

PMS Nighttime Cravings Survival Guide

A few simple steps to interrupt PMS sugar spirals, without restriction, guilt, or willpower.



NIGHTTIME PMS CRAVINGS EMERGENCY MINI-GUIDE

An Easy, Grounding Reset For The Hardest Hour Of The Day

🌙 Why nights feel harder

Low serotonin, low energy, and rising cortisol make your brain push for quick sugar. This isn't lack of willpower, it's physiology plus exhaustion.

Step 1

🌙 Dim & Drink (60 seconds)

- ✓ **Turn off overhead lights** and switch to one soft lamp.
- ✓ **Make a warm drink:** herbal tea, warm water with lemon, hot chocolate or anything soothing.

Low light signals safety, reducing urgency.

Holding and sipping on something warm calms the craving impulse.



Reduce Stimulation -
lower lights, reduce
noise, avoid
doom-scrolling.

Your brain is more
sensitive during PMS,
give it softness, and
intentional rest.

Step 2

🌙 Legs-Up-the-Wall (60 seconds)

- ✓ Lie down with your legs resting up a wall or headboard. Let your shoulders drop.

This position calms the stress response and quiets urgency fast.



1 minute nervous
system reset is very
easy and powerful



Step 3

🌙 “Long Exhale” Technique (60 seconds)

- ✓ Inhale for 4
- ✓ Exhale for 6
- ✓ Repeat 3-6 times

A longer exhale lowers the stress response that drives nighttime sugar cravings.



This interrupts spirals and brings clarity.

Step 4

🌙 Smart Swap

If you still want something sweet, choose a high-protein comfort: a small bowl of Greek yogurt based dessert - **Grown-Up Reese's**

- ✓ Mix a cup of plain Greek yogurt with:
 - 1 tsp peanut butter powder
 - (or a teaspoon of real peanut butter)
 - ½ tsp vanilla extract
 - 1-2 tsp cacao powder
 - 1 tsp instant decaf coffee
 - your favorite sweetener (sugar, allulose, or monk fruit - see PMS Essentials list)

Want to take it to the next level? Shave some dark chocolate on top, or sprinkle some cacao nibs.

It's filling, protein-rich, and hits the sweet spot without the crash giving you a good dose of sleep enhancing magnesium.



It satisfies the craving without the big blood sugar spike that disrupts sleep

🌙 Want deeper support?

Stop Starting Over Every Month

If you're

- **tired of promising yourself “this month will be different”...**
- **tired of the nighttime pantry spirals...**
- **tired of feeling out of control** in a body you work so hard to take care of...

This is your turning point. [Take Control Back.](#)

You can keep trying to “be better” during PMS week.

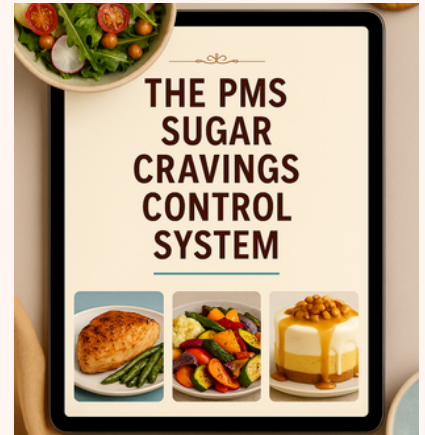
Or you can install a **system that makes better automatic.**

[The PMS Sugar Cravings Control System](#) is not another recipe bundle. It's a decision-making framework for the week your hormones shift and your cravings spike. **It will tell you exactly what to buy, what and when to prepare, and how to follow the plan with zero guesswork.** If you don't have a system for that week, it will feel like you're fighting yourself every single month.

[The PMS Sugar Cravings Control System](#) handles the physiology, and the PMS Meal Toolkit gives you the structure, meals and recipes.

For \$47, you get a **simple, repeatable monthly plan that turns PMS week from chaos into calm.** You stop relying on willpower and start following a strategy that actually works. This framework shows you how to build stabilizing meals that calm cravings, steady your energy, prevent spirals, and support your nervous system when it's most vulnerable, so you can enjoy food, feel satisfied, and stop worrying about weight gain during PMS. You don't need another diet, you need PMS week to stop hijacking your life.

Take back control of your PMS sugar cravings with a soothing, repeatable step-by-step 7-day plan. [Take Control Back](#)





PMS Essentials List

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- [CGM \(Stelo Glucose Biosensor\)](#)
- [Kettle & Fire Bone Broth](#)
- [Olive oil](#)
- [Shirataki noodles](#)
- [Gluten free pasta \(High Protein\)](#)
- [Erythritol sweetener](#)
- [Monk fruit sweetener](#)
- [Allulose sweetener](#)
- [Powdered peanut butter](#)
- [Low carb keto rice \(High Protein\)](#)
- [Azuki Red Beans](#)
- [Siete Almond Flour Tortillas](#)
- [Royo Bagels](#)
- [Almond Flour](#)
- [Coconut Flour](#)
- [Minty gum with xylitol](#)
- [Electrolytes \(LMNT Zero Sugar\)](#)
- [Collagen Peptides Powder](#)
- [Grass Fed Whey Protein Powder](#)
- [Meat Sticks \(Chomps, grass-fed\)](#)
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- [Psyllium Husk Powder](#)
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