



December

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Calendar Tips

- Think about the holiday parties, work parties, church events, and Christmas day.
- Decide what events you will want to use your splurge meals for.
- Write an "S" on the days you plan to have your splurges and treats.
- You may want to leave room on your calendar for unexpected events that come up.



80/20 Eating Approach

- 80/20 - 80% of what you eat is whole, unprocessed foods. For example- eggs, fish, meats, fruits, vegetables, nuts, seeds, and beans. 20% of what you eat can be more processed. Food is considered processed when it has been modified or altered from its original state, or salt, sugar, fat and chemicals are added to the food.
- If you eat 3 meals a day, that's 21 meals per week. This means 17 of your meals will be unprocessed, and roughly four of your weekly meals can be more processed.
- Think about how you will make this happen. Do you need to utilize grocery pick-up or delivery so your kitchen is stocked with whole foods? Do you want/need to meal-prepare or pack lunches the night before? Do what is best for you and your lifestyle. Don't wing it.
- If you are busy and won't have much time for cooking and meal prepping, stock up on foods like canned chicken and tuna, hard boiled eggs, and fresh fruits and vegetables.



Tips for Before and After a Splurge

- Make sure your meals are high in protein, especially your first meal. This will reduce your hunger for the rest of the day.
- Make sure you are drinking enough water throughout the day. Make it a habit to have your water with you wherever you go.
- Eat whole, unprocessed foods at least 80% of your week. This will eventually cut down on cravings.
- If having your favorite treats in the house is too tempting for you, get them out for a while. Your loved ones should understand and support you.
- Eat slow and mindfully. Don't have the tv on or be scrolling on your phone while eating. You will be more satisfied and fill up quicker if you mindfully eat.
- Get your sleep! People who are sleep deprived tend to eat more and crave more high carb, processed foods.
- Manage your stress and emotions. People who don't have a consistent stress management practice, are more likely to emotionally eat to cope with their stress and emotions. Find some healthy ways that you enjoy to manage your stress and stay consistent with it.