

Stop The Late Night Snacking!

I know it's enjoyable but it has to stop. Snacking is a terrible habit for a lot of people, myself included. It's been a long day, you finally sit down and kick your feet up, why not grab a box of crackers or a bag of chips. By the time you decide to put them away the bags 3/4 gone and you figure you might as well finish them off.

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One of the best improvements I have made in my diet is cutting out food after 8pm. Other than one more snack before bed, you should limit yourself to protein.

Some great before bed snacks:

- Protein shake
- Milk
- A few almonds
- Cottage cheese

If you can withstand cottage cheese it is fantastic. Yes I realize it tastes terrible, try adding fruit or some yogurt. If you get %1 it's extremely low in fat, low calories and high in protein. Perfect pre bed snack.

So the next time you go for that bag of chips at 9pm, remember that everything you don't burn gets stored as fat.

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