



10 Simple Strategies to Eat Clean and Conquer Cravings

Raw Vegan Survival Guide for Holidays and Social Gatherings

- 1. Prep smart. Eat smart. Get ahead of the game by prepping dressings, washing your fruit, and chopping veggies in advance. This way, healthy raw meals are always within reach.**
- 2. Dehydrate your way to holiday bliss. Dehydrate wraps, crackers, fruit, and other snacks for on-the-go munching.**
- 3. Snack smarter, not harder. Keep a stash of raw fruits and veggies like grapes, cucumbers, berries, apples, and carrots.**
- 4. Plan your holiday feast. Choose raw vegan dishes to bring to holiday gatherings. Savory raw dishes like wraps and burritos, cauliflower mashed potatoes, raw persimmon pies, huge fruit salads or savory salads with a nut or seed-based creamy dressing, raw sushi, bloomed rice, guacamole salsa or sprouted hummus and veggie dippers.**
- 5. Understand your cravings. Recognize the triggers behind your cravings. Whether it's hunger, stress, or boredom. Wait five minutes before acting on impulse. The craving will pass. Choose a healthy, raw alternative instead of giving in.**
- 6. Reframe your mindset. Focus on the positive outcomes of sticking to your raw vegan diet. Picture yourself feeling energized, healthy, and confident.**
- 7. Reward yourself. Celebrate your successes no matter how small, this positive reinforcement can help you stay motivated. Healthy habits make you feel empowered.**
- 8. A thought is just a thought. Let cravings or thoughts about cravings come and go like clouds in the sky. If you drink clean water, walk outside, and have a few slices of apples and you're still actually hungry, then you'll be in a mentally stronger position to make a proactive choice that serves your goals.**
- 9. Never underestimate the power of a moment. It's often a realization in a single moment that shifts your behavior instantly. You have a new way of thinking about something and it makes it easy to stick**

to your new habits. Our perspective can shift in an instant. Know this.

Believe this. This leads to our last tip.

10. Mindfulness. Stay in tune with your actual hunger before you eat. Stay present with friends and family and the incredible journey your meal took to make it to your plate. From the farmers to the chef, focus on the taste, texture, color, and flavor of the food as you eat it without changing anything else and zero deprivation.



Bonus Strategies for Overcoming Processed Sugar Cravings During Social or Holiday Events

1. **Start with hydration.** Often, sugar or processed cravings are confused with thirst. Drink a glass of water or herbal tea before reaching for food. Add lemon, cucumber, or mint for a refreshing twist.
2. **Use naturally sweet alternatives.** If you're craving something sweet, reach for whole fruits like dates, bananas, or mangoes. Their natural sugars provide a satisfying sweetness without the crash.
3. **Stay satiated.** Ensure your meals contain enough healthy fats and fiber from avocados, nuts, seeds, or chia pudding. This keeps you full and helps stabilize blood sugar levels.
4. **Create festive raw desserts.** Bring your own raw vegan treats like date balls, raw brownies, or fruit tarts to holiday gatherings. Having a delicious option will make it easier to resist processed sugary foods.
5. **Visualize your success.** Take a moment to picture yourself confidently declining sugary treats and feeling proud of your choices. Visualizing success can reinforce your determination.
6. **Enlist support.** Share your goals with a trusted friend or family member who can help keep you accountable during gatherings.
7. **Avoid triggers.** Stay mindful of environments or situations that might tempt you. Focus on conversations and connections instead of the dessert table.
8. **Chew slowly.** Savor every bite of your raw vegan meals and snacks. Slowing down helps you enjoy your food more and reduces the likelihood of overeating or craving sweets.
9. **End meals on a high note.** Finish with a piece of your favorite fruit or a light herbal tea. This creates a satisfying conclusion and reduces the urge for desserts.
10. **Plan for success.** Have a clear strategy before attending events. Know what you'll eat and how you'll handle cravings, so you're not caught off guard.

These strategies, combined with the core tips, will help you conquer cravings and fully enjoy the holiday season while staying true to your raw vegan lifestyle. I guarantee you'll eat less and stay satisfied, honoring your body and feeling really good about your decisions.

SOURCE: <https://www.youtube.com/watch?v=nJbXitUZ8BM> via @ShariCravesFruit on YouTube

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