on! Did you know chocolate has over 300 different flavours? See how many you can identify.
4. After your chocolate has melted, swallow it slowly and truly experience the textures and tastes as it goes down your throat.
5. Say a silent "thank-you" and truly experience the gratitude that this divine food is on the planet and you're able to experience it.
6. Repeat for as many pieces as you'd like.

How do feel? Is it different from normal chocolate eating? Did it taste better than usual? Or were you disappointed? Experiment with eating mindfully with other favourite foods.



4. FEED THE NEED

This one takes a bit of work, and you might need some support but if you're not hungry – no amount of food is going to satisfy you. Finding out what your body actually needs is going to be the single best way to overcome emotional eating.

At the beginning of this workbook, you began to identify some triggers. Some of them were no doubt emotional. Taking time to label the emotions that are causing you to eat when you're not hungry and give our body what it actually needs by coming up with alternatives is the best way to ensure these cravings don't keep surfacing and begin to feel in charge of your eating. If its comfort you're after, perhaps you need a hug. If it's companionship, give your best friend a call. Finding alternative solutions to what's really going on is the key to managing emotional eating.

4.

The next time you find yourself reaching for something to eat when you're not hungry. Take yourself through the following script by Dr. Michelle May to figure out exactly what your body needs.

WHEN _____ I FEEL _____

I NEED _____ I WILL _____

Let's work through it:

When: Describe the trigger or feeling when you have the urge to eat but you're not hungry.

I feel: Name the emotion, yes this can be hard! Just see if you can identify it.

I need: This part is crucial, the feelings you described are indicating your need. Do you need calm? Appreciation? Organisation? What do you truly need? If you don't meet this need, it will keep popping up disguised as a need to eat.

I will: What's one simple action step you can take RIGHT NOW to feel better?



Sometimes, triggers aren't emotional. They can be physical or cognitive or behavioural. My 6-week Empowered Eating course has helped so many women identify triggers and come up with alternatives that work for them, and guess what - the cravings go away!

One common trigger is boredom. I can remember standing in front of the fridge for ages until my mother yelled 'you're not hungry - you're bored!'

Having an emergency kit with plenty of ideas and resources during those times will be imperative. Have a look at the next page for some ideas to get you started. Write down your favourites below:

40 THINGS TO DO BESIDES EAT



WRITE IN A JOURNAL



CALL A FRIEND

TALK ABOUT YOUR FEELINGS INTO A RECORDER



CRY



BREATHE DEEPLY



GET A MASSAGE



TALK IT OUT

CONFRONT THE PERSON WHO IS TRIGGERING



DRAW A PICTURE



GARDEN



PLAY WITH YOUR PET

ASK A FRIEND FOR A HUG



WATCH A FUNNY MOVIE



PUNCH A PILLOW

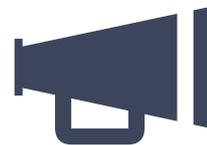
TAKE AN AROMA-THERAPY BATH



GO FOR A RUN



TAKE A YOGA CLASS



SCREAM



TRY A NEW RECIPE



GET OUTDOORS



TAKE A DRIVE

PLAY A GAME ON YOUR SMART PHONE



MEDITATE



SAY A PRAYER

DANCE TO YOUR FAVOURITE SONG



FEEL YOUR FEELINGS

FRESHEN YOUR MAKE-UP



VOLUNTEER

WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR



WRITE A LETTER

PLAN A DATE TO DO SOMETHING SPECIAL FOR YOURSELF



TAKE A NAP



GET A MANICURE

DO SOMETHING KIND FOR A STRANGER



KNIT



DO A PUZZLE



LISTEN TO YOUR FAVOURITE SONG



ORGANISE YOUR PHOTOS



BUY YOURSELF A PRESENT



DRINK A CUP OF WATER



5. LIVE THE LIFE YOU CRAVE

The more you fill your body, heart and spirit up, the less you'll need food to satisfy you. Or, as Dr Michelle May says; Live the life you crave and food will lose its power.

Make a list of 10 things that truly make you happy. You might have to go way back to when you were a child. What fills you up? What made you so excited you ignored your mum's calls for dinner? When was the last time you did something on the list? Make it a priority to do at least one of these things as often as possible and watch your need to comfort with food begin to decrease. Remember, you can't pour from an empty cup and if hunger isn't the problem, food will never fix it.

Another activity I highly recommend is purchasing a gratitude journal and taking some time to focus each day on what is actually going well and what you love or at least enjoy about your life. Our brains are hard-wired to seek out challenges, mistakes and everything that could go wrong, it's simply a survival method, but we can learn to focus on the good and retrain our brains. A gratitude journal can help with that. If you're looking to truly spoil yourself, Gratitude journals from Awesome Inc. are one of a kind, **check them out.**

5.

