



Lose weight by eating MORE, not less.

Eat More Lose More™ Starter Kit

Mia KellerWellness
Nutrition Coach

Before you start...



This is not a diet.

You won't see calorie counting, food restrictions, or meal timing rules here. Instead, you'll learn a simple structure that works with your body – not against it.

Most women overeat not because they lack willpower, but because their meals don't keep them full.

When you're hungry, you crave sugar.
When you crave sugar, you feel guilty.
When you feel guilty, you start over on Monday.

This kit breaks that cycle.

Let's begin.



1. Meal Structure Basics

THE #1 REASON WOMEN OVEREAT?

Their meals don't keep them full for more than 2 hours.

If your meal looks like this:

- Coffee + a snack
- Yogurt with fruit
- Salad without protein

You WILL get hungry again fast. And when hunger hits, cravings explode.

THE FIX:

Every meal should keep you full for 3-4 hours.

HOW:

Each meal needs 3 things:

1. **Protein** (eggs, meat, fish, tofu, Greek yogurt)
2. **Fiber** (vegetables, salad, berries)
3. **Healthy fat** (avocado, olive oil, nuts)

That's it.

No complicated rules.

What this looks like in real life



BROKEN MEAL (KEEPS YOU FULL 1-2H):

- Coffee + banana
- Greek yogurt with berries
- Salad with chicken (no fat)

FIXED MEAL (KEEPS YOU FULL 3-4H):

- Coffee + 2 eggs + 1/2 avocado
- Greek yogurt with berries + handful of nuts
- Salad with chicken + olive oil dressing

YOUR TURN:

Look at your last meal. Was it broken or fixed?



2. Cravings Trigger Breakdown

Cravings don't just "happen". They are predictable.

The most common triggers:

- Eating too little earlier in the day
- Meals without enough protein
- Long gaps without food (more than 4-5 hours)
- Eating sweets on an empty stomach

EXAMPLE:

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

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

THE FIX:

If cravings repeat daily, your structure is wrong – not your willpower.

SOLUTION:

Apply the meal structure from section 1. Cravings will drop within 2-3 days

3. Sweet Integration Rules

Sweets don't make you gain weight. Bad timing does.

THE PROBLEM:

- Eating sweets when you're already hungry
- Using sweets as a quick fix between meals
- Eating sweets alone (without protein/fiber)

EXAMPLE:

Chocolate on empty stomach → cravings explode → you eat more

Chocolate after a full meal → no problem → you feel satisfied

THE FIX:

Never eat sweets as your first food.

Always attach sweets to a real meal:

- Dessert RIGHT AFTER lunch or dinner
- Cookie WITH your afternoon snack (not instead of)
- Ice cream AFTER dinner (not as a late-night standalone)

This one rule changes everything.

4. Common Mistakes Guide

MISTAKE #1: EATING TOO LITTLE DURING THE DAY

→ Leads to evening overeating. Fix: Eat proper meals earlier.

MISTAKE #2: CUTTING OUT ALL SWEETS

→ Leads to bingeing later. Fix: Include small sweets daily WITH meals.

MISTAKE #3: RELYING ON WILLPOWER

→ Willpower runs out. Fix: Rely on structure instead.

MISTAKE #4: SKIPPING PROTEIN

→ You stay hungry. Fix: Every meal needs protein.

MISTAKE #5: EATING SWEETS ON EMPTY STOMACH

→ Cravings spiral. Fix: Sweets only after real food.

5. Quick Start Plan (first 7 days)

DAY 1-2: FOCUS ONLY ON MEAL STRUCTURE.

→ Every meal: protein + fiber + fat.

DAY 3-4: ADD SWEET INTEGRATION.

→ Sweets only AFTER a full meal.

DAY 5-7: NOTICE CRAVINGS.

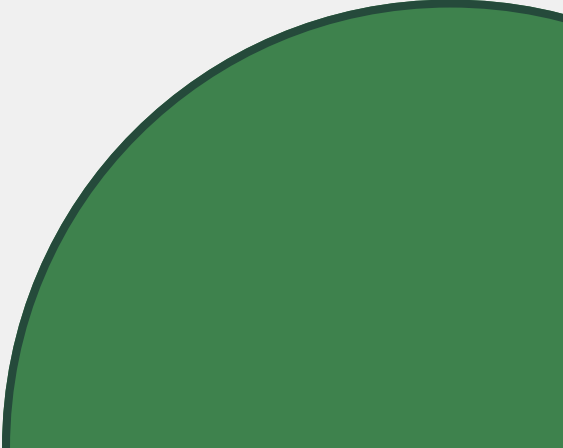
→ When do they happen? What triggered them?


