

# Holiday Feasting Food Plan/Log

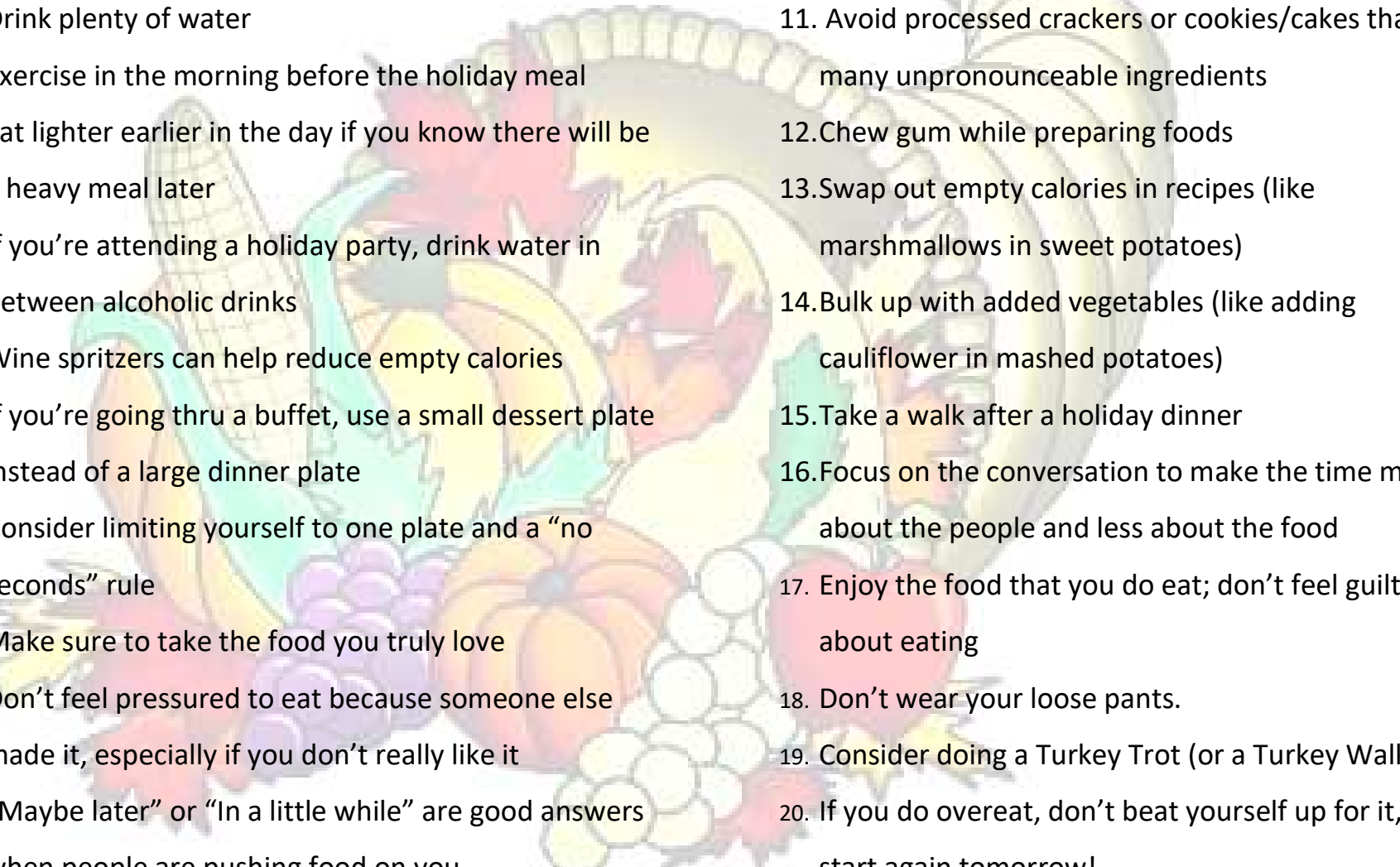
My Motivation and Goal \_\_\_\_\_



Maintaining through the holidays can be more of a challenge than during the rest of the year. Use this weekly tracking journal for planning and tracking your meals to help you stay focused on healthy eating while enjoying holiday meals.

| HEALTHY EATING | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--------|--------|---------|-----------|----------|--------|----------|
| Meal 1         |        |        |         |           |          |        |          |
| Meal 2         |        |        |         |           |          |        |          |
| Meal 3         |        |        |         |           |          |        |          |
| Snack          |        |        |         |           |          |        |          |
| Water          |        |        |         |           |          |        |          |

## Tips for Maintaining during the Holiday Season:

- 
1. Drink plenty of water
  2. Exercise in the morning before the holiday meal
  3. Eat lighter earlier in the day if you know there will be a heavy meal later
  4. If you're attending a holiday party, drink water in between alcoholic drinks
  5. Wine spritzers can help reduce empty calories
  6. If you're going thru a buffet, use a small dessert plate instead of a large dinner plate
  7. Consider limiting yourself to one plate and a "no seconds" rule
  8. Make sure to take the food you truly love
  9. Don't feel pressured to eat because someone else made it, especially if you don't really like it
  10. "Maybe later" or "In a little while" are good answers when people are pushing food on you
  11. Avoid processed crackers or cookies/cakes that have many unpronounceable ingredients
  12. Chew gum while preparing foods
  13. Swap out empty calories in recipes (like marshmallows in sweet potatoes)
  14. Bulk up with added vegetables (like adding cauliflower in mashed potatoes)
  15. Take a walk after a holiday dinner
  16. Focus on the conversation to make the time more about the people and less about the food
  17. Enjoy the food that you do eat; don't feel guilty about eating
  18. Don't wear your loose pants.
  19. Consider doing a Turkey Trot (or a Turkey Walk)
  20. If you do overeat, don't beat yourself up for it, just start again tomorrow!