

THE HOLIDAY WELLNESS PLATE™

Build a plate that lets you enjoy the celebration - and still feel good afterward.

1/2

COLOR & NOURISHMENT

Vegetables, salad, or colorful produce.

1/4

SATISFYING PROTEIN

Turkey, chicken, fish, lean meat, beans, or another protein you enjoy.

1/4

HOLIDAY FAVORITES

Stuffing, potatoes, rice, casserole, or another meaningful tradition.

AND YES - DESSERT CAN FIT. Choose something you truly love. Enjoy it slowly. Let pleasure be part of the experience.

Holiday wellness isn't about creating a perfect plate. It's about creating an intentional one.

BEFORE YOU GO™

Going to a holiday party hungry isn't a strategy.

1

EAT NORMALLY

Don't skip meals to "save calories."

2

HYDRATE

Drink water throughout the day.

3

TAKE THE EDGE OFF

If needed, have a small protein- or fiber-rich snack before leaving.

4

DECIDE WHAT MATTERS

Which holiday foods are you genuinely looking forward to?

5

SET ONE SIMPLE INTENTION

Eat slowly. Enjoy my favorites. Stop when comfortably satisfied.

Arrive ready to celebrate - not ready to raid the buffet.

THE FIRST-PLATE PAUSE™

Before automatically going back for seconds...

BUILD

Choose

the foods you actually want.

SIT

Plate it

rather than grazing around the room.

SAVOR

Slow down

enough to taste what you chose.

PAUSE

Give it

a few minutes before deciding about seconds.

Ask: "Am I still physically hungry - or do I simply want more because it tastes good or is still available?"

The goal isn't restriction. It's awareness.

WORTH-IT BITES™

Not every holiday food deserves space on your plate.

?

DO I LOVE IT?

?

IS IT SPECIAL TO THIS CELEBRATION?

?

WILL I ACTUALLY ENJOY EATING IT?

YES -> Enjoy it intentionally. NOT REALLY -> You have permission to leave it.

Save your appetite for the foods that are truly worth it to YOU.

THE HOLIDAY HUNGER CHECK™

Before reaching for another bite, ask: "What am I hungry for right now?"

PHYSICAL

My body needs food.

EMOTIONAL

I'm seeking comfort or relief.

HABIT

I always eat in this situation.

TEMPTATION

The food is visible or available.

CELEBRATION

I genuinely want to enjoy something special.

There is no "bad" answer.

Name the hunger first. Then choose your response.

PERMISSION WITHOUT ABANDONMENT™

You can enjoy holiday food without abandoning yourself.

PERMISSION

"I can enjoy this."

ABANDONMENT

**"I've already blown it, so
nothing matters
anymore."**

**You can enjoy the pie. Eat the family recipe. Celebrate. Have seconds
when you're genuinely still hungry - and still listen to your body.**

Enjoyment and self-care can exist on the same plate.

WHEN THE FOOD NOISE GETS LOUD™

When your mind keeps pulling you back toward food, guilt, or "starting over"...

STOP

Give yourself
a moment.

BREATHE

Take
three slow breaths.

NOTICE

Name
what you're feeling or what triggered this.

CHECK

Ask
whether you're physically hungry.

CHOOSE

Decide
what would support you right now.

Sometimes the answer will still be food. That's okay.

The goal isn't to never have a craving. The goal is to create enough space to choose.

THE 10-MINUTE HOLIDAY RESET™

Feeling sluggish, stressed, or overwhelmed?

2 MIN

HYDRATE

Slowly drink a glass of water.

3 MIN

BREATHE

Step away from the noise
and take slow, intentional
breaths.

5 MIN

MOVE

Walk, stretch, dance, take
the stairs, or simply move
your body.

2 + 3 + 5 = 10 MINUTES

You don't always need a complete restart. Sometimes you just need ten minutes.

ONE MEAL IS NOT THE PROBLEM™

Read this before you turn one celebration into a week of guilt.

ONE MEAL

does not define
your health.

ONE MEAL

does not define
your discipline.

ONE MEAL

does not define
your progress.

ONE MEAL

does not define
your future.

Your wellbeing is shaped far more by the patterns you return to over time than by one special meal.

One meal is a moment. Your lifestyle is the pattern.

NOTHING HAS BEEN RUINED™

Ate more than you intended?

NO

starving tomorrow

NO

skipping meals to compensate

NO

punishing workout

NO

"I blew it"

NO

waiting until Monday

INSTEAD: Hydrate. Eat your next normal meal. Move gently. Rest. RETURN™.

Nothing has been ruined. Your next choice is still yours.

RETURN™

Your Holiday Reset

R

RELEASE THE GUILT

One eating experience does not define you.

E

EVALUATE WITHOUT JUDGMENT

Notice what happened and what you can learn.

T

TAKE THE NEXT SUPPORTIVE STEP

Choose one action that helps you feel grounded again.

U

USE YOUR ROUTINES

Return to normal meals, hydration, movement, and rest.

R

RECONNECT WITH YOUR WHY

Remember what you're building beyond today's food choices.

N

NEXT CHOICE, NOT NEXT MONDAY

Begin with the next choice.

Getting back on track should feel like coming home - not being punished.

YOU ARE ALLOWED TO ENJOY THE HOLIDAYS™

Your health does not require you to miss your life.



Eat foods you love.



Celebrate traditions.



Enjoy dessert.



Say no when you've had enough.



Protect your peace.



Move because it feels good.



Have an imperfect day.



RETURN™ whenever you need to.

Celebrate. Connect. Nourish. Enjoy. Return.