THINGS THAT BRING ME JOY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

*"Live the life you
crave and food will
lose its power"*

DR. MICHELLE MAY



WORKING THROUGH THE STEPS



On the next page, you'll find a printable page to help guide you through some of the items we've talked about. Go through the process step by step whenever you feel the 'need to feed'.

Let's imagine the following scenario:

You're home, the kids are in bed, your husband is working late. You're feeling the pangs of loneliness starting to creep in and think – I need chocolate.

First, just stop. You need to put a little note on your cupboard or fridge door to remind you because habits are sometimes hard to break.

Take a breath. Close your eyes – take 5 deep breaths and check in with your body's feelings.

Keep your eyes closed and ask yourself "Am I hungry"?

If the answer is **YES** (the physical symptoms of hunger are there), great! Ask your body what it needs, grab yourself some delicious satisfying food, and sit down at the table (not in front of the television) and enjoy it.

If the answer is **NO**, definitely not hungry, you have a couple choices and both are ok. You can decide to eat anyways, repeat the suggestion above. Or, you can engage in the more difficult but most satisfying process of coming up with an alternative.

EMPOWERED EATING ACTION PLAN

PAUSE - BREATHE



ASK "AM I HUNGRY?"



YES, PHYSICAL SIGNS ARE THERE



NOPE, NOT HUNGRY



ASK YOURSELF WHAT YOU NEED



WHAT TRIGGERED YOUR
NEED TO FEED?



CAN WE CROWD IN SOME NUTRIENTS?



ARE YOU WILLING TO
SOOTHE WITHOUT FOOD?



NO

YES

EAT MINDFULLY, AND WITH
GRATITUDE, USING ALL YOUR
SENSES TO ENJOY WHAT YOU EAT
FULLY. WITHOUT GUILT OR SHAME.
MOVE ON



GET A HUG. CALL A FRIEND.
TAKE A BATH.
WRITE IN A JOURNAL.
FIND AN ALTERNATIVE!

RECIPES FOR EMPOWERED EATING

Sometimes, when we're not getting enough through the day this can cause us to overeat at night, or in the afternoon when hunger takes over. Having some nutritionally dense foods throughout your day and making sure to get enough can prevent this. Here's a collection of my favourite recipes.

CHIA SEED PUDDING PARFAIT

Serves 1-2

1 1/2 cup coconut milk or almond milk
1/4 cup chia seeds
1 tsp vanilla powder (or extract)
1/4 tsp cinnamon
Berries, shredded carrots

The evening before, mix all the ingredients together (except for the berries and carrots) and place in the fridge. Occasionally stir the mixture to ensure that the chia seeds don't stick together. The next day, layer the puddings with coconut yogurt or full fat organic Greek yogurt into parfait glasses. Add berries, and carrots. Top with another dollop of coconut yogurt and a sprinkle of cinnamon.



NO OAT PORRIDGE

Serves 1

1/4 cup raw pumpkin seeds
2 Tbsp linseeds
1 Tbsp chia seeds
2 Tbsp unsweetened shredded coconut
1 Tbsp cinnamon
1/2 tsp vanilla extract
1/2 cup warmed milk of choice (organic, raw, almond or coconut)

Grind everything except the milk in a food processor until finely processed. Place in a bowl and add the warmed milk. Enjoy with fresh fruit, coconut yogurt, or toppings of choice.

LEMON PANCAKES

Serves 1-2

1/2 cup almond flour
2 eggs
1/2 banana
1 tsp cinnamon
1/2 tsp vanilla extract
1 Tbsp ground linseed
Zest from 1 lemon
(A little almond milk if needed)
Coconut oil or butter for cooking

Whizz all the ingredients in a blender and then pour into your hot coconut oil- or butter-greased pan. Cook until you start to see the bubbles burst on the top and then cook on the other side until done.



MUESLI

Serves 1-2

1 tsp vanilla powder (or extract)
1 tsp cinnamon
1/4 tsp nutmeg
1 tsp coconut oil
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup linseeds
1/4 cup dried blueberries or other dried fruit
1/4 cup coconut shreds
2 tsp raw honey (optional)

Mix the cereal together in a bowl and store in a sealed jar in the cupboard. When you want to serve your muesli simply warm some coconut milk or another milk of choice over medium heat and add the muesli ingredients. Mix it up then add fresh fruit of choice or even your favourite nut butter.

