

What Are Your Cravings Really Trying To Tell You?

FOOD CRAVINGS

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YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE	MAGNESIUM	Nuts, seeds, veggies & fruits
SUGARY FOODS	CHROMIUM	Broccoli, grapes, cheese, chicken
	CARBON	Fresh fruits
	PHOSPHORUS	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHURE	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS	NITROGENE	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS	CALCIUM	Organic milk, cheese, green leafy vegetables
SALTY FOODS	CHLORIDE	Fatty fish, goat milk
	SILICON	Cashews, nuts, seeds

Source:
Coaching &
Weight
Management



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