

Day 4: Surviving The Holiday Party

Holiday parties can bring up a lot of anxiety for people who are trying to be more conscious about their weight whether that is trying to lose it or maintain it. It really doesn't need to be that way and these next few tips may be helpful.

Apple Cider Vinegar shot

Starting your day with a tall glass of filtered, room temperature water with raw apple cider vinegar has been known to help stabilize blood sugar first thing. It's also very cleansing and full of natural probiotics, which is great for the gut. Start with a teaspoon and work up to a tablespoon. You can amp it up with a squeeze of lemon, and a dash of cinnamon and cayenne pepper to help jump start metabolism.

Balanced breakfast

Yesterday we talked about the importance of eating a sugar-free breakfast, and that lesson is so important here as well. Eating a healthy breakfast with protein and healthy fat can set you up for a day that's NOT filled with cravings for junky and sugar-laden foods. It's one of the most important things you can do to set yourself up for success all day long.

Balanced lunch

It's also important to make good choices at lunch. If your go-to lunch is pasta salad, a big sandwich or a large heavy meal, you will inevitably mess up your blood sugar making you most likely crave carbohydrates later in the day. Make sure your lunch contains protein, healthy fat and complex carbs. This 5-Day Sugar-Free Challenge provides some great lunch examples, so you can start to adopt that way of thinking when putting together your lunch meals in the future.

Snack before

Grabbing a light protein and/or fat based snack will actually help to bridge your meals so that you're less inclined to eat "all the things" at the holiday party.

Sugar-Free Bridging Snack Ideas:

- o Turkey and veggie roll-ups with mustard
- o Coconut fat bombs – see recipe below*
- o Veggies and hummus
- o Boiled egg – can be stuffed with guacamole
- o Celery sticks and unsweetened almond or peanut butter

Lastly, avoid sweet coffee drinks with sugar and cream, try drinking green tea, which provides a small boost of caffeine, while also curbing the appetite.

Coconut Fat Bombs:

Ingredients

5 tbsp coconut butter, softened
4 tbsp coconut oil softened
2 tbsp finely shredded coconut, unsweetened
1 tsp of vanilla extract
3-4 drops liquid stevia (optional)

Directions:

1. Mix all the ingredients in a medium-sized bowl and stir or whisk thoroughly to combine. You can also place in a high-speed food processor with a touch of water.
2. Once the mixture is smooth, pour into ice cube tray.
3. Freeze for 1 hour and then allow to thaw for 10 minutes before serving.

What to EAT at the holiday party

This is a bit tricky since it's hard to predict what your holiday party or outing will involve in terms of food. But, my golden rule is to avoid starchy carbs such as bread, potatoes, rice, and pasta and focus on getting plenty of vegetables, protein, and if you can, healthy fats (ie. avocado, olives, olive oil). Here are a few questions that you can ask yourself and/or the server to determine modifications?

Is there a way that I can remove the bread and have a protein and vegetable side instead?

Is there a way that I can remove the rice or potatoes (or cut in half) and add extra vegetables?

Can I have a salad with protein and add avocado so I feel fuller and more satiated?

It's not to say that you can't enjoy some deep-fried appies because you should! But, perhaps you balance that out with eating a more nourishing meal.

What to DRINK at the holiday party

If you don't drink alcohol, the easiest approach is to get your hands on bubbly water that can perhaps be "spiked" with some fruit. Easy.

If you do drink, try sticking with clearer drinks such as vodka and gin with soda water. As for wine, the dryer the wine, the lower the sugar content it has. French-style wines tend to be the best options!

Medical Disclaimer

This meal plan and program is designed for educational and sharing purposes, and you follow it at your own risk. You are an adult, capable of listening to your body and knowing what foods you may need to avoid so you feel your best.

If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. Julie Pecarski Nutrition / juliepecarskinutrition.com assumes no risk for your voluntary participation in this meal plan and program