

# Stop Your Cravings Chart

If you're craving THIS...	Then Get more of THIS to stop your cravings...	And these healthy foods have THIS in it...
Chocolate	Magnesium	Raw nuts & seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, butts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Oily snacks & Fatty foods	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Sodas	calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
Breads (Processed)	Nitrogen	High protein foods: fish, meat, nuts, beans
Pre-menstrual cravings	Zinc	Red meats, seafood, leafy vegetables, root vegetables
General Overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits & vegetables
Alcohol	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard & turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Coffee or tea	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea Salt, apple cider vinegar (on salad)
	Iron	Meat, fish & poultry, seaweed, greens, black cherries
	Green Tea	Promotes fat burning