

HOLIDAY PARTY

SURVIVAL

You can do this! Enjoy the “social” aspects of a party, instead of focusing on the food choices. Grazing just because food is around is a learned “habit” to avoid. Find comfort in the “mingling” and food will be an afterthought.

Stay in control, make smart choices, and holiday weight loss will be a breeze.

Always Remember!

Drink lots of water — before, during and after the party. Use your favorite IP drink enhancers or drink mix to create/enjoy the perfect “mocktail.”

Practice positive mindset — Negative thoughts and insecurities can lead you to eating food for comfort. Don't fall into the trap of comparing yourself to others. No one has a perfect life, so fall prey to the negative mindset that others have it better than you.

Before the Party

Follow your meal plan — Don't skip meals prior to the event. This is a surefire way to lead to overeating. The first meal of the day starts your metabolism.

Bring an IP-friendly dish — Inform the host you are happy with your IP results and want to bring a dish. Prepare a veggie tray w/Walden Farms dressing. Bring an IP sweet treat to the party. Pack yourself a dessert option that keeps you on track.

Use a Buddy — Enlist the help of your partner or a friend to support you if you find yourself easily tempted to cheat.

Eat before the event — avoid arriving hungry, even if you are “strong-willed.”

Weigh yourself right before you leave for the party — Important to remind yourself of all the progress you've made and your weight loss/weight maintenance goals.

Wear a small reminder of commitment — Place a wrist band on your arm to act a reminder throughout the party that you are telling yourself to be strong and avoid cheating.

During the Party

Avoid the food stations while mingling — Out of sight = out of mind.

Beware of “the Sabotager” — You know the one who takes great pleasure in the downfall of others, the one who will encourage you to cheat and say it will be okay. Avoid them at all costs. Enough said.

Navigate the “eats” carefully — Choose veggies! Load up on IP-friendly veggies to satisfy hunger.

Eat Mindfully — Eat slowly and be aware of how much food you consume. Bring a pack of IP approved Xylitol gum. Chew a piece to help stave off temptations.

Be social — Focus on mingling not eating. Share your IP success with guests. The more the talk about the positive effects it's having on you and the weight you're losing, the less likely you'll be tempted to cheat or overeat.

Participate in party fun — Jump into the social activities. If there's a game to play or other fun activities to do, get in the mix. The busier you are the better!

Say “No”, it's okay — If offered foods to eat that aren't IP friendly, politely decline saying they look great but that you are making great progress on your journey and you'd hate to undo all your hard work. If the offers continue, thank the hostess for supporting you and briefly share why staying on your plan is important to you and your health. If food offers persist, consider saying you are already stuffed and couldn't eat another thing.

Leave early — It's okay to cut the visit short, if you feel temptation to cheat.

After the Party

Recognize that the holidays can be a time when people overeat — If you do eat something that is not allowed on the program, then reset and get back on the program the next day.

Plans for next party — Bring an IP ready-made drink/package and ready to eat! No shaker needed!

Bring an IP snack — satisfy sweet, crunchy, and savory cravings: Soy Chips (BBQ, Garlic & Salt & Vinegar) and Chocolate Soy Puffs! Bring a packet with you so you have something to munch on that will allow you feel like you are “participating” in the party while staying in ketosis!

