

The Dieters Christmas Survival Guide

How To Enjoy Christmas
& Not Blow Your Diet!



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Introduction

Are you ready for Christmas, I don't mean have you bought all your Christmas presents, I mean are you ready for all the rich, fattening Christmas food that will be coming your way?

Have you got a plan of action to get through Christmas, and come out the other side not looking like a stuff turkey yourself or a plumped up Christmas pudding? Okay, you might be laughing now, but this is no laughing matter, if this turns out to be your reality you won't be laughing you'll be crying.

Look, lets face it Christmas is a wonderful time of the year, family gatherings, exchanging of gifts and of course all that wonderful, scrummy, yummy, delicious, fattening food and alcohol.

It's so easy to say who cares? It's Christmas and I'm going to enjoy myself and eat and drink as much as I want without a care in the world, and I say good on you, that's the Christmas spirit, you only worked hard all year long to lose the weight so you can pile it all back on again, on Christmas day. Then when Christmas is over you can start all over again... Now that's the spirit isn't it!

Is It?

Look nothings going to stop you from having a good time, but should you throw away all your hard work on a few days of festive celebrations? You worked hard all year to shift that weight, you made sacrifices and it would be such a shame to see all your hard work go to waste.

So to help you survive the Christmas indulgences, and enter the New Year with still some of your weight loss efforts intact, I've put together this short survival guide for you.

Will you lose weight following this guide? Possibly but there's a slim chance of that happening, unless you continue and stick to your diet throughout the whole of Christmas, and there's slim chances of that happening too LOL.

So what's the use of this guide?

I'm glad you ask... This guide is to help you make the best food and drink choices you can during Christmas, so you still have fun and not fully jeopardise your diet. It's all about making smart choices and limiting the damage.

Christmas Pre-Planning



First you need a plan, and your plan starts with acknowledgment. Realize now that you are going to be surrounded by waist expanding foods no matter what, but you are going to stay strong, you are going to stay focus, and you will get through this.

The enemy is always lurking near, in your fridge, in your kitchen cupboards, and even under your stairs. As Christmas nears he will start to emerge and show his chocolaty face on your kitchen table, he will gather force with coats of pretty colours on your mantle piece to tempt you with his inner sweetness, his arrogance has no boundaries.

But you are a soldier, you are alert and ready to shield off his rich, sticky, gooey toffee pudding.

So with acknowledgement out of the way, lets focus on focus, don't under estimate the tempting powers of a giant size slab of chocolate. So how do you stay focus?

You stay focus by constantly reminding yourself of how far you have come, how much you have sacrifice and how much weight you have lost.

Get a before and after picture of yourself and stick it on the fridge or the kitchen cupboards or wherever you think the enemy might lie in waiting. Don't have a before and after pic? Draw up a chart and plot out your yearly weight loss, and stick that around your home instead.

Want to get a little more fancy? Then maybe you'll like the look of [this weight loss chalk board](#)

Then there's the Christmas shopping, sure I understand, you want to get as much shopping done as you can way in advance, so you can avoid the

Christmas rush. But why not leave the naughtiest of treats until a few days before Christmas.

Yeah, yeah you say you won't touch the mince pies until Christmas Eve, isn't that what you said last year... I rest my case.

Oh yeah, one thing you do want to stock up on though is water, you want plenty of water, water is your ally so make sure you have plenty of it.

Here's how water will help...

First and foremost, when you think you're hungry have a glass of water, you might find you were actually thirsty instead.

Plus you need water to stay hydrated, if you're not hydrated you won't burn fat as well. That's right, water is actually going to help you burn off some of that Christmas fat. It also speeds up your metabolism, suppresses your appetite and flush out some of those unwanted toxins.

You should aim to drink at least 2ltrs or 8 glasses of water a day.

Next is the Christmas decorations, now how am I going to gain weight from the Christmas decorations I hear you say.... By eating them of course, now, now don't be silly, not the tinfoil but the chocolate father Christmases, Christmas trees and chocolate balls you sprinkled in between for the kids.

