MY 10-POINT
Festive Survival Plan

Enjoying the holidays, dining out and eating cake without the all-or-nothing guilt



1 Do Not Arrive Starving

Eat normally during the day. A protein-rich breakfast and a sensible snack can help you arrive ready to enjoy the meal rather than eat everything in sight.



2 Hydrate Along the Way

Keep water handy throughout the day, especially in the summer heat. Enjoy your festive drinks, but remember the water too.



3 Start with Protein

When choosing your meal, look for a satisfying protein option and add vegetables where you can. You do not need to overcomplicate the menu.



4 Pause Before You Pile Your Plate

At a buffet, take three seconds to ask yourself: Do I really want this, or am I choosing it simply because it is there?



5 Choose the Treat You Truly Love

You do not have to eat every snack just because it is available. Save room for the cake, pudding or treat you genuinely want – and enjoy it.



6 Share the Sweet Moment

Share a dessert, enjoy a slice of cake over coffee, or simply have a little of something special. It can be just as satisfying.



7 Let Holiday Movement Count

A beach walk, a swim, a hike or a little movement at home all count. Your holiday does not have to look like your normal gym routine.



8 Keep One Morning Habit

Choose one small habit that helps you feel like yourself — a glass of water, your morning walk, a protein breakfast or simply getting outside.



9 Do Not Wait for January

One indulgent meal is just one meal. No punishment, no compensating and no dramatic New Year reset. Simply carry on with your normal habits.



10 Remember What You Came For

The laughter, the people, the conversations, the memories and the moments you cannot put on a plate. That is what the festive season is really about.

Progress, not perfection.

BE KIND TO YOURSELF THIS SEASON.

Frannie B

WWW.FRANNIEFILES.COM