



Nutrition During the Holidays and vacations

Holidays and vacations can be really tough. Our motivation dwindles, as if we're already reaching for all the sugar, knowing we'll overindulge and... give up almost before we even started. Precisely for this reason: you shouldn't give up on the holiday feasting, leaving your body and health to chance. The choice is yours! You can choose a path that will help you easily continue, enjoy delicious food, and keep you going even during this festive season. You're not alone in this! I'll share with you the key to real weight loss and its scientific principles. I'll give you the structure of a fat-burning meal that will greatly help you.

Focus on it and reach the end of your meals feeling light, at peace with yourself, and... enjoy dessert! The key is order in your eating habits; stick to them for your health, fitness, and enjoyment! Now I'll give you tips on how to behave gracefully during holiday meals!

Increase your vegetable intake

Generally, during the holidays, we tend to skip vegetables because of the abundance of food on the table.

It's worth combining and even increasing the amount of vegetables you eat during the holidays because they contain dietary fiber, which, over time, will create a feeling of fullness. This will make it easier to avoid unnecessary foods and help eliminate toxins.

Drink plenty of water

Increase your water intake to at least 12 glasses a day to boost your metabolism, avoid confusing thirst with hunger, and reduce your sugar cravings.

I overindulged! What do I do now?

If you felt like you ate more than you should have during the holiday meals, felt like your pants were bursting, experienced discomfort or stomach pain, and your mood is low... Drink water throughout the afternoon and don't reduce your food intake the following day. The next day, you can increase the amount of protein and fat in your meals. This will help you avoid sugar cravings.

 Take a half-hour walk every day.

If you exercise, continue your routine as usual to preserve the muscle mass that burns calories for you.

In any case, add a half-hour walk every day. You can do it in the morning, even before the holiday meal. Together, they will make a difference.

Be careful not to go to the festive meal too hungry after your workout. You can even have a small meal after your workout and only then start preparing for the festive evening.

 We sit down together at the table and begin to eat... What to eat? Always start with a large, varied green salad accompanied by a healthy fat such as olive oil or avocado. The greens at the beginning of a meal will regulate insulin secretion, and even if we eat cake at the end, we won't gain weight easily!  Place several portions of healthy and varied fats on your plate.

Fats like avocado, olive oil, nuts and seeds, coconut oil, and coconut cream will greatly help you feel satiated and moderate your excess carbohydrate intake.

Fats are a particularly efficient fuel for the body's various systems.

And animal fats like high-quality meat fat, egg yolks, and butter can also help keep your skin and blood sugar levels balanced.

 A very large portion of protein, either plant-based or meat-based.

Whether you're vegetarian or a meat-eater, be sure to consume high-quality protein with colorful vegetables, prepared grilled, steamed, or boiled. Placing protein in the second phase is hormonally ideal and will help you burn fat more easily between meals.

 Carbohydrates at the end of the meal

Always choose useful carbohydrates (not empty carbs like potatoes, corn, and white flour); all those extra empty carbs will weigh you down unnecessarily.

In any case, always eat carbohydrates at the end of the meal, after the salads, the protein portion, and the side dishes. And don't forget to leave room for a delicious dessert :)

So again: first a green salad, because green vegetables will help Nola secrete insulin slowly and moderately, and then the fat and protein.

This order, from foods that secrete less insulin to foods that secrete more insulin, will ultimately calibrate insulin to a balanced level.

Then your body will be able to burn fat more easily between meals, in the evening and early morning.

 And what about wine?

 Red wine is better than any other alcoholic beverage: it's rich in antioxidants and polyphenols, which help prevent disease, and its glycemic index is low compared to other alcoholic drinks.

If you like wine, it's best to drink it without preservatives (sulfites)...

You'll start drinking wine after the carbohydrate portion to moderate insulin secretion.

 And dessert?

Have a cup of tea and treat yourself to dessert: go ahead and have fun!

Any unnecessary struggle against dessert cravings generates stress and releases hormones that promote fat storage. Enjoy your dessert!