



The Hunger-Free Day Formula

The exact meal structure that keeps you full from breakfast, through the 3pm crash, to dinner. No tracking. No rules to memorize.

3–5 hrs

FULL PER MEAL

25–35g

PROTEIN PER MEAL

4-part

PLATE

0

CALORIES COUNTED

THE FORMULA: BUILD EVERY MEAL LIKE THIS

1

PALM-SIZE OR MORE

Protein

Eggs, Greek yogurt, chicken, fish, tuna, sardines, lentils, chickpeas, cottage cheese. The part that keeps you full the longest.

2

HALF THE PLATE

Fiber

Vegetables, beans, lentils, berries, whole grains. Adds volume and slows digestion so hunger doesn't bounce back.

3

A THUMB OR TWO

Healthy fat

Extra virgin olive oil, olives, walnuts, almonds, avocado, tahini. Makes the meal satisfying and steadies the finish.

4

A CUPPED HAND

Smart carb

Potatoes, quinoa, farro, whole grain bread, fruit. Welcome at any meal, just never on its own.

Protein + fiber + healthy fat at every meal. Carbs are welcome, never alone.

If a meal leaves you hungry in two hours, it's almost always missing one of the first three. Check the plate, not your willpower.



What a full, steady day looks like

Same formula, applied from morning to night. Swap any example for foods you already have.

BREAKFAST WITHIN 1-2 HRS OF WAKING

The meal that sets up your whole day

Aim for 25-30g of protein. A light breakfast is the most common reason for a 10am snack and a 9pm pantry raid.

Try: Greek yogurt, berries, walnuts and chia · 2-3 eggs with spinach, whole grain toast and olive oil

LUNCH

Build the full plate, even when you're busy

This is the meal that decides whether 3pm is a crash or a non-event.

Try: chickpea and tuna salad with feta and olives · chicken, quinoa and roasted vegetable bowl with tahini

3PM WINDOW

Snack only if it's been 4+ hours

If you're truly hungry, pair protein with fiber or fat. If you're not, a glass of water and a short walk usually carries you to dinner.

Try: Greek yogurt and berries · apple with almonds · hummus with cucumber · 2 boiled eggs

DINNER

A real dinner, not a small one

Undereating at dinner is how "good all day" turns into snacking all night. Aim to finish 2-3 hours before bed.

Try: salmon, roasted vegetables and potatoes · lentil soup with feta and a slice of whole grain bread

EVENING

Hungry later? Eat something that holds

Choose a small protein snack over something sweet: cottage cheese with berries, a handful of nuts, or yogurt with walnuts.

COFFEE TIMING

Have coffee **with or after breakfast**, not instead of it. Coffee alone can mask hunger for a while, then it comes back all at once.

Keep your last cup to **early afternoon**. Poor sleep makes the next day hungrier.

WATER TIMING

Drink a **glass of water with every meal** and keep a bottle where you work.

Mild thirst can feel like hunger, especially mid-afternoon. Drink first, then decide.



MAKE IT STICK

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3 mistakes that bring the hunger back

Eating less to "be good"

Smaller meals mean hunger returns sooner and cravings get louder at night.

Fix: eat the full plate.

Carbs on their own

Toast, crackers or fruit alone digest fast and leave you hungry again.

Fix: pair them with protein.

A tiny breakfast

Coffee and a bar feels light now and costs you in the afternoon and evening.

Fix: 25–30g protein early.

YOUR DAILY CHECK (TICK IT OFF)

- ☐ Protein at breakfast, lunch and dinner
- ☐ Half my plate was vegetables, beans or other fiber
- ☐ Olive oil, nuts, olives or avocado at each meal
- ☐ Carbs came with protein, never alone
- ☐ Coffee after food, water with every meal
- ☐ Dinner was a real meal, 2–3 hours before bed

Start with breakfast tomorrow. Most people notice the difference by the afternoon: no 3pm crash, no rummaging through the pantry at night. That's the whole idea.

— *Ribert, EnergiSource Wellness*

FREE TOOL

Let the Meal Builder build your plate

Pick what you have, and it builds a full Mediterranean meal using this formula.

[Build a meal →](#)

WANT THE FULL WEEK DONE FOR YOU?

The Cravings Control Reset

7 days of high-protein Mediterranean meals (28 real-food meals, about 100g protein a day) plus a step-by-step plan for your evenings. \$27.

[See what's inside →](#)

General nutrition education, not medical advice. If you have a medical condition or take medication, check with your doctor before changing how you eat.