SPICED KALE SCRAMBLE

Serves 1

1 tablespoon coconut oil
2 large eggs
1 cup chopped kale
1 teaspoon turmeric powder
1 teaspoon garlic powder
Sea salt and pepper to taste

Heat the coconut oil in a skillet. In a separate bowl, whisk the eggs. Add chopped kale and spices to the skillet. Cook until slightly wilted. Then, add whisked eggs. Sauté until the eggs are firm.



DELICIOUS DAIRY-FREE PESTO

1 cup basil leaves
1/2 cup coriander leaves 2 sun-dried tomatoes
1 lemon, juiced
2 cloves fresh garlic
1/4 - 1/2 cup extra virgin olive oil as needed.
Sea salt to taste

Combine the basil, coriander, sundried tomato, juice and garlic in a food processor. Pulse and process the mixture until finely chopped. Slowly add extra extra virgin olive oil in a steady drizzle as you pulse on and off. Process until it becomes a smooth light paste. Add salt to taste

SUNFLOWER SEED PATE

2/3 cup raw sunflower seeds soaked for 8 hours
1 large celery rib
1 large clove of garlic
2 tsp dried thyme
1/4 tsp sea salt
1/2 tsp black pepper
1 large lemon zested and juiced 1/4 cup extra virgin olive oil or avocado oil.

Drain the sunflower seeds of excess water. Add the sunflower seeds, celery, garlic, thyme, sea salt, black pepper, lemon juice with the zest, and extra virgin olive oil to your blender or food processor. Blend until well incorporated. The pate should be smooth but still have some texture to it.



FISH N CHIPS

Serves 2-3

500g of your favourite white fish
1 cup almond meal
1/2 tsp sea salt
1/2 tsp dried parsley—or 1 tsp fresh
1/2 cup tapioca flour
2 eggs

Prepare three bowls. In one bowl combine the almond meal, parsley and sea salt.

In another bowl scramble the eggs.

In the third bowl add the tapioca flour.

Cut your fish into strips and dip each strip one at a time into each bowl beginning with the tapioca, then the egg and finally the almond meal mixture.

Fry the crumbed fish in a pan heated to medium heat until it is browned on all sides and cooked through.

Serve with celeriac fries or kumara chips and your favourite greens.



SOUTHWESTERN SALMON BURGER

Makes 4-5 servings

2 400g cans of pink salmon
3/4 cup almond meal
2 large eggs
1 red capsicum, diced
1 tablespoon coriander, minced
1 tablespoon scallion, minced
1 teaspoon sea salt
1 teaspoon ground cumin
1 tablespoon ground chilli
1 tablespoon fresh lime juice
2 tablespoons olive oil

Rinse the salmon, pat dry, and cut into 1/4 -inch cubes.

In a large bowl, combine salmon, almond meal, eggs, capsicum, coriander, scallions, salt, cumin, chilli, and lime juice. Form mixture into 2-inch patties. Heat sunflower oil over medium-high heat. Cook patties for 4-6 minutes per side or until golden brown. Transfer to a paper towel-lined plate & serve.

Serve with 1 slice toasted gluten-free bread & a side of steamed broccoli. You can mash avocado on gluten-free toast or make an avocado sauce in a blender/food processor with avocado, lemon juice, sea salt & pepper.

For an even easier version, try Salmon Dill Burgers:

Forget all the veggies & spices.

Use 1/2 cup almond meal,

1 tablespoon lemon zest,

1 tablespoon finely chopped dill, and only 1/2 teaspoon salt.

Refrigerate cooked burgers for 3 days.

MACADAMIA CHICKEN

Makes 3-4 serves

4 chicken thighs
2 Tbsp olive oil or macadamia oil
1/2 cup macadamia nuts ground in the food processor until crumb-sized
1/4 cup homemade mayo (see recipe below)
Salt and pepper to taste

Preheat oven to 180°C//350°F

Add oil to the bottom of a rectangular baking dish. Rinse the chicken then pat dry and place in the baking dish. Spread each piece of chicken evenly with the mayonnaise, then sprinkle the chicken with macadamia nut crumb and some sea salt. Bake until the juices run clear and the macadamias have browned.



THAI CHICKEN CAKES

Makes 6-8 cakes

Coconut oil for greasing
500g organic chicken mince
1 tsp garlic powder (or two small cloves chopped)
1 large handful of silver beet (just the leaves)
2 tsp fish sauce
1 tsp ground turmeric
3 Tbsp coconut cream
1/2 tsp ground ginger.

Simply place all the ingredients in a food processor and pulse until combined. Drop large spoonfuls (about 1/4 - 1/2 cups worth) of the mixture into 6-8 muffin tins.

