

A Rebel's Guide



HEALTHY TIPS & TRICKS FOR EATING OUT & HOLIDAYS

Holidays are a time of celebration, family & friends no matter where you (or they) are. Lots of people stress and worry about ruining their "diet plan" over the holiday period. But that doesn't have to be the case.

Use these simple tips to help you navigate your holidays for a healthy, fun & "guilt free" time.

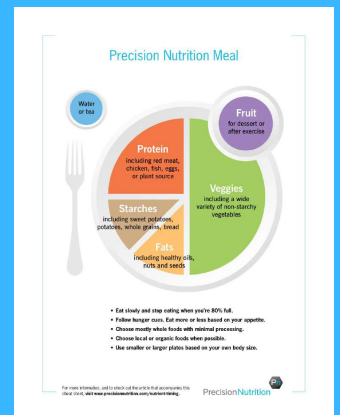
Just to put things in perspective, we're talking about a few big meals plus dessert & a few drinks out of the 1000+ that you will eat over the period of a year.

Balance Your Plate

Use this simple plate guide & build a nutritionally balanced plate of food.

Key Points:

- Half of the plate is full of nutrient-dense, high fiber, low-calorie **vegetables**.
 - One quarter of the plate is **Protein** which helps with appetite control, maintaining lean mass, and optimizing the metabolism.
 - The rest of the plate is divided equally between **Healthy Fats** and **Starchy Carbs** which offer a myriad of benefits
- Fruit is recommended as dessert or after exercise



Tips for Eating Out

- If possible research the menu before your visit so you know what to order
- If necessary, order extra veggies and/or salad to hit your veggie target
- Don't be afraid to ask for a takeout box
- Ask for your sauce to be served on the side, or ask for salad dressing, avocado, nuts or butter for your healthy fat
- Ask if you can swop out a fried item for a steamed, baked option (eg potatoes) - but if you really want fries, have fries and enjoy them!

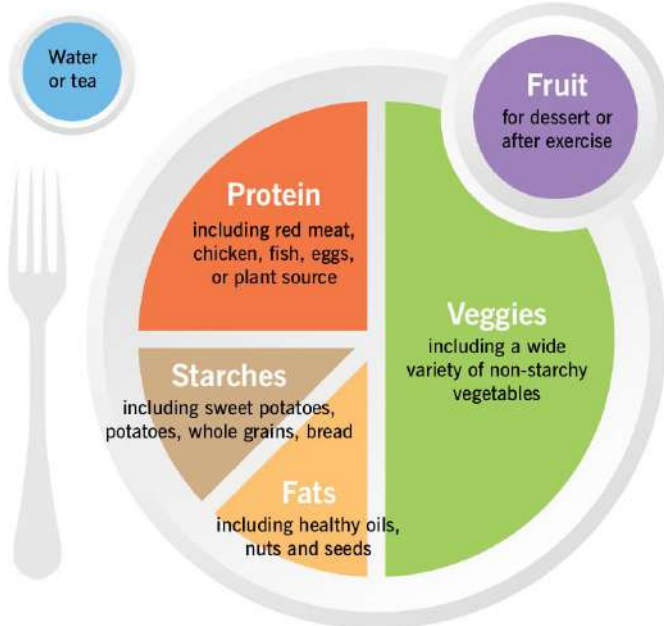
And Finally

You don't have to eat the perfect plate 100% of the time. "A little bit better, not perfect" is a great start and a realistic way to look, feel & live better ~ sustainably.

Pssst have dessert, sweets, ice-cream, and goodies etc if you want to!

Give yourself permission to eat & enjoy without guilt - (if you want you could try and reduce the portion size a little for some added 'zen' - but it's totally up to you)

Precision Nutrition Meal



- Eat slowly and stop eating when you're 80% full.
- Follow hunger cues. Eat more or less based on your appetite.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

For more information, and to check out the article that accompanies this cheat sheet, visit www.precisionnutrition.com/nutrient-timing.

PrecisionNutrition



How this works...

- Using this method there's **no need to measure or weigh your food**.
- If you can choose smaller plates if you're a smaller person and larger plates if you're a larger person.
- **Eat slowly and mindfully** if possible, so you really savour your food and tune into your body signals
- If possible put down the fork and **finish your meal when you're 80% full**, not when the plate is empty (Ask for a takeout baggie to save on food waste).

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Debbie Rogers - The Rebel Nutrition Coach



Debbie xoxo

Hi, I'm Debbie, I'm a Nutrition Coach, Foodie, Specialty Coffee Lover & Diet Rebel! (you'll sometimes find me working out too!)

I help busy people just like you get off the 'diet rollercoaster', eat and enjoy real food, and create success habits so they have more energy, feel great, and lose weight. Without counting calories, spending hours in the gym or feeling deprived.

I'm a "foodie at heart" so expect some delicious recipes and inspiration along the way too!

