



HOLIDAY SMART EATING PLANNER

A Simple 7-Day Routine to Stay Balanced, Energized, and Nourished Through the Holiday Season

A simple, gentle guide to help you stay balanced, energized, and comfortable during the holiday season — without strict dieting or holiday stress.

This one-page routine gives busy people an easy way to eat smarter during the holidays while still enjoying the season. Use it anytime your schedule gets busy, irregular, or food-heavy.

1. THE HOLIDAY PLATE BUILDER

A simple visual formula for steadier energy and lighter digestion.



Build your plate like this:

$\frac{1}{2}$ plate: cooked veggies or greens

$\frac{1}{4}$ plate: lean protein

$\frac{1}{4}$ plate: simple, easy-to-digest carbs

+ 1 small spoon: healthy fats

WHY IT WORKS:

Balanced plates keep your blood sugar steady, prevent overeating, and reduce next-day bloating or fatigue.

2. SMART SNACK FORMULA (BEFORE EVENTS)

A small snack keeps hunger stable so you don't arrive starving.



Choose ONE:

Greek yogurt + berries

Apple + handful of nuts

Small protein (egg, tofu, chicken)

Rice cake + nut butter

WHY IT WORKS:

A gentle pre-meal snack keeps your appetite calm and prevents big spikes.

3. ENERGY STEADY HYDRATION ROUTINE

A simple 3-step hydration rhythm for clearer energy.

Morning: warm water + minerals or ginger

Midday: herbal tea or water with lemon

Evening: light warm drink (peppermint or chamomile)



WHY IT WORKS:

Consistent hydration reduces cravings, prevents overeating, and supports digestion.



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4. THE 3-MINUTE “RESET BEFORE YOU REACH” RULE

A simple pause before eating more or choosing holiday sweets.

Choose ONE:

3 deep breaths

Sip warm water

Quick walk around the room

Ask yourself: “Hungry or just stimulated?”

WHY IT WORKS:

Interrupts autopilot eating and keeps portions natural.

5. HOLIDAY FOOD MAP: ADD MORE / REDUCE (GENTLY)

ADD MORE



- Cooked veggies
- Lean proteins
- Fruit
- Warm drinks
- Whole foods over processed

REDUCE (WHEN POSSIBLE)

- Fried foods
- Heavy sauces
- Sugary drinks
- Multiple desserts
- Late-night eating

WHY IT WORKS:

These small shifts help you enjoy holiday meals without digestive crashes.

6. END-OF-DAY QUICK CHECK-IN



- Did I hydrate early?
- Did I eat slowly at least once today?
- What made me feel energized?
- What made me feel heavy?

WHY IT WORKS:

Awareness builds smarter habits – not restriction.