

HOLIDAY SURVIVAL GUIDE



1.-Drink lots of Water:

- 16 oz first thing in the morning
- 16 oz before every meal

2.-Load up on veggies throughout the day:

- Eat more veggies earlier in the day

3.- Eat before you go

- Something with both protein and veggies to keep you from overindulging

4.-Avoid "simple carbs" (like breads)

- Save the carbs for the fun stuff



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