Yeah right... For the kids, don't make me laugh, you know you can't resist picking at them, even though they taste like candle wax. So don't put them out FOR THE KIDS until closer to Christmas day too.

Let's move on to the next chapter...

Snack Attack

(Choosing Your Snacks)



For snacks you're going to have a nice selection of vegetable crudités, crunchy carrots and celery sticks with a tasty natural yoghurt dip. Gotcha! I'm only joking, come on this is Christmas and for snacks you want sweet and you want savoury... Right?

So that's what you're going to get... But we're going to make our snacks as healthy as we can while still preserving the sweet and savoury factors. However, saying that you can still make up a nice platter of crudités too.

Just keep things interesting, instead of just having plain raw veg, spice things up a bit, here's a nice recipe I found online...

Winter Crudite Salad

Choose a celery root (celeriac) that seems heavy for its size.

Serves 4

Ingredients

½ tsp Dijon mustard
1½ tsp sherry vinegar
1½ tsp extra-virgin olive oil
Salt and freshly ground black pepper
1 celery root (celeriac), (about ¾ pound)
4 carrots, cut into 2½ -inch julienne strips
8 red radishes, (about ½ lb), thinly sliced

Directions

1. In a small bowl, combine mustard and vinegar. Slowly drizzle in olive oil, and whisk until mixture is creamy. Season to taste with salt and pepper.
2. Peel celery root with a sharp knife. Cut root in half crosswise and slice each half as thinly as possible. Keep slices in a bowl of cold water until needed. Drain and pat dry when ready to toss with the vinaigrette.
3. Place vegetables in separate bowls, season with salt and pepper, and toss well. Add about 1½ teaspoons dressing to each bowl and toss again. Arrange vegetables in separate piles on salad plates and serve immediately.

Recipe was taken from here <http://www.marthastewart.com/312960/winter-crudite-salad>

If you don't like the sound of that one, this one never fails me, slice some sweet bell peppers, carrot stick, cucumber sticks, cherry tomatoes, mange tout and baby sweet corn and serve with a fat free natural yoghurt dip, I'm sure one of those veggies on that platter you will like.

Okay, now onto the snacks I know you really want... Here are some ideas for some healthy chocolate snacks...

Chocolate Snacks

Now we don't want to go over board with this, so we are going to keep it simple...

Melt some milk/dark/white chocolate in a bowl over a pan of simmering water and dip in some strawberries, grapes and cherries, place these onto a serving plate and refrigerate until chocolate has set. (make a few of each the variation in colours adds to the excitement. White choc & strawberries, Dark choc with Cherries and Grapes in milk choc)

The sweetness of the fruits and the small amount of chocolate is enough for you to get the sweet chocolate fix, but wont do half the damage if you were to eat full fat chocolate truffles. And if you want to mix things up use some fat free flavoured yoghurt in place of the chocolate, place fruit in the freezer to set the yoghurt before serving.

I can still hear you saying where is the chocolate, well this is a lovely recipe I put together a while ago for some chocolate chip brownies, if you make up a batch and cut them into little squares you will have yourself some lovely little brownie bites, [here is the recipe](#).

Now Christmas wont be Christmas without minced pies and Christmas pudding right? So how about some **Christmas pudding truffles**? Yeah now this is a treat, rich, deep fruity flavours with the added bonus of chocolate... tell me more I can hear you shout.

Ok quite simple actually, you will need 1 Christmas pudding, prepare according to instructions. (I try to find one that you can pop in the microwave for a few mins) about 70g of dark chocolate melted, and a dash of brandy which is optional.

When the pudding has been prepared place it in a mixing bowl and gently break it up, pour over the brandy if using and mix to combine. Using a measuring spoon (tbsp size) scoop out even size amounts and roll into a ball. Set aside to cool before dipping into the melted chocolate, place into petit four cases and refrigerate until required.



Savoury Snacks

Now can you hear the cheese board calling your name? Stop wait lets see how we can handle this.

