

Christmas Nutrition Plan

- 1) Every morning fill a large jug (milk jug or large bottle) with water and bring it with you everywhere you go for the day. Minimum is half your body weight in ounces per day and more if you exercise.
- 2) Try not to snack and make each meal/snack intentional.
- 3) Build each meal around your protein intake including goodies. Pair baked goods with a protein shake.
- 4) Do NOT skip meals so you can binge on the big dinners. Try to eat routinely every 4 hours or so.
- 5) If consuming alcohol, start early! Have happy hour drinks and cut it off at least two hours before bed drinking plenty of water before bed.
- 6) Stay consistent with exercise around Christmas. 5 minutes of something is better than nothing at all.