

HOW TO BE A

# Healthy Chocoloholic



# beFITbeFAB



Hi there!

My name is Stephanie please call me Steph, I am the founder of beFITbeFAB and certified lead coach in health, wellness, fitness and running by ACE, FIA, SCW & IDEA.

Let me tell you I am so glad you are here today and thank you so much for picking up a copy of The Healthy Chocoholic, I hope you will enjoy & learn from it.

I created beFITbeFAB with the sole intention of guiding you to living a healthier life. My method is based on a holistic approach to well being. I incorporate mind, body, nutrition to all my programs. I want you to know that there are no boundaries to releasing your inner wellbeing. Let me help me guide you on your journey to your FIT FAB self.

It's my passion to teach, as a chocolate lover and a long distance runner always looking for new ways to fuel my training, I decided to share my knowledge into this guide. I help female runners achieve their optimal health, fitness & performance while enjoying their runs and without the all time dreaded weight gain & loss that come during marathon training & post races / off season.

So, ready to dive in? I know I am!

Laugh everyday, sweat everyday!  
If you Believe it you BEcome FIT.

Coach Steph B  
beFITbeFAB

Ps: don't forget to email me [steph@befitbefab.com](mailto:steph@befitbefab.com) to schedule your discovery call so we can chat about your goals

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All of us have one food addiction or another. Chocolate happens to be one of the most loved, adored and craved food item. But as much as we love it we are usually worried about the weight that we might be putting on due our chocolate addiction. Since this is a difficulty faced by most of us, we are here to help you satisfy your love for chocolate in a healthy way.

You might hear bad things from the people around you for being addicted to chocolate. They may tell you to drop this “bad habit” if you want to get healthy and do not want to get “chocolate-wasted” Yes, it has apparently become a term.

We will tell you how beneficial chocolate can be if you learn to manage your intake. We will discuss in depth the benefits chocolate offers. We will also provide you with five of our favorite healthy chocolate recipes to help you satisfy your chocolate craving so you can remain happy and healthy.

You want to follow the steps so you can become a healthy chocoholic.

## Identify your Addiction

As you know, eating chocolate helps release endorphins which create a mood high and research shows that the body develops a physical dependency for experiencing this feeling. The desire to consume chocolate again and again under any circumstances is definitely an addiction to chocolate.

**To know whether you are addicted to chocolate or not check the following symptoms:**

- Your mouth waters in the presence of chocolate if there is still some of it in the refrigerator and the mere thought of it alone makes you salivate.
- You feel a need to eat chocolate at particular times of the day for instance, after eating lunch or dinner.
- You feel frustrated when you are denied chocolate for some time and instantly feel happy if you finally have some.
- You keep promising yourself to quit but it is too irresistible for you.
- You go out of your way to fulfill your need for having it and do not feel normal or sane until you eat a good quantity of it.

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- You get headaches after consuming it but you ignore all the symptoms of over-dosing and still continue eating it.
- Feeling low and lacking the energy to do any important tasks due to the extra intake of sugar in the form of chocolate which may cause a sugar crash. Knowing this and still continuing with having chocolate is definitely a sign of addiction.
- If you lie about your habit of eating too many chocolates or go as far as hiding it from your loved ones to cover up the shame, you might have to face that you are addicted.
- The change in your skin complexion due to unhealthy eating habits and too much sugar may also be considered a symptom.
- If you do not even care about spending too much on the imported European Chocolate you probably already know that you're addicted.

After realizing that you are addicted to chocolate you should figure out what it is that has caused this addiction.

## Figure Out the Cause

There are plenty of possibilities going on in the back of your head that might be triggering your need for having chocolate and causing this addiction.

### **The following steps will help you with identifying the cause:**

- Emotional issues such as stress, depression, anxiousness, anger about some unresolved issues, sadness etc. may force you to grab a bar of chocolate to help you feel better.
- If you are hungry and do not have anything to eat and since chocolate is handy, you start chomping on it without giving it any second thoughts. Or if you are on a diet and feel deprived you may find comfort in a bar of chocolate.
- Chocolate is so mouth-watering and its images are totally irresistible that when you come across an advertisement etc. you are simply unable to hold back.
- You have chocolates just to kill your boredom and feel happy by turning on the endorphins. You may even chomp on the bar mindlessly while watching TV.

