

WEEKLY WISDOM

Thanksgiving Edition:

TIPS TO HELP KEEP YOU ON TRACK!

Happy Thanksgiving! Being prepared with your foods is the key to success during the holidays. Going to Thanksgiving dinner? Plan out what you will eat ahead of time so that you are not tempted to deviate!

There are three types of people you can be today:

- 1) The Iron Will who will stay 100% on track.
- 2) The One Day Pass who will allow perhaps an extra restricted or more dinner protein, etc.
- 3) The Hog Wild who will say anything goes!

We highly recommend option 1 but option 2 works as well if you keep moderation and all of your hard work in mind. If some deviations do sneak in be sure to keep the next few days very low carb (no 1 A Days) and drink lots of water. Do Not decide to be option 3! Not only will your body and mind not be happy the next day, but you will retain excess water and experience bloating, hunger, and cravings the day(s) following the feast.

Helpful Tips:

- Keep extra Ready-to-Go Drinks on hand and have one before you go out to dinner or a party. Being full or content before you go will help keep temptations at bay.
- Wear clothes that are a little tight. This will remind you to stick with the program! Bonus: You can show off that new figure you have worked hard to achieve and it will bring some well-deserved compliments to help keep you focused on how far you have come!
- When you know you have a party to attend, save a Shift bar for the party. While everyone is munching on cookies and cake, you'll feel like you're getting a treat too.
- **ABSOLUTELY NO ALCOHOL IS ALLOWED!** This will not only set you back 3 full days but it can cause a severe incidence of hypoglycemia and you can potentially pass out. It's very dangerous- Don't do it! Remember: Alcohol= Sugar!
- This is **ONLY 1 DAY** that you have to sacrifice for a **LIFETIME** of holidays when you can eat what you want. You will be to your goal next Thanksgiving and that pumpkin pie will taste even sweeter!
- Need to bring an item to a potluck? Bring a veggie tray with approved veggies & WF ranch dip, or some Shift approved deviled eggs, your family and friends won't even notice the swap!
- Thanksgiving can be a very program friendly meal!



Failure to plan is planning to Fail.