SURVIVING THANKSGIVING

without overeating



- Create a plan
  - Pray
  - Offer to bring something healthy
  - Hosting? Have healthy choices
- Commit your plan
  - Pray
  - commit your plan to an accountability partner and stick to it
- Creating healthy meals
  - Choose foods without sauces/gravy
  - Avoid sugary food and alcohol
- Dealing with food pushers
  - Just say “No, thank you”
  - Do not argue or explain
- Dealing with leftovers
  - Offer to guests
  - Throw it away or label it with someone else’s name (not your food)

Praying for your health, happiness and success.