



The Ultimate Holiday Survival Guide Nutrition Checklist

Use the following nutrition checklist to stay on track during the holidays.

For each of the 10 NUTRITION standards you meet in the outlined checklist below, you earn ONE point.

If your goal is to **maintain your weight** during the holidays, then you **MUST achieve at least 5 total points** each week.

If your goal is to **reduce your weight and lose body fat** during the holidays, then you **MUST achieve at least 8 total points** each week.

	Nutrition Tactic	Yes 1 pt	No 0 pt	Comments
1	Did you say NO at least 90% of the time when the candy dish or plate of cookies was passed around the office or your workplace?			
2	Instead of bringing a dessert or candy to work for everyone to enjoy , did you bring something more healthy like a veggie or fruit platter with a healthy dip? Make sure it's festive - Use those green, red, orange and white veggies and fruits!			
3	Did you skip the bread and breaded appetizers at holiday dinners and parties? Remember, bread and flour products are useless carbohydrates devoid of good nutrition.			
4	Have you told yourself that sugar and sweet treats will kill you? Avoid eating sweet treats by eating protein: Curb Sugar Cravings With Protein			
5	Did you eat healthy, balanced meals containing protein, whole carbohydrates and fats the day of a holiday party instead of starving yourself and "saving" your calories?			
6	Did you stay away from alcohol at 90% of your holiday events? Remember: alcohol causes your body to store fat and not be able to burn fat, and when you add sugar to it, it makes it even more detrimental.			
7	Did you stick to mostly protein and veggies at holiday dinners and parties?			



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8	If you have to bake holiday treats over the next two months, did you bake something low in sugar and high in fiber, protein and healthy fat? Remember that artificial sweetened foods are not any better. Stick with less real sugar or use Stevia and you're body will look better. Here are some healthy recipe ideas for you: Healthy Protein Recipes			
9	If you can't exercise due to holiday commitments, did you keep your carbohydrate intake lower and focus mostly on proteins, vegetables and some fruits?			
10	If you know you're going to eat more carbs than your body needs at a holiday event, did you plan this into a carb cycling routine? The day prior, eat a lower carb diet, and then the day following, eat a no carb diet – Give yourself an extra point for performing an intense workout.			
TOTAL POINTS				