



No Guilt, No Gain Holidays!

Complete Party Planner

To enjoy the Holiday Festivities without any Regrets!!!

The day of the festivity:

- Start your day with 8-12 ounces of WATER – do NOT skip this step!!!
- Eat a protein rich breakfast – the easiest is a protein shake. Add some frozen blueberries and organic peanut butter. Again – do NOT skip this step. If you skip meals saving up for a larger meal you are guaranteed to be out of control during the appetizers and meal.
- Drink 8-12 ounces of water 2 hours after breakfast.
- Drink another 8-12 oz. water BEFORE lunch – about 11:30 AM.
- Don't Skip lunch – just eat protein and veggies - skip the carbs so you will be reserving those calories for the Festivities later in the day. IF your big meal is going to be mid-afternoon your lunch can be about half the normal size or a decent protein bar – just don't skip.
- Continue drinking 8-12 oz. water every 2 hours.
 - The hour before you leave for the Festivities eat some protein - at least 15 gms.
 - A protein shake
 - Protein bar
 - 2 – 3 hard boiled eggs
 - 4 ounces lean protein – chicken, turkey, beef, etc.
 - Nuts but skip the fruit to conserve the calories for the party
- On your way to the festivities – have your bottle of water and drink enroute.

Once at the party empower your Personal Guidelines:

- Stick to the 1 plate club
- Review the food presentation and select the proteins first and then the sweets & treats that will fit on your plate – or start with a plate of just veggies and protein and then a small plate of sweets or treats
- Select the most enticing carb that you know you will love and take the one that has your name on it
- If you don't love it – leave it – no extra points for joining the clean plate club
- Properly dispose of your plate
- Move away from the food presentation – empower yourself to avoid mindless eating while conversing.
- Select your favorite beverage and have a glass
- For the second drink – make it sparkling water – refreshing, aids digestion and hydrates while presenting as a holiday beverage
- Suggest you limit your alcoholic beverages to just 2
- Continue with Sparkling water or if available a cup of tea!
- Enjoy mixing and mingling for the conversation, engagement and friendship
- If someone encourages you to have another plate of treats – pleasantly state you have enjoyed everything and are pleasantly satisfied.



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Once you have returned home – enjoy a cup of herbal tea and complete your Wins for today. You Rocked this and you deserve to celebrate your Wins!!!

In the morning do NOT weigh – no matter how great you felt about your eating and drinking at the party. So often celebration foods have more sodium - so to set yourself up for Success, wait until your normal day to weigh!

If you are going to an afterhours event (at the close of your work day) follow these guidelines:

- Start your day with 8-12 ounces of WATER – do NOT skip this step!!! (just like normal)
- Eat a protein rich breakfast – the easiest is a protein shake. Add some frozen blueberries and organic peanut butter. Again – do NOT skip this step. If you skip meals saving up for a larger meal you are guaranteed to be out of control during the appetizers and meal.
- Drink 8-12 ounces of water 2 hours after breakfast.
- Drink another 8-12 oz. water BEFORE lunch – about 11:30 AM.
- Don't Skip lunch – just eat protein and veggies - skip the carbs so you will be reserving those calories for the Festivities later in the day. Have your normal size lunch with 5-6 oz. protein – just don't skip.
- Continue drinking 8-12 oz. water every 2 hours.
- Before you leave for the Afterhours event – eat a protein bar (10-15 gm. Protein) or at least 3 oz. of a good lean protein. Simple things would be 2 hard boiled eggs, a Greek Yogurt or 3 oz. turkey with some veggies.
- On the way to the event drink 8 oz. water.

Then follow the same Personal Guidelines: If this will be taking the place of your evening meal – treat it as such – plenty of veggies, good amount of protein and smaller amount of carbs. Remember carbs include not only the sweets and treats, but also the crackers, breads, breading on items, etc.

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Again - once you have returned home – enjoy a cup of herbal tea and complete your Wins for today. Your Rocked this and you deserve to celebrate your Wins!!! Don't slip back to enjoying another cocktail or glass of wine to unwind once you are home!!!

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