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# 5 SIMPLE WAYS TO AVOID HOLIDAY WEIGHT GAIN

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PLUS EASY HOLIDAY  
RECIPE IDEAS

Spounful of Plants



## Plan Ahead and Prioritize

The chaos of the holidays often leaves little time or energy for preparing nutritious meals. The result may be overindulging on processed, high calorie convenient foods and take-out. Unintended holiday weight gain is often the result. It only takes a few minutes of planning and a little forethought to stay ahead of the game.

### Pro Tip

Create a meal plan or at least a dinner menu for the week ahead. Do prepping on weekends or make meals that can be cooked ahead of time and frozen. Now is a good time to break out the slow cooker. Large batch soups and stews are budget friendly, easy and leftovers come in handy!

## Don't Skip Meals

Skipping meals can leave you feeling ravenous and out of control, which can easily lead to overeating at mealtime.

### Pro Tip

Avoid going to holiday parties on an empty stomach when you'll be more likely to have less willpower. A small snack like a handful of nuts and a serving of hard cheese can be enough to curb your appetite.



### HOLIDAY RECIPE IDEAS:

[GINGERBREAD SMOOTHIE](#)

[HERBED APPLE STUFFING](#)

[SWEET POTATO APPLE SOUP](#)



## Stay Hydrated

Hydration is important, even in winter. Thirst signals can sometimes mimic hunger, so make sure you're drinking plenty of water throughout the day.

### Pro Tip

Fill a large water bottle and keep it with you in the car as you bounce around from store to store. If water doesn't seem appealing, add in some fresh fruit or try naturally flavored sparkling water.



ITALIAN ORANGE & FENNEL SALAD

## Limit Alcohol

Calories from alcohol can add up very quickly. One glass of red wine can contain up to 200 calories, and one shot of cream liquor about 150 calories (that's not including anything else that's added to the drink).

### Pro Tip

Remember, you don't need alcohol to have fun. If you do drink, set limits. Opt for drinks like wine spritzers or light beer that contain less calories and alcohol.



CRANBERRY & HERBED CHEESE CROSTINI

## Practice Mindful Eating

Approach the holiday season with a sense of balance and self-awareness. Stay present and tune into your body's hunger and fullness signals. Stop eating before you begin feeling uncomfortable. Take small portions of your favorite food and dessert rather than deprive yourself.

### Pro Tip

Just 5 minutes of meditation a day can help ease the stress and anxiety often associated with emotional eating around the holidays.

SPARKLING VANILLA PEAR MOCKTAILS





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