By day 7, you should notice:

- Less random snacking
- Fewer evening cravings
- More stable energy


Quick Start Checklist



- I UNDERSTAND MEAL STRUCTURE (PROTEIN + FIBER + FAT)
 - MY LAST MEAL KEPT ME FULL FOR 3-4 HOURS
 - I KNOW MY CRAVING TRIGGERS
 - I EAT SWEETS ONLY AFTER A FULL MEAL
 - I STOPPED EATING SWEETS ON EMPTY STOMACH
 - I HAVE MORE ENERGY BETWEEN MEALS
 - I FEEL LESS GUILTY AFTER EATING SWEETS
- 



Ready for the full system?



The Starter Kit gives you the basics.

The **Eat More Lose More Method** (full system) includes:

- Advanced cravings control
- Emotional eating guide
- Eating out strategies
- 20+ recipes

[SEE THE FULL METHOD](#)

BONUS: Emotional Eating Reset



3 STEPS TO STOP STRESS-EATING TODAY

A quick, practical guide to calm cravings, stabilize hunger, and regain control — without restriction.

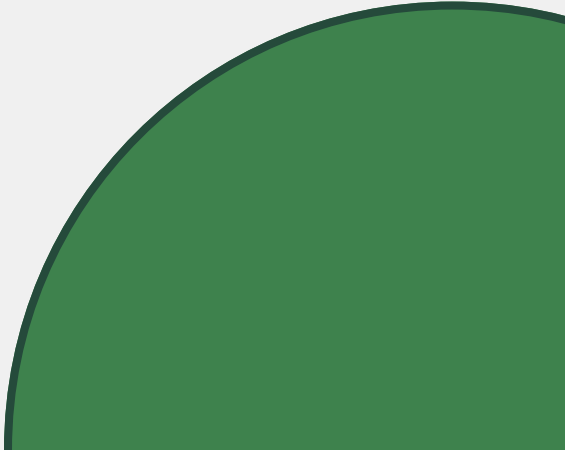
WHY EMOTIONAL EATING ISN'T A WILLPOWER PROBLEM



Emotional eating, sugar cravings, and evening snacking happen when your hunger signals are unstable — not because you “lack discipline”.

Once you stabilize hunger and calm your nervous system, cravings naturally drop, and emotional eating becomes easier to control.

This quick guide gives you 3 simple steps you can use today to break the cycle and feel more in control — without dieting, restriction, or starting over again tomorrow.



STEP 1 — The 5-Minute Grounding Reset

USE THIS ANYTIME CRAVINGS HIT OUT OF NOWHERE.

HOW TO DO IT:

1. Sit down, feet on the floor.
2. Inhale for 4 seconds, exhale for 6.
3. Place one hand on your chest, one on your stomach.
4. Breathe until your body softens (usually 60–90 seconds).
5. Ask yourself: “What do I actually need right now?”

WHY IT WORKS:

Cravings often come from stress, not hunger. This resets your nervous system and stops the spiral before it starts.

STEP 2 — Break the Evening Snack Loop

EVENING OVEREATING IS A PATTERN — NOT A PERSONALITY TRAIT.

DO THIS INSTEAD:

1. Eat a protein-rich afternoon snack (15–20g protein)
2. Add a slow carb (berries, oats, sweet potato)
3. Add something salty or crunchy if you crave texture

WHY IT WORKS:

Most evening cravings come from **under-eating earlier in the day**.

This stabilizes blood sugar and removes the “I lose control at night” feeling.

STEP 3 — The Morning Stabilizer



WHAT YOU EAT EARLY IN THE DAY DETERMINES HOW STRONG YOUR CRAVINGS WILL BE LATER.

YOUR MORNING STABILIZER FORMULA:



1. Protein (20–30g)
2. Fiber (berries, chia, veggies)
3. Healthy fat (avocado, nuts, seeds)
4. Savory breakfast (not sweet)

WHY IT WORKS:

This combination **keeps hunger predictable for 4–5 hours** and reduces sugar cravings by 30–50% throughout the day.



Your 24-Hour Emotional Eating Reset Plan

USE THIS ANYTIME YOU FEEL "OFF TRACK"

MORNING:

Stabilizer breakfast (protein + fiber + fat)

AFTERNOON:

Protein snack + slow carb (add sweets as a desert, not on empty stomach)


EVENING:

5-minute grounding reset before eating
Eat a balanced dinner (protein + veg + carb)


NIGHT:

Warm drink + screen-off 20 minutes earlier
No food 2 hours before bed

This resets hunger, cravings, and stress patterns in one day.



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