

## 4-week Holiday Head Start with Jen & Jill

### 10 Fat Loss Nutrition Guidelines for the Holidays

#### **1) Choose fat over carbs.**

This is an easy switch and will most-likely leave you just as satisfied. If you find yourself having to choose between a more fatty option versus a sugary treat, always choose the fatty one because it will have less of an effect on insulin and can still be used for energy (over carbs).

Here are some examples: go for a cheese plate over bread & butter, opt for breakfast meats like sausage and bacon (+ eggs) instead of french toast, go for cheesy or buttery veggies instead of starches like mashed potatoes, stuffing and cranberry sauce, fill up on turkey, ham or whatever meat is available (even if it is a fattier cut) over the starchy side dishes (I have been known to sit and just eat a variety of proteins at a meal when side options are all starch), and sub in almond flour and xylitol for all-purpose flour and sugar, respectively, when baking desserts and breads.

Still have to watch portion sizes (i.e. it's not a free-for-all to eat an entire block of cheese), but the idea is that fattier foods make us feel more satisfied than starches. I don't know about you, but I'll choose bacon over toast every time. And you can! Just be discerning.

#### **2) Choose starch OR booze, but not both.**

Not a drinker, then fine, allow yourself some starchy sides (counting bites, 5-15 per meal). But if you are going to drink alcohol, then make sure you put the starches, breads and desserts aside. Your booze IS your dessert. Adding starch and sugar on top of booze exponentiates the fat-storing effect of the meal, so think about loading up on protein and fibrous veggies, along with water.

#### **3) Avoid the “all or nothing” mentality.**

You know what I am talking about: “Wellllll, I might as well just eat whatever I want since it's going to be SO hard to stay tight during the holidays.” My solution is not to stay “so tight” but instead to use moderation. If you have a few bites of pumpkin cheesecake as I probably will over the next month, do just that—a COUPLE of bites—instead of letting a couple of bites turn into a couple of pieces (screw it!) and then let that turn into a couple of days of eating whatever, at which point you adopt the mindset of, eff-it, I am already off it, I will just get back on it January 1st. By January 1st, we could be talking about 5-10 lbs of water and a few of fat that will be just that much harder to

get off, when if you had just gotten your mind right during the holidays, you wouldn't have to worry about. There is no room in a lean lifestyle for, "Well, I already messed up, I might as wait until Monday/January 1st to get started back."

Start back *right now*, don't wait. So, if you have a couple bites of cake, leave it at that, workout tomorrow, prep your meals, eat clean and have a few more bites at the next family gathering or your cheat meal a week from now. And besides, consistently 90% clean is better than 4 days at 100% followed by 3 days on an eating bender. Moderation isn't sexy, but it will do your right through the holidays.

#### 4) Choose your beverages wisely.

Alcohol is big around the holidays and when it comes to adult beverages, there are definitely some options that are better than others. However, when it comes to alcohol, the #1 key is moderation, because no matter what option you choose, if you over-consume, it won't matter anyway. So keep it to a couple of drinks max. Here are your best bets for bevvies:

- Vodka & soda: Soda has 0 cal, 0 carbs, extra lime please!
- Gin/vodka & diet tonic: Yes, a little artificial sweetener, but a better option than real sugar when you are talking about fat loss
- Red wine: At least you are getting a little antioxidant action

#### 5) At big dinners, eat protein, then veggies, then wait....wait some more...then have a little more protein...then wait a little more...just a little longer...and then add a single serving of starch if you are still hungry. Got it? 😊

Having plenty of protein and veggies stuffed down your throat at the outset helps set you up for success later, when you want to start picking. Keeps you fuller for longer and less hungry. This tip also has to do with staying mindful and aware of what passes your mouth. I think a lot of times our brain shuts down when we are around a lot of sweets and treats and it ends up being a binge fest. Try a single bite of the thing(s) you want the most and be discerning! Don't waste your bites on something that you could take or leave.

#### 6) Play "Dessert Defense".

I do this at my in-laws at every single holiday meal. I BRING my own waist-line-friendly dessert so that I have plenty of health(ier) treats for myself, even if no one else like them I have brought low-carb versions of cheesecakes, pies and chocolate cake. Use cleaner substitutions like xylitol or erythritol for sugar and almond or coconut flour in place of all-purpose flour. I even add whey protein to my cookies! Make your own dessert so that you

know that it is at least one item you can have at any event. Eat it and only it. Having something you know is safe is key to staying on track, especially if you like sweets like me. Check the Holiday Recipe Booklet for plenty of ideas.

### **7) Drink plenty of post-meal water.**

This is a great way to start (or even prevent) bloating after meals and is super-important. I recommend beginning with it immediately after the meal, drinking 1-2 liters of water between the meal and bedtime. Between sodium, alcohol and additional starch, you are going to wake-up puffy. Happens to the best of us (one time after devouring a pizza and 2 vodka tonics after dieting for a show for several weeks I woke up the next morning and literally had to wear sunglasses all day, as I could barely open my puffy eyelids, Jade always teases me about my eyes after a cheat meal).

So, additional water after the meal and the next day will help balance sodium and increase excretion so as to help shed water. Insulin, released as a result of carb, also causes water retention at the level of the kidney so this is a double whammy, and on top of alcohol's dehydrating effects, you may or may not have sausage fingers when you wake up (you ladies know what I am talking about!).

### **8) Don't stress about the small rocks, like marinades, salt or butter.**

Sure, these things can add up, but when you get the "big rocks" in place, like protein, veggies, water and workouts, you'll be just fine to sustain these small concessions at meals. In other words, you don't have to be miserable. Tasty food is fine, you'll only get into trouble when you're doing starch, on top of sugary desserts, on top of booze. Throw yourself a bone with the small things.

### **9) Take a leisure walk after your big meals, then drink tea.**

I love leisure walking after meals because it does make a small difference in how your food is metabolized and more importantly, it gets you AWAY from eating more food ☺ Often it takes our brains longer to catch up to our stomachs, so we don't *feel* full right away, even though we are. Grab a friend or family member (or even your ipod) and start out. You don't need to kill it. In fact, you shouldn't. It's not a workout, it's a casual stroll that helps you manage your eating and not overdo it.

When you get back, immediately start boiling hot water for tea (another way to occupy your mouth for an hour!) and enjoy a huge mug of tea, then of course #GYAIB (GetYoAssInBed) ☺

## 10) Pick and choose your nutrition battles.

You can have ANYTHING you want, but just not everything ☺ What do I mean by that? The way that you'll get through the holiday season unscathed is by walking the line between not eating everything you want but also not feeling completely deprived. Because the more deprived you feel, the more likely you'll be to binge later. And the second you call something "off limits," is the same minute you'll want nothing but that. So what's on-limits? Anything. But practice tasting the things you really want. Grandma's bringing her trifle that you'll kill for? Great. Have that, but not that plus everything else. Pick your nutrition battles. Stay mindful. Ask yourself consciously, "Do I really, *really* want this?" If not, put it aside and have what you really want. Or just #GYAIB ☺ Taste but don't scarf. And be discerning! Be a food snob! Have EXACTLY what you want; no compromises. But don't just eat something because it's in front of you.

Good luck! ☺  
Ox, Jen & Jill