## Solve the Root-cause

By identifying your addiction and the cause behind it, you can go to the next phase of overcoming your unhealthy habits to eliminate them. Unless medically recommended you do not need to completely boycott chocolate, you just have to limit it.

### **Some steps to help you control your cravings are as follows:**

- Decide that you want to make a change and then stick to your decision of staying away and/or avoiding the craving to every extent.
- You can find healthy alternatives for the fulfillment of your craving such as chocolate smoothies, vegan hot chocolate, chocolate avocado pudding etc. Healthy chocolate options will help with your desire and wouldn't cause any problems. We will provide you with some recipes of healthy chocolate options later in this guide.
- Start by practicing portion control, limit the amount of the chocolate you eat and also replace your usual chocolate with dark chocolate.
- Avoid going through the chocolate sections in the supermarket to avoid bringing chocolate home.
- You can use aromatherapy to boost your senses, so choose your favorite scents to help you keep your mind off chocolate.
- Find a pastime that will help overcome your procrastination and doesn't make you feel frustrated. Try meditation, yoga or go for a walk. These healthy habits will help you to control your urge for chocolate.
- Do not stock up on the chocolates you love. Even if you buy chocolate, go for dark chocolate.
- Try new restaurants to experience flavors from different cultures to find new favorites and reduce your cravings.
- Schedule an appointment with your dentist to know how much harm the chocolate has caused to your teeth and take it as an inspiration to quit.

In short, these steps will help you to eliminate the root-cause of your addiction to chocolate.

## Keep in mind the Withdrawal Symptoms

You will experience some withdrawal symptoms while trying to give up on the unhealthy chocolate so try to replace it with one of our recipes to feel less tempted and avoid depriving yourself completely.

Some of the symptoms you might experience are:

- You might feel some symptoms relating to caffeine withdrawal, especially if you have been eating coffee flavored chocolates.
- You might feel low levels of energy as a result of sugar withdrawal which could even lead to depression or heavy mood swings.
- You will feel frustrated and irritable without a good reason because you would be denying yourself of your favorite foo. Try to stay committed and don't give in.

Keeping in mind these points will make it easy for you to prepare for various symptoms of withdrawal and stay motivated on quitting.

## Be Mindful and don't choose unhealthy Alternative

Do not substitute the chocolate with some other form of unhealthy food and repeat the vicious cycle of harming your health.

Keep the following tips in mind while curbing your cravings.

- When the craving strikes, be prepared with one of the recipes that we are going to provide you so you can become a healthy chocoholic.
- You can also eat dark chocolate for fighting off your cravings.

# Dark Chocolate; a healthy substitute

Wait a second and savor the moment as we are going to tell you that you do not need to give up your love for chocolate. We are talking about eating the right kind of chocolate which contains at least 70 percent cacao and is referred to as high-quality dark chocolate.

Dark chocolate is filled with healthy benefits such as flavonoids, which maintains cardiovascular health and lowers the risk of cancer. Dark chocolate also contains antioxidants which are essential for a strong immune system.

**The various benefits that it offers are listed below.**

- **Reduce your risk of stroke:** Research suggests that dark chocolate helps circulation of the blood from and to the heart due to the presence of the compound flavonoid. It does so by keeping the blood vessels flexible instead of becoming stiffer over time. It also doesn't let the blood cells to stick to the inner walls of the vessels, which would otherwise build up and cause blockage of the vessels.
- **Diabetes Prevention:** Dark chocolate helps to prevent diabetes as well. Research has shown that one of the major causes of diabetes in your body is inflammation which increases our resistance to insulin as time passes. Dark chocolate helps your body to prevent diabetes by reducing resistance against the body's natural insulin.
- **Improve the Functionality of Brain:** Studies suggest that students who eat dark chocolate before an exam perform better compared to the other students. The compounds found in dark increase the flow of blood to the brain which enhances memory, attention span, problem solving skills and reaction time. It also boosts the production of the chemical endorphin which is known to make you feel happy and boost your mind.
- **Cancer Prevention:** Research has also shown that the compound flavonoid found in dark chocolate or cocoa helps to prevent cell damage and even

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has the ability to repair damaged cells and inhibits the growth of tumors. A research was conducted at Georgetown University to treat cancerous cells with the help of the Pentamer compound found in cocoa. It actually helps the cells stop dividing by suppressing the proteins they needed to divide.

