



Navigating through the Holidays with PHD

Holidays get a bad reputation when it comes to meal time. You'll hear comments like, *"Oh, I will wait until after the holidays to start eating better."* or *"I don't want to feel deprived and I want to eat what I want. It's a holiday."* **You do not have to give into these sabotaging thoughts. Prioritize your health over holiday foods.**

The deal is, you can still be healthy and not feel like you are missing out. Focus on celebrating and spending time with loved ones and giving thanks. Yes, food is included in the festivities, but you do not need to feel pressured and anxious when it comes to food selection. We will help you see food in a different way and you will feel so much better after.

One dilemma we come across is whether to eat breakfast on a holiday when a larger meal is on the menu. You might find yourself saying, *"I'll just skip breakfast and make up for it later at dinner"*. While fasting works well for some people on a weight loss journey, that approach will not work best before a holiday feast. We have provided a couple suggestions below to help you navigate meal timing throughout the day when a larger meal is in the forecast.

You do not have to limit yourself from the foods you enjoy during the holidays. As long as you stick to a whole foods approach and focus on protein, healthy fats and fibrous vegetables FIRST, you will reap all the dietary benefits and not feel like you went off your program.



Navigating through the Holidays with PHD

Remember, the holidays are about family, friendship, love and thankfulness. This holiday season, we want you to maneuver through them being more aware. Enjoy your turkey, veggie side dishes, try our PHD Stuffing recipe, and maybe some keto pumpkin pudding. But this year, think of your holidays as a time to be thankful and a time to spend with friends and family, rather than a time to gorge on food and alcohol. Love is in the people you are with, not the food. This holiday, for each piece of pie you would usually eat, give your mom a hug or tell someone that you love them.

Eating a light breakfast in the morning will fuel your body and prevent you from feeling ravenous when the festive meal comes around.

If overeating is a concern, have a small protein rich snack a couple hours before you sit down to eat.

Look for recipes that fit your current weight management plan. Bring those dishes to your gatherings.

Does the thought of having pie as a dessert complete the perfect holiday? Pick and choose your "treats". If you want to splurge and have a small slice of pie, then be mindful of your portions and choices during the main meal.