



Your

HOLIDAY EATING SURVIVAL GUIDE

The Anti-Diet

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HOW TO **NOT** DIET DURING THE HOLIDAYS

The holidays are upon us. Cakes and pies abound, and dieting is probably the last thing on your mind until Jan. 1. Have no fear, the anti-diet is here.

We understand the struggle and have you covered with tips to get you through the most wonderful time (to eat) of the year.



At Work

Potlucks are usually a given during the holidays. Do you and your co-workers a solid and bring something healthy to the table. At least you'll have one great, healthy option in the mix when it's time to make your plate.



Savor The Flavor

Use all of your senses to get the full effect of everything that you eat. It'll help you feel more satisfied each time you dine.



The After Hours Office Party

Don't hover. The worst thing you can do is stand around the table at a party snacking mindlessly while talking. Do yourself a favor and grab a small plate so you can have a better visual idea how much you're actually eating.



The Neighbor's Get Together

Being fully present and participating in conversations can serve as a diversion from food. Being with people you know (and probably like) is likely to be less tense. Just focus in on one conversation at a time. If you're busy talking you won't be busy filling the space by eating.

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"To eat is a necessity, but to eat intelligently is an art."

-La Rochefoucauld



On The Go

The important thing to remember when you are on the go is to not let yourself get too hungry while you're out. Stash some back up snacks in the glove box or in your purse before you leave the house and you're less likely to have make a fast food pit stop.



Booze Healthfully

Fresh is best when boozing, fresh juice and mulled fruits over syrups. Order alcohol neat or on the rocks over mixed drinks, and choose seltzer over fountain soda. Red wine is also a great choice --hello antioxidants!



Save Room For Your Favorites

Instead of wasting calories on crackers and cookies that you vaguely like, save space for the dishes that you'll really love. You'll be glad you waited it out.



Portion Control

Half the fun of the holidays is eating all of the special occasion dishes prepared by friends and family. Eat what you like, but remember to do so within moderation.

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"People who love to eat are always the best people."

-Julia Childs



Plan Ahead

When you plan to eat, you plan to win. That's our motto. If you're going somewhere and you're unsure about the food options it's a good idea to have a little pre-game meal. When you don't go places on an empty stomach you can help curb the potential to eat too much too quickly.



Don't Deprive Yourself

We all have food cravings. The more you deny yourself the foods you really want, the more you'll want them. It's okay to treat yo' self. Just remember that the holidays only come around once a year. With all of the holidays right around the corner, you'll have the chance to hit reset and jumpstart your goals all over again.

We'll be right there every step of the way.

Starting January 1st we'll be rolling out a **FREE 7-Day MIND, BODY & {CREATIVE} SPIRIT RESET**. Wellness is a journey, let's take the first step together!