Bake in the oven for 15-20 minutes or until baked through and starting to brown.

GREENS AND APPLE SALAD

Serves 3-4

4 cups kale, chopped
1 avocado, diced
Juice of 2 small limes
4 Tbsp avocado oil (or oil of choice)
Pinch of sea salt
Pinch of pepper
1 Granny smith or Braeburn apple
1/4 cup carrots, grated
2 Tbsp sunflower seeds

Place the first 6 ingredients in a bowl and use your hands to massage the kale and the rest of the ingredients until the kale has 'broken down' and looks cooked. Toss with the remaining ingredients and add some dried cranberries for extra bite.



LEMONY KALE SALAD

Serves 4

4 cups finely chopped kale
1 avocado, diced
1/4 cup dried cranberries
1/2 cup chopped pecans
1/4 cup crumbled goat cheese

Lemon Vinaigrette

1/4 cup olive oil
1/4 cup cider vinegar
Zest of 1 lemon
3 Tbsp freshly squeezed lemon juice
1 Tbsp honey or maple syrup

Whisk together olive oil, apple cider vinegar, lemon zest, juice and honey in a small bowl; set aside. To assemble the salad, place kale in a large bowl; top with avocado, and use your hands to massage the kale until it is slightly wilted and bright green. Add the pecans and goat cheese. Pour the dressing on top of the salad and gently toss to combine.



EASY COLESLAW

Serves 4

1/2 large green cabbage finely shredded (or a mixture of green and red)
1/3 cup homemade mayonnaise (see Spring recipe)
Juice from 1 lemon
2 to 3 Tbsp fresh chopped parsley

Mix all the ingredients into a large bowl and serve.
** Green apple cut into matchsticks is also nice in this.



SWEET HONEY TRUFFLES

Makes 12 balls

1/2 cup coconut flour (or just grind up some coconut flakes)

1/4 cup raw almond butter

3 Tbsp raw honey

1 Tbsp ground linseed

1 Tbsp carob (or raw cocoa) powder, for rolling

Combine the coconut flour, almond butter, honey, and flaxseed in a medium bowl. Add a pinch of sea salt if your almond butter is unsalted.

Using a wooden spoon, stir thoroughly to combine as best you can, then use your hands to incorporate the ingredients together completely.

Divide the mixture into about 12 portions and roll into balls.

Place the carob powder in a small bowl. One at a time, place a truffle into the bowl and roll it around gently to coat. Transfer each truffle to a small plate once coated. When all truffles are coated, place the plate in the fridge to chill for 10-15 minutes.

STRAWBERRY ICE CREAM

Serves 4

1 cup raw cashews (soaked overnight)

1 cup water

2 Tbsp raw honey or maple syrup

1/2 tsp vanilla extract

4 cups frozen strawberries

In a food processor, mix the cashews with half the water until you get a smooth paste. Mix in the rest of the ingredients and blend until smooth and creamy. Serve immediately.





Thanks again for downloading this guide. I truly hope it has helped you to work through some of the reasons you might be overeating and given you some strategies to 'feed the need'.

I'd love to help support you further to make changes so that you can feel great and eat your favourite foods without worrying that you won't be able to stop! If you're concerned about your health or weight, tired of dieting and find nutrition information totally confusing, let me help. Together we'll get you feeling in charge of your eating again and set up some easy steps to make lifelong changes.

Facebook Support: Daily conversations and tips around health and nutrition without rules and restriction. Watch for guest speakers and random giveaways to help keep things exciting! Join in!

My book The Empowered Eating Handbook will support you with the 'what' and the 'why' when it comes to healthy eating. I'd love to send you a signed copy!

VIP coaching programs: Empowered Eating Coaching is my signature VIP one-on-one coaching programme – I take a limited number of private clients each year - you can apply right here: (www.michelleyandle.com/nutrition-coaching-1)

My 6-week Empowered Eating course: This, is a game changer! The Empowered Eating course is 6-weeks of goodness that will give you everything you need to improve your wellbeing and embrace lasting change so that you never had to go on another diet again. This super powerful program has been described as life-changing when it comes to clarifying the confusion around nutrition and working through overeating. Join the hundreds of smart, hard-working women just like you who want to improve their wellbeing in a way that is supportive and doesn't overwhelm. Learn what's right for your unique body, learn to listen to hunger and fullness cues, end nutrition confusion and get the strategies you need to reduce emotional eating so you can feel great and live your best life without having to go on another diet again.

*Yours,
Michelle*



AS SEEN IN/ON