If your anything like me I love cheese, whether its soft, blue, hard or crumbly I love the stuff so not to go overboard, choose a very small selection, cut up the hard cheeses like cheddar into little cubes and add to a cocktail stick with a pickled onion or grapes.

Liking the idea of cocktail sticks why not halved some cherry tomatoes and sandwich between some feta cheese, spray with a little olive oil and balsamic for a Mediterranean taste.

For soft cheeses why not spread a few lean ham slices with it and roll it up with a few cherry tomatoes or cucumber sticks in the centre and slice width ways delish...

If cheese is not your thing then how about some little mini quiches, you can vary the ingredients to suit your personal taste but here is a recipe that you can use as a base.

Mini Bacon & Leek Quiches



Ingredients

3 eggs
½ medium leek finely sliced
2 slices smoked bacon, fat removed and finely sliced
15g Parmesan cheese, finely grated
Salt & pepper
Spray oil/low cal spray

Method

1. Pre heat the oven to 180'c and spray a 12 hole bun tin and set aside.
2. Spray a non-stick frying pan and cook the leeks and bacon until soft.
3. Beat the eggs and add half of the cheese, add a little seasoning and mix to combine.

4. Spoon equal amounts of the leek and bacon mixture into the bun tin and pour over the egg mixture, finally sprinkle with the remaining cheese and bake for 10-12 minutes until set.

If your looking for other ideas for your buffet table you can use sliced cucumber slices topped with smoked salmon and low fat crème fraiche or fat free natural yoghurt, make some mini fish balls and put on cocktail sticks and serve with a sweet chilli dip (use this recipe mix for the fish balls <http://loseweightlookfab.com/healthy-thai-salmon-fish-cakes/>)

And lastly if you want to keep it simple, thinly slice some veggies like carrots, beetroot and parsnip season and spray with a little oil and pop into your oven or ActiFry for some lovely crunchy veggie crisps.

Feeling A bit Tipsy (Choosing Your Booze)



Christmas wouldn't be merry without the booze, well not quite. To be honest with you I'm not a big fan of alcohol, and I don't drink much of it at all during Christmas, and I still have a merry time.

If I do have a drink it's usually a glass of wine or a few cups of eggnog (I'll share that recipe with you in a little while).

However you might be planning on consuming a fair amount of alcohol during the festive period... Good old knees up eh!

So once again I've scoured the Internet to bring you 12 tasty, mouth-watering cocktails that are kind to your waistline. In fact they sound so good they have me drooling too ;-)

The best part is, they not only sound tasty and are perfect for this time of year, they are all low in calories and sugar too.

Healthy Cocktails For Christmas

(1oz is roughly 30ml)

Campari with a Pear Purée

Ingredients

2oz Campari

$\frac{3}{4}$ oz prickly pear purée

1 $\frac{1}{2}$ oz Grüner Veltliner or an aromatic white wine

Directions

Shake ingredients hard with ice to make a shakerato (it's a shaken Italian drink in case you're wondering. Basically just shake hard). Strain into a chilled neat glass. Top it with the Grüner Veltliner or an aromatic white wine.

Nutrition Info

189 calories, 10.3g carbs, 3g sugar

French Martinis

Ingredients

2oz VuQo Vodka

$\frac{1}{2}$ oz raspberry liqueur

1oz pineapple juice

Directions

Shake ingredients with ice. Strain into a chilled martini glass. Garnish with festive fruits like a strawberry or raspberries.

Nutrition Info

188 calories, 4g sugar, 9g carbs

Calling Birds (in a Spice Tree)

Ingredients

1oz Plymouth gin

$\frac{1}{2}$ oz fresh lime juice

2oz ginger beer

Directions

Serve Plymouth gin with fresh lime juice, spicy ginger beer and a sprig of fresh rosemary.

