



Trigger Foods: What foods are holding you back?

JJ Chojnowski

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A trigger food is any food that causes you to overeat. For me this includes pizza, nuts, Oreo's, cake, brownies, sweets, and chips and salsa. I can't just have one. The goal of "Trigger Foods" is to help people recognize foods that make them overeat. Once those foods are recognized we show you how to control the urge to eat them and how to lose weight or maintain your current fitness level.

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