

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.



About the Author

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----- Founder of GlucoNutri — Diabetes Wellness Coach -----

Hi, I'm Mia — and I spent years feeling frustrated with my body.

I ate “healthy”. I tried different diets. But I was always tired, always craving sugar, always feeling like something was off.

Everything changed when I was pregnant and diagnosed with gestational diabetes. Suddenly, blood sugar wasn't a curiosity — it was something I had to understand to protect my baby.

That fear is what made me study this so closely. At first, it was just for us — to keep my baby safe and myself steady through the pregnancy.

A few years and a full nutrition education later, I realized I had something worth sharing.

Everything I teach isn't theory from a textbook. I've tested it on myself — tracked my own glucose, tried the products, lived through the cravings and the fixes.

That's why I created GlucoNutri: to share what actually works, without complicated diets or extreme rules.

Simple habits. Real results. Lived, not just studied.

gluconutri.com

Rule #1

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
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Example:

Chocolate on empty stomach -> cravings explode

Chocolate after a full meal -> no problem

And the same goes for breakfast.

Carbs and sugar on an empty stomach first thing in the morning spike your blood sugar before your body has anything to balance it with.

Breakfast should never be sweet and empty. Pair it with protein or fat first.

Fix:

Never eat sweets (or sweet carbs) as your first food.

Attach them to a real meal — even at breakfast.

This is exactly the kind of thing we work through, step by step, inside the 7-Day Glucose Reset.

Rule #2

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 #3

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
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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?



You don't need another diet.

You need a structure that works with your body — not more willpower.

7-Day Glucose Reset

What's inside:

- 7 daily guides — 2 new habits per day, building on each other
 - Glucose Tracker — to see your real patterns and progress
 - How to Read Your Glucose — so the numbers make sense
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It will help you:

- Build meals that keep you full — no more cutting foods
 - Stop cravings before they start
 - Include sweets without losing control
 - Build a simple, lasting routine
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It's simple. Practical. And designed for real life.

Special Price

Instant digital download

[Get the 7-Day Reset](#)

gluconutri.com/en/7dayglucosereset