Nutrition Info

89 calories, 6 carbs, 3.5 sugars, 0g fat

Merry Sangria

(Serves 10)

Ingredients:

1 carton of red CalNaturale Cabernet Sauvignon wine
½ cup fresh pomegranate seeds
1 Navel orange, halved and sliced
1 Granny smith apple, cored and thinly sliced into wedges
1 ½ Tbsp pure maple syrup
3 cups soda water, chilled
1 cup ginger ale, chilled
Ice

Preparation:

In a pitcher, combine the wine, pomegranate seeds, orange, apple and maple syrup; refrigerate for 1 hour or overnight. Stir in the seltzer and ginger ale. Serve over ice.

Nutrition info (per 4oz):

98 calories, 3.65g carbs, .07g carbs, 0g fat

Laying Snowflakes

Ingredients

1oz Plymouth gin
½oz lemon juice
Dash of Turbinado sugar
fresh egg white

Directions

Shake Plymouth gin with fresh lemon juice, a touch of sugar and fresh egg whites.

Nutrition info

86 calories, 2g carbs, 1g sugar, 0g fat, 4g protein

Sparkling Swans

Ingredients

3oz Emeri Sparkling Pinot Grigio
1oz Mango juice like Naked Mighty Mango 100% Juice Smoothie
Pineapple spears for garnish

Directions

Into chilled Champagne flutes, carefully pour 3 parts Emeri Sparkling Pinot Grigio and one part Mango juice into each flute. Stir gently to combine and garnish with a pineapple spear or for pretty festive contrast, a twist of lime.

Nutrition Info

79 calories, 5.4g carbs, 4.3g sugar

Snowy Bloody Marry

Ingredients

1oz Russian Standard Vodka
0.5oz Lucid Absinthe
0.5oz cucumber water*
Splash lemon juice
0.5oz simple syrup **
2 muddled cherry tomatoes
Black pepper and sea salt rim (optional)

Directions

Muddle tomatoes in bottom of a shaker. Combine all ingredients and shake with ice. Strain into a chilled coupe glass rimmed with black pepper and sea salt.

*Peel cucumber and leave soaking in water for 2-4 days. Strain particles out with a cheesecloth and retain the liquid.

**Combine 1 teaspoon (packet) of Splenda with luke warm water. Stir until dissolved.

Nutrition Info

Approximately 128 calories

Cran-Merry Margaritas

Ingredients

12 cranberries
3oz light cranberry juice
1.5oz Cuervo Authentic Light Margarita

Directions

Muddle cranberries. Fill shaker with ice, add cranberry juice and margarita mix. Shake, pour into a rocks or margarita glass and enjoy!

Nutrition info per 4.5oz serving:

159 calories, 23.1g carbs, 0g fat

Leaping Gingerbread Men

Ingredients

2oz TY KU sake
1oz diet ginger ale
Sprinkle of cinnamon

Directions

Pour TY KU sake in a glass, top with ginger ale and sprinkle with cinnamon.

Nutrition Info

78 calories, 0g fat

Pitchers Of Pompelmo

Ingredients

7 1/2oz Campari®
15oz SKYY Infusions® blood orange vodka
7 1/2oz triple sec
1 grapefruit, cut up
20oz grapefruit juice
20 dashes of Bitters

Directions

Place grapefruit wedges in a pitcher filled with ice. Add all other ingredients. Pour into a highball glass filled with ice and garnish with a grapefruit wedge.

Nutrition Info per 4oz

217 calories, 10.3g carbs, 6.6g sugar

Skinny Santas

Ingredients

1 1/2oz Voli Lemon vodka
2oz cranberry juice
splash of soda water

Directions

Mix vodka and cranberry juice in a rocks glass. Top with a splash of club soda. Enjoy!

Nutrition Info

100 calories, 8.6g carbs, 7.6g sugar

I hope these cocktails will enhance the merry in your Christmas, they were all gathered from one of my favourite websites Shape.com

Okay so I love eggnog, so I just had to experiment and try and come up with a healthy version, and I'm rather please with the results, I hope you'll think the same. So I give you my...

