

# Holiday Party Survival Guide

Support and advice to help you navigate the holiday table, fun parties, and all the seasons' social events.



## **To Begin:**

What is your mindset? If you don't have a plan those nasty temptations will find their way into your mouth during the event. Plus if you are having a few drinks, your inhibitions and strategy will certainly take a back. Have a plan for successes by setting "guidelines" that you are comfortable with. Below are "rules to live by" for the holiday season.

# HOLIDAY TABLE



## Appetizers:

- Start your meal with a raw vegetable, like a salad or find the crudité's platter, if it's a dinner start with roasted vegetable.
- Limit the passed hors d'oeuvres. Fill only one small plate with your favorites and do not go take seconds; pass on those that you don't really like. Just because it's there doesn't mean you should take one. It's all right to indulge but be sure to stay within your guidelines.
- Veggie loaded side dishes such as roasted veggies, brussel sprouts, and asparagus, salads, and plain sweet potatoes are the best choices. But if you can't recognize all the ingredients, it most definitely isn't on your plan.
- Carbs are not always the enemy, but they should be consumed with mindfulness. First, plan your day out - if you know there's going to be carbohydrate rich foods at dinner and dessert that you absolutely love, simply limit or avoid carbohydrates for the start of your day and instead consume healthy fats and proteins to keep you satisfied all day long.
- NO BREAD! That includes corn bread or dinner rolls. Just not worth it, especially if your going to have dessert.

## Great Appetizers:

Shrimp Cocktail

Bruschetta

Salsa

Smoked salmon on Toasts

Raw Veggies

Chicken Kabob

Fruit & Cheese

Mixed Nuts

## **Dinner:**



- Fill your plate with  $\frac{3}{4}$  full with veggies, then fill the rest with foods like quinoa, winter root veggies (High Density Carbs) or fruit and lean proteins.
- Keep your mindset in MIND! While you are partying and eating, pause and evaluate your hunger levels throughout your event. Paying attention will save you from overeating foods.

## **Dessert:**

- Be a “connoisseur”. Choose your favorites only and limit the amount. (1 piece or just 1 bite) If it’s something you don’t usually eat, its ok to skip dessert, especially if your having a few drinks.
- Try this trick to eating dessert, try this: Put your fork down in between each bite and really taste it. This will not only give you much more pleasure, but you’ll also be able gauge how hungry you are for more.

## **Parties:**

What are parties for? To spend time with friends, meet new people and be out in the world. What it’s not about? The food table and the bar, they are not your friend. Eat something with protein and fiber before you leave the house. Don’t go to the party hungry. The food table is the central place for all the goodies to be displayed. This shouldn’t be where you spend the most of you time! Take a snack plate, choose only your favorites and walk away

and don't come back.

**Beverages:**

Beverages can be a slippery slope of calories without consciously recognizing it.

**Limit/avoid the following:**

Traditional Eggnog

Creamed Beverages

White Russians

Drinks that include:

Juices

Fruit Nectars

Sodas

Simple Syrups, and muddled sugars with herbs.

**High sugar cocktails:**

Mojitos

Screwdriver

Piña Colada

Long Island Ice Tea

Sangria

Frozen Daiquiri

Flavored Martinis

Wine Coolers

Rum & regular soda

**Great choices:**

Clear liquors with fresh herbs, lemon and limes

Sparkling water + fresh citrus

Club soda

Herbal teas hot or cold

Red wine

Cosmopolitan

Gin & Tonic

Bloody Mary

Tequila and soda

Champagne

My drink of choice:

Vodka with lemons and limes plus a splash of olive juice.