



The Ultimate Guide:  
*How To Really Enjoy Thanksgiving*  
*with no guilt - no gain - no kidding!*

---

Catherine H. Toomer, M.D.

Health Wellness and Weight Loss Centers, LLC

Whole-You TOTAL WEIGHT LOSS™

---

## Enjoy Thanksgiving – no guilt, no gain, no kidding!

#1. Thanksgiving is a celebration – relax and have fun!

#2. Do not skip meals before the day and not on the day – this leads to cravings and overeating.



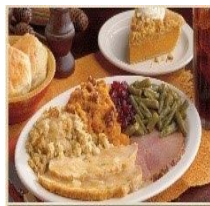
Drink a 30gm+ protein shake 30-60 minutes before your Thanksgiving meal (this will act as an appetite suppressant)



Drink water just before putting anything else in your mouth (this limits overeating)



First Helping: a small plate of meat/protein, fat/cheese, and/or vegetables only



Second Helping: ½ the plate of meat/protein and vegetables. ½ plate a spoonful of everything else (throw the one carb per meal rule out the window) – eat deliberately and slowly and fully enjoy what we all look forward to.



Avoid all sweetened soft drinks (have diet sodas, sugar-free soft drinks, water instead)



+



If having mixed drinks, then make them with diet soda or soda water (then add your own unsweetened flavoring e.g. Crystal Light). Be careful – alcohol lowers inhibition and can cause increased eating.



Wine is a carbohydrate and should be added to the second helping plate and not before. Drink low carb wines if possible.



Have dessert (yes you read that right). This is a celebration and people make food out of love. Eat it! Just be mindful and moderate (add extra fat with unsweetened whip cream or low-carb/sugar-free ice cream if possible – e.g. Halo Top)

### **How to prepare:**

**Days in advance:** If you are cooking, plan a menu that avoids triggers and provides satisfying options. If a guest, know the planned menu – offer to add anything you think you will need to stay on track (eg no-carb snacks; sugar-free drinks, etc.)

**Hours before:** visualize eating slowly and your protocol plan

**At the time:** Enjoy everything; Repeat above steps as needed; keep nuts handy in case the meal is delayed and you get hungry.

**Days after (leftovers):** Keep it simple; Go back to 1 no carb meal a day; add small dessert only after a no carb meal or snack; Limit dessert to once a day if at all