Eggnog the skinny version



Ingredients

500ml semi skimmed milk
2 large strips of orange zest
1 tsp vanilla extract
2-3 eggs beaten
2 tbsp honey
1 tsp cornflour
Freshly grated nutmeg
brandy to taste

Method

1. Measure off 200ml of milk and set aside. Using the remaining 300ml milk add a little to the cornflour to make a paste and set aside.
2. In a heavy based saucepan pour the remaining milk, add the beaten eggs, orange zest, honey and vanilla extract and place over a medium heat, add the cornflour paste and stir continuously to avoid curdling, allow to simmer but do not boil.
3. As soon as the mix starts to thicken remove from the heat and add the 200ml of cold milk to stop the cooking process. Pour into a jug and refrigerate until cold. Add the alcohol and pour into glasses, sprinkle with a little freshly grated nutmeg and serve.

I did experiment a little further and used hazelnut and almond milk using these milks, less honey was needed as they already have a very sweet natural taste, be adventurous and experiment a little.

I would like to end this chapter by giving a toast, so... "Let us be merry and taste the good cheer, and remember old Christmas comes but once a year".

Lets Party **(Surviving The Christmas Parties)**



So far we have a good strategy for surviving the fat assault at home, but once we leave base and head into the open field, we need a whole new game plan. The enemy attacks from all directions at Christmas parties, if you're not fully prepared you could become a sitting duck.

On entry to the party you'll most likely be offered a drink, keep a clear head and choose one of the drinks mentioned in the previous chapter, however most parties might not have those ingredients available. In that case try these tactics instead...

Choose low calorie mixers over the full sugar ones. Pace yourself and drink water in between drinks, this way you'll not only drink less alcohol but you'll be in complete control and not make a complete twat out of yourself either.

Also if you can possibly manage it, why not start your evening with something light to drink, and progress to the alcohol later on in the evening, this way you'll consume less alcohol too.

Here's some more tips...

- Swap Baileys for dry Sherry. You'll reduce the calories and cut out the saturated fat, but still satisfy your sweet cravings.
- Swap Mulled wine for white wine, though mulled wine has less calories than your sherry, you'll be reducing the calories even further if you chose white wine.
- Swap white wine for red wine, red wine not only has a more festive feel to it, it also has even less calories and has the added bonus of providing antioxidants too.
- Don't like red wine? Choose Champagne instead, even more of a festive feel and the same amount of calories, but be ready for the hangover!
- Swap Whisky for Vodka if you're a spirit drinker, you'll reduce the calories, however don't mix with a high sugar mixer.

Okay, so you've managed to hold your ground and shield off the first line of attack, but don't drop your guard just yet. Next you're going to be bombarded by the hors d'oeuvre's.

Hors d'oeuvre's use a stealth approach, small and tasty they can easily cloud your judgement, before you know it your dieting efforts could be in tatters, so let's approach with caution!

It's hard to know beforehand what hors d'oeuvre's are going to be served at the party, so we're going to use a strategic approach.

When that platter of hors d'oeuvre's are shoved in your face, go for the crustacean one's first, prawn cocktails, crab cakes, these are great the protein will leave you feeling full and curb your cravings.

But don't be tempted to eat too many because of how tasty they can be. Have one and then head for the veggie platter if you're still feeling a bit peckish, yes I mean the crudité's, and dip your veggie sticks in the salsa and not anything with a creamy texture, this way you're guaranteed a fat free snack.

Another one to look out for, is the prosciutto-melon balls, these are your friends. They are a fix for your sweet and salty cravings, plus the melon provides fibre and the prosciutto provides protein, and overall they are low in calories. So anything fruit is good too.

Then there's the one's that appear to be healthy, but don't be fooled. Devilled eggs are a prime example, eggs are very healthy, but the calorie count is increased when stuffed with full fat mayo.

Okay, that should be enough to get you through the Christmas parties. Be on your guard and ready to dissect in your mind any food that's put in front of you. Use your common knowledge of food and you'll be just fine.

