



Now that you have this action planning worksheet, watch the full video of how to use it along with more tips and strategies of how to survive the holidays. Take the 10-15 minutes to do this now and go into this holiday season with a plan. This will increase your chances of nutritional and health success and happiness through the holidays.

## Major Obstacles During the Holidays

### 1.) Party Multiple Dinners/Parties

- Research shows increased calories a.k.a.- The cheat meal (meaning more caloric intake than usual) every two weeks will not derail your nutrition program.
- Most people only have 4-5 dinners/parties in November/December where indulging will be the norm (Thanksgiving day, Christmas day, New Year's Eve/ New Year's day, and one more party). By doing this, stay on point 99% of the time between all these celebrations.
- Put them on your calendar, enjoy, and be on-point with food quantity the rest of the time.
- If you have more planned, choose which ones you will indulge and which you will be on your best behavior!

### 2.) The Dreaded Carbs - Sweets, Desserts, Starchy Foods

- The one and done rule: Eat and enjoy ONE dessert (or two small halves of two different ones) at the important parties. Don't eat any at work (they will be aplenty) and all other times.



## **HOLIDAY NUTRITION GUIDE & ACTION PLANNING WORKSHEET**

- The first plate rule: Eat adequate protein and vegetables during the main course to increase satiety and ensure less sugar indulgence.
- The second plate rule: At parties, after you've had one dessert, you will want a second (and third). Instead of reaching for another dessert, shut your cravings down with some more protein and vegetables.

### **3.) Unsupportive Family Members/Family Dinners with Low Quality Food**

- Most dinners will include SOME vegetable dishes and protein. Let these dominate your plate.
- Bring something of your own to the party so you know there is at least one thing that is healthy.
- Quantity always matters: Quality won't always be easy to control, but you can always control your quantity!

### **4.) Alcohol - The Fourth Macronutrient**

- Anticipate alcohol intake, you know how you get with certain groups of friends/family!
- Shots 1.0 oz = about 100 calories, Wine 5 oz = about 125 calories, Beer 12 oz = 150-200 calories.
- N-Acetyl Cysteine, Activated Charcoal, Milk thistle, & Electrolytes with hydration are all supplements effective in managing how much you drink and a hangover.
- Daily balance: Eat less (but don't starve) during the day if you're going out hard at night, less at night if you're brunching hard.

### **5.) Travel (flights, drives, hotels, etc.)**

- See my "Travel Packing & Snacking List".

### **6.) Hard to Exercise**

- Do what you can do. Got 10 minutes? That's enough for an upper and lower body Tabata workout with 2 minutes rest between each!



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- One of my favorites is a 20 minute EMOM (every minute on the minute) alternating minutes with 20 air squats and 20 push ups.

### **Holiday Nutrition (and Training) Worksheet**

1.) What are the 3-5 dinners/parties you are most looking forward to this November/December? Put them on your calendar and enjoy!

2.) How much alcohol do you plan to consume at the 4-5 most important parties you will be attending? Enter the alcohol into MyFitnessPal now to see how to adjust your macros earlier that day.

3.) Based on your macros (or nutrition plan), what does a typical plate of food need to look like at holiday parties? Draw it.

4.) If traveling, read the travel packing/snacking list now and buy what you need. Don't forget the hangover supplements!



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### **5.) Write down a workout you could do on your own if you have:**

- 10 minutes and no equipment. (i.e.- as fast as you can do as many rounds of 10 squats, 10 push ups, 10 sit ups for 10 minutes)
- 20 minutes and no equipment. (i.e.- Every minute on the minute (EMOM) minute #1 - 15 squats, minute #2 - 15 push ups, minute #3 - 15 jackknives and repeat for 6-7 rounds)
- 10-20 minutes and some equipment. (i.e.- 15 minute of rotating through 10 dumbbell snatches, 10 DB walking lunges, and 10 DB burpees)
- 30-60 minutes and no equipment. (i.e.- Run at zone II pace (heart rate 60-70%) and every 3 minutes stop and do 10 squats and 10 push ups)
- 30-60 minutes and some equipment. (i.e.- 2 minutes at each station and work for 90 seconds, rest for 30 seconds. Station #1- DB step ups, Station #2- Deficit push ups on DBs, Station #3 - DB clean and press)

**6.) When can you do these workouts? Write out two possible times so you can be flexible. I always like to do them early in the day so nothing gets in the way.**



## HOLIDAY NUTRITION GUIDE & ACTION PLANNING WORKSHEET

If you are ready to get a little help with your health and fitness, here are 3 ways I can help make it easier:

### 1) Make Food & Fitness a Community Affair!

Join our [free nutrition community](#) and connect with like-minded people over 40 looking to improve their nutrition, health, fitness, and physique. We share weekly live trainings, workout plans and recipe guides, as well as real-world strategies to help you make lifelong change.

### 2) Just Want the Info. so you can DIY!

If you just want all the info on protein and nothing else, then send me an email at [Brant@nutrition1stcoaching.com](mailto:Brant@nutrition1stcoaching.com). Say Hi and I'll send you my "Protein Power Guide" absolutely free.

### 3) Want the Real World Tools to Never Diet Again?

If you've seen and heard enough and you know you want to work with me NOW, then click [here](#) to jump to the front of the line and [speak with me today](#). If you're the right fit, I'll help you get results and KEEP those results without overly restrictive dieting (so you never have to worry about dieting again).

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*Thank you*

**Brant Bermudez**

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