- **Weight Loss:** If you eat dark chocolate before having lunch or dinner, you would definitely eat far less. The chemicals in the chocolate trigger the hormones in your body that make you feel full and you eat less as a result.

Other kinds of chocolates contain added chemicals and more sugars which are highly. White chocolate is technically not even considered chocolate however sad it may sound, as it doesn't contain cocoa. Try to avoid white chocolate because its basic ingredients are sugar, cocoa butter, soy, milk, lecithin and added flavors which result in it being loaded with sugar and saturated fat.

Choosing dark chocolate is helpful as it has much less sugar and is rich in cocoa. You can get the maximum benefit of dark chocolate by using our favorite recipes to maintain a healthy lifestyle.

# Recipes for Healthy Chocoholics

Here are some of the best recipes for all chocoholics out there. You'll be able to quit unhealthy habits and maintain a healthy lifestyle.

These recipes will help you to fight your craving and while helping you feel content.

## Chocolate Cherry Superfood Balls

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Makes about 12 medium-sized cookies

1 cup pumpkin seeds

½ cup brazil nuts

8 dates

¼ cup dried cherries

¼ cup dried coconut

2 tablespoons cacao powder

1 tablespoon coconut oil

1 tablespoon raw honey (optional)

hemp or sesame seeds (optional, to roll balls in)

### *How to make it:*

Combine all ingredients in a food processor and blend. You want everything to be combined, yet not fully blended. Some chunks are nice! Form into small balls and either keep as is, or roll in hemp or sesame seeds.

## Yummy Chocolate Dairy Free Milkshake

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1 cup almond milk  
2 frozen bananas  
2 tablespoons raw cacao  
2 tablespoons sunflower seed butter  
4 dates  
¼ teaspoon cinnamon  
dash of cayenne or ginger for some zing (optional)

### *How to make it:*

Combine all ingredients in a high-speed blender. Blend and enjoy!

## Chocolate Bowl

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2 cups unsweetened almond milk  
2 cups cooked millet  
2 cups filtered water  
1 teaspoon stevia  
1 tablespoon sunflower seed butter  
1 banana, chopped  
2 tablespoons raw cacao

### *How to make it:*

Combine millet with water in a saucepan. Heat on high until boiling. Cover, reduce heat to low, and simmer for 15 minutes. After 15 minutes, add in almond milk, raw cacao and stevia, stir to combine. Place in a bowl and top with almond butter and banana.

## Chocolate and Kale Smoothie

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1 cup coconut, hemp, or almond milk  
1 frozen banana  
1 cup of kale  
3 tablespoons of cacao nibs  
1 tablespoon of raw cacao  
5 to 6 ice cubes

### *How to make it:*

Blend in a high-powered blender.

## Vegan Hot Cocoa

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1 cup of coconut or almond milk  
1 tablespoon of raw cacao powder  
Stevia or honey to taste

### *How to make it:*

Heat the coconut or almond milk over medium flame. Add 1 tablespoon of cacao powder and sweeten with stevia or honey if you desire.

These recipes will help you be a healthy chocoholic.

# Ready to Take Your health to the Next Level?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that will take your health, life, and energy to the next level?

You'll receive an in-depth guide, mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally.

Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you.

# Here's What Others Are Saying About Working with Me

*"Coach StephB brings in depth knowledge and passion, I learned so much from her LBD program all while losing excess weight and discovering new ways to exercise at home AND in the office of all places!"* Jacqueline, 42, NYC

*"I trained for my first New York marathon in 2017 under Steph's guidance, she provided me with a workout plan for strength, a running training plan, suggested meal plans that included a suggested nutrition strategy for off days, long runs and race week. It was an awesome experience!"* Naomi, 38, San Francisco

*"Looking for a coach? Look no more, beFITbeFAB and coach StephB cover everything you need under one roof. I travel a lot for work and Steph even checks out hotels & restaurants at destination then provides tips on what I should order. Now that's personalized service & support!"* Pierre, 45, Paris

*"beFITbeFAB monthly suggested meal plans are so creative, healthy and at the same time so easy, it takes me around 15 minutes to prep a meal... I have my time back to do all the things I love. Eating healthy, keeping my energy, fitness, wellness and weight in check. Love it. I want a subscription for life please!"* Alicia, 36 London

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