The Final Assault (Surviving Christmas Day)



Okay, so you've made it this far, well done... Give yourself a pat on the back. Weight loss efforts still intact with minimal damage? Checked!

Great!

Now for the final assault... Christmas Day! This is where the enemy will open fire, he will come at you with full force all day long, he will hold nothing back, all guns will be blazing.

But you are ready for him, you are prepared and armed with a counterattack. This is how you will proceed...

Breakfast

Start your day with a healthy breakfast, don't make the mistake of thinking you'll skip breakfast to save room for a big lunch. Have your breakfast and kick start your metabolism.

Christmas morning is pretty hectic in most households with the opening of presents, and preparing of lunch. So you don't want to make breakfast to complicated and add to the stress, instead make a simple breakfast that is nutritious and filling.

A favourite, that has been a breakfast in my household for many a Christmas now is, **smoked salmon and scramble eggs**. The beautiful thing about this breakfast is it can be prepared in 10 mins or less, it's filling but not too heavy, it's full of nutrients and provide an energy boost for the rest of the day, and it's not something we have very often, making it a bit more special for Christmas day.

One large scrambled egg and 1oz of smoked salmon is only about 135 calories, I like having mine served with a couple slices of whole meal toast and a few slices of fresh tomato.

Because of the micronutrients contained in this breakfast, your body gets the boost of energy it needs to survive the day. Fat, protein and carbohydrates are all important for fuelling your body, and the best thing about this breakfast, it provides all three in moderate quantities.

Then there's the vitamin B-2, your body needs this vitamin for metabolising protein and fat, and breaking down carbohydrates into the energy form that your body uses. Just one serving of scrambled eggs and smoked salmon can supply you with 30% of the vitamin B-2 your body needs each day.

Then of course there is the omega-3 fatty acids, which has many health benefits, including increasing your heart's health and your memory, and guess what, both eggs and salmon provides omega-3 fatty acids.

Another healthy breakfast to kick start your day, could be a nice fresh fruit salad

Lunch

Christmas lunch is probably the most important event in all of Christmas, It's when you get together with your love ones and really have a feast. It's when most people surrender and let their guard down, and before they know it, they're loosening their belts in the hope for ease and comfort.

But with a few small adjustments, you can still enjoy your Christmas lunch and leave the table knowing you have not jeopardised your mission.

Turkey... Christmas isn't Christmas without a turkey, so here's how you prepare your turkey to make it that little bit healthier...

First prick the skin of the turkey to allow the fat to drain away whiles cooking and place the bird on a trivet or upturned ovenproof plate, so the bird doesn't cook in its own fat.

Remove the skin from your portion before eating it to save yourself an average of 40kcal. Also choose breast over the leg or thigh as the light meat has slightly less calories.

For the stuffing, instead of using sausage meat use chestnuts or fruit to make your stuffing. Chestnuts are great because they are packed with potassium, perfect for healthy kidneys.

Roast Spuds, avoid cooking your spuds in fat, instead bake them in the oven and spray them lightly with oil to get them nice and crispy.

Better still make good use of your ActiFry, again lightly spray your spuds with oil, I like to use olive oil, you might like to use a low fat spray. Then just throw them in your ActiFry, and let it turn and evenly cook your spuds, producing in my experience the nicest, crispiest, mouth-watering spuds you'll ever taste.

Yes I love my ActiFry! [Here's the one I use.](#)

Gravy, for a nice flavoursome gravy, you can use the juices from your turkey, but first you want to pour the juice into a jug, and wait for the fat to rise to the top so you can spoon it off.

Bread Sauce, instead of using full fat milk to make your bread sauce, use low fat and add a clove of garlic to boost the flavour.

Brussels Sprouts, Mmmm no Christmas lunch is complete without sprouts, they are just so tasty. Besides being tasty they are really healthy, they are packed with vitamin C and K, full of fibre and low in calories.

