

No Guilt, No Gain Holidays!

Daily Eating Plan – The Simple Balanced Plate for Weight Loss!

To create lasting weight loss you must be able to include your favorite foods without feeling guilty. Otherwise if you deprive yourself, the urge and want becomes too powerful and it's easy to find yourself breaking down and overindulging with that favorite food. Then comes all the guilt and head trash and of course some pounds.

That all ends today! During this holiday season, you are going to discover how you can enjoy your favorite foods and still create lasting weight loss.

You will not be counting calories, points and or denying yourself. Instead the focus will be creating better balance within the proteins, carbs and fats selected – the scientific way to losing weight while enjoying your favorite foods. Using this formula, you will also be revving your metabolism to keep it running high which produces more energy and you burn more calories!

The Simple Balanced Plate is the best way to visualize what your plate should look like for typical meals to create lasting weight loss. Use these simple guidelines:



Breakfast:

15-20 grams of protein
1 egg = 6 gm protein
Protein shakes are easy

Lunch:

Lots of veggies
5-6 oz. protein – lean chicken,
pork, beef, turkey, fish, eggs
Less than quarter plate of carbs

Dinner

Lots of veggies – half the plate
5-6 oz. lean protein
Less than quarter plate carbs

Snacks:

Nuts – walnut, almonds, etc.
Greek Yogurt & small fruit
Kind bars with nuts

Fats: important to include in each meal – Avocado $\frac{1}{4}$ or olive oil

Other things to substitute for carbs: Small sweets, Wine or alcohol.

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Holiday Eating Simple Plate

During the holidays to conserve carb calories for a few more special foods or drinks at festivities, it is recommended to cut back on the carbs a little or minimize them especially on the days of the special events and add more protein and veggies in place of the carbs:

Holiday Daily Eating Plan



Holiday Daily Eating Plan

For normal daily meals (during the holidays) when you are not attending any special eating events - cut your carbs in half and add a little protein!

Don't cut out all your carbs as your brain does need some carbs.

Day of Festivities Eating Plan



Day of Festivities Eating Plan

On the days you know you will be enjoying your favorite treats – don't skip meals!

Follow your Complete Party Planner Guidelines which means:

For your normal meals – minimize or avoid the carbs and increase both your veggies and protein.

Then enjoy your carbs at your event!