

3 Sweet Freedom Rules™

How to stop cravings, eat sweets, and
finally feel in control *of your eating*



*You're not overeating.
Your meals are failing you.*



Feeling *Stuck*?

If you've ever felt like:

- you're always thinking about food
- you try to 'be good' all day, then lose control
- sweets feel impossible to manage

👉 **this is not your fault.**

Most diets ignore one thing:

*how your meals actually affect
your hunger*

That's why you feel stuck.

*These 3 rules will change how you see food —
and why nothing worked before.*



Rule #1

Stop trying to eat less — your meals are the problem

Most people don't overeat because they lack discipline.
They overeat because their meals don't **keep them full**.

If your meal looks like:

- coffee + snack
- yogurt + fruit
- salad without protein

👉 you **WILL** get hungry again fast.

And when hunger hits — you crave sugar.

This is not lack of control.

This is poor meal structure.

💡 **Fix:** Every meal should keep you full for 3–4 hours.
If it doesn't → **it's broken.**

Curious how to structure meals properly?

→ *See how it works in real life*



Rule #2

Cravings are not random — they're predictable

Cravings don't just “happen”.

They are usually caused by:

- eating too little earlier
- meals without enough protein
- long gaps without food

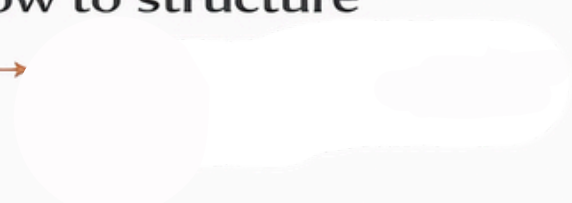
👉 **Example:**

You eat light during the day →
By evening → you want sweets.

Not because you're weak.
Because your body is catching up.

💡 **Fix:** If cravings repeat daily →
your structure is wrong, not your willpower.

Curious how to structure
meals properly? →





Rule #3

**Sweets don't make you gain weight —
bad timing does**

Sweets are not the problem.

👉 THIS is the problem:

- eating sweets when you're already hungry
- using sweets as a quick fix
- eating them alone

👉 Example:

Chocolate on empty stomach → cravings explode

Chocolate after a full meal → no problem

💡 Fix:

Never eat sweets as your first food.

Attach them to a real meal.

This is where most people lose control.
If you want a simple system to follow:

[Get the Starter Kit](#)

Before you go...

Most people try to fix weight loss by:

- eating less
- cutting foods
- relying on willpower

That's why they stay stuck.

👉 You don't need another diet.

You need a structure that works.

[See the Starter Kit](#)

You don't need more discipline.

You need a system that works with your body.

Most people **never** learn how to structure meals properly — and that's why they stay stuck.

👉 The Eat More Lose More Starter Kit shows you:

- ✓ how to build meals that keep you full
 - ✓ how to stop cravings without cutting foods
 - ✓ how to include sweets without losing control
-

👉 It's simple. Practical. And designed for real life.

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