I love using my ActiFry when cooking my veg, it seems to intensify the flavour and the veg holds a nice firm texture that is very enjoyable 😊

Here's one of my favourite Brussels sprouts recipes cooked in [the Actifry](#)

ActiFry Sprouts With Walnuts



Ingredients

500g of sprouts
Few sprays of olive oil
1 tbsp balsamic vinegar
2-3 chopped walnuts
Sprinkle of finely grated Parmesan cheese
Salt and fresh black pepper, to taste

Method

1. Remove brussels sprouts off the stem, wash well, and rip off outside leaves. Cut each sprout in half.
2. Place brussels sprouts in a bowl and spray with olive oil, add balsamic and seasoning and toss to coat evenly.

3. Place into actifry and set timer for 8 minutes. Once 8 minutes has passed, add the chopped walnuts, and cook for an additional 3-5 minutes keep an eye on them as you dont want them to over cook them.
4. Remove from the Actifry, spray with a little more oil and sprinkle with Parmesan cheese. Serve warm.

Christmas Pudding, you might be surprise to know that, Christmas pudding is low in fat but high in carbohydrates and sugar. Now of course you're going to have you're pudding, I mean lunch would not deliver full satisfaction if you didn't finish with a pudding, right?

But you can still limit the damage here too, instead of smothering it with brandy butter or double cream, compliment it with a nice low fat custard or Greek yoghurt instead.

That brings us to the end of this chapter, I hope so far you have picked up some useful tips. Do realize that even though I have used traditional dishes to demonstrate how little changes can make a difference to how healthy a dish can be. Use what you have learnt and apply it to any meal to improve the healthiness of it.

In the next chapter I would like to give....

A Few Words On Exercise



So, you now have a solid plan to survive the Christmas fat battering, yeah you might gain a little weight, but no way the enemy is going to fully destroy you.

You are now armed with knowledge and mentally strong to fend off his attacks.

But mentally strong is not enough, you need to be physically strong too. If you just sit around and snack throughout Christmas, the enemy will sneak up on you, and without realizing you'll gain a few pounds, that you could have easily fend off just by being a little active.

So here are some easy fitness routines that you can squeeze in during Christmas, and not look like the odd one out.

Start your day with a brisk walk, even if it's just a short walk, it's a great way to boost your metabolism for the rest of the day.

End your day with a walk, going for a walk at the end of the day is a great way to spend more valuable time with your family, and work off that big lunch you had. Plus walking in the cold activates brown fat in your body, a fat that burns calories.

Get your boogie on, When you're at the Christmas parties don't be shy, hit the dance floor and do your thing. Dancing is a fun and effective way to burn off that fat.

Go hard-core for four minutes, Finding time to get in a decent workout during Christmas is near impossible. Not anymore, you can do four minutes of High Intense Training and still be burning fat for hours afterwards.

To watch the workout and follow along [Go Here](#). (It's not as hard as it sounds)

That's it, doesn't sound too hard now does it? But if you make the small effort to fit in these easy routines, you'll cherish the results later.

One final chapter and you're done...

Christmas Gift Ideas



Okay, I know this has nothing to do with losing weight, but I thought it would be a nice way to end this guide, after all it is Christmas!

I have searched Amazon for you, and read many reviews to find you some excellent gift ideas that you can buy for your friends and family.

If this book was shared with you by a friend, it might just be a hint that they're interested in one of these gifts ;-)

Gift Ideas From Amazon



[Tefal ActiFry](#)



[Halogen Oven Cooker](#)



[Soup Maker](#)



[AirFryer](#)



[Cocktail Shaker Set](#)



[Weight Loss Chalkboard](#)

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 Quick Tour

Final Words

That brings us to the end of this guide, I hope it brought a smile to your face and more importantly I hope it will help you survive Christmas without completely blowing your diet.

If you found it helpful, maybe some of your friends will too, so why not share it with them, [you can easily do so by heading over here](#), and whiles you're there why not leave a comment and a like too.

Now go and have a jolly old Christmas

Best wishes

Mel xx

P.S. You can follow me on [Facebook](#), [Twitter](#) and [Pinterest](#) too 😊