



Celebration survival!

The holiday season brings friends, family, and loved ones together to celebrate. It can also be a stressful time, wreaking havoc on our waistlines and undoing our weight-loss efforts if we're not careful. This year, keep the commitment you've made to yourself, your health, and your waist by developing a *survival* strategy to help you successfully navigate those sometimes tricky holiday situations.

In addition to a few holiday recipes, you'll find tips to help you successfully navigate special events involving food – at home, at the office, or with friends.



Don't go hungry!

It's important to eat at regular times throughout the day before attending your special event so you don't go hungry. Eating small frequent meals helps keep your energy levels even, and your hunger at bay, and makes you less likely to give in to temptations. Enjoying a delicious Medifast Meal before attending a holiday party will help keep you satisfied. While there, remember these special events should be treated like a *small frequent meal* and not an eating frenzy. On the 5 & 1 Plan, plan to take a Medifast Meal with you or have your Lean & Green Meal at this special event.

Avoid portion distortion.

Use the smallest plate available for built-in portion control. Fill your plate with healthy choices first, like fresh vegetables, lean proteins, and salad. Limit or skip foods that are high in calories and low in nutritional value.

Frozen Pumpkin Shake

Serves 1

Counts as one (1) Medifast Meal and one (1) optional condiment.

1 Medifast French Vanilla 55 or 70 Shake

1 tsp pumpkin spice

$\frac{1}{8}$ tsp ground cinnamon

$\frac{1}{2}$ cup cold water

$\frac{1}{2}$ cup ice

Pour ingredients into blender and mix until smooth.

Cal 95 | Fat 0.5g | Chol 0mg | Carb 15g | Pro 11g

(based on Medifast French Vanilla 55 Shake)

Cinnabon Shake

Serves 1

Counts as one (1) Medifast Meal and three (3) optional condiment.

1 Medifast French Vanilla 55 or 70 Shake

1 tsp ButterBuds®

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{2}$ cup cold water

$\frac{1}{2}$ cup ice

Pour ingredients into blender and mix until smooth.

Cal 97 | Fat 0.5g | Chol 0mg | Carb 16g | Pro 11g

(based on Medifast French Vanilla 55 Shake)

g e t c r e a t i v e

You don't necessarily have to give up traditional favorites...just modify them. Stay on track on the 5 & 1 Plan by focusing on the Lean & Green Meal recommendations: Roasted chicken, turkey, lamb, or lean beef paired with spinach salad and steamed green beans makes for a great holiday meal and a healthy waistline without leaving you feeling deprived.

For those in Transition and Maintenance, sauté with broth rather than butter, use sugar-free gelatin rather than regular in Jell-O® molds, and use low- or fat-free choices rather than higher fat versions, *e.g.*, substitute low-fat sour cream for regular.



Ask for help

Remember, you don't have to do it all yourself! Get your family and friends into the holiday spirit by assigning tasks for everyone. Send your spouse to the store (*with a very specific list!*) while the kids clean assigned areas of the house. Don't be afraid to ask friends and family to bring a dish for all to enjoy.

Leftovers

Leftover food often finds its way into our mouths rather than the storage containers we intended. Help yourself by choosing a clean-up job away from food (*such as washing the dishes*) while someone else clears plates and puts away leftovers.

Here are a few suggestions for using up your leftovers:

- ✦ Offer some to neighbors, coworkers, and friends – especially cakes and pies.
- ✦ Divide leftovers into Lean & Green Meals and freeze for a quick lunch or dinner when you're in a rush or don't have time to prepare a meal for the family.
- ✦ Transform your leftovers into other Lean & Green Meal dishes. Be creative and invent new recipes!

Shake Cookies

Serves 1

Counts as one (1) Medifast Meal and three (3) optional condiments.

1 Medifast French Vanilla 55 or 70 Shake

$\frac{1}{8}$ tsp baking powder

2 packets (or 2 tsp) Splenda® sweetener

$\frac{1}{2}$ vanilla extract

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{4}$ cup water

Preheat oven to 350° F. Combine all ingredients in a bowl. Spray a foil-lined, oven-safe pan with non-stick cooking spray. Drop mixture by teaspoon onto the pan and bake for about 15 minutes. Makes approximately 3–5 cookies.

Cal 100 | Fat 0.5g | Chol 0mg | Carb 16g | Pro 11g

(based on Medifast French Vanilla 55 Shake)

planning ahead

Develop a plan of action and you'll be much more likely to enjoy the holiday season, confident in your abilities to navigate those sometimes tricky scenarios. Use the ***My Plan of Action for Surviving This Event*** form on the next page to outline your plan of action.

A plan of action is a written strategy detailing the steps you'll take to keep yourself on track with your weight- and health-management goals. Take time to create several plans of action, individualizing them for the various situations you'll be faced with this season—from family events to office parties to dining with friends. Learning to manage your caloric intake is no different than managing your checkbook, car maintenance, or kid's schedules. It takes commitment to focus on your health goals.

My Plan of Action for Surviving This Event

Event/Holiday/Celebration:

Date and time:

Main goal for this event:

To stay committed to my overall health goals and weight-loss/maintenance program.

Other specific/personal goals:

- 1.
- 2.
- 3.

Identify possible barriers to sticking to your plan that you may encounter at this event/celebration:

- 1.
- 2.
- 3.

Identify a healthy strategy to put in place that will help you manage the specific barriers you identified above:

- 1.
- 2.
- 3.

Choose (non) tempting treats.

Choose to make or buy holiday treats that are easy for you to resist. If you're a *chocolate lover*, offer licorice or hard candy, or make fruit-flavored baked goods. Love all things sweet? Give out miniature packets of pretzels, peanuts, or sugar-free gum, or make personalized gifts that don't involve food (such as candles or place settings).

Chew, chew, chew!

It typically takes the stomach 15 to 20 minutes to signal the brain that you've had enough food. Savor each bite by eating slowly and allow yourself to *hear* when you are full. This is an important skill to learn, regardless of which Medifast Program phase you're in. Skip second helpings (which could double your caloric intake) by standing away from the food, keeping yourself occupied, and enjoying the company of those around you.

A green beetle is perched on a branch with red berries. The background is a soft-focus green and white, with several white snowflake graphics scattered across the right side. The text is overlaid on semi-transparent dark red rectangular boxes.

Hectic schedules

There never seems to be enough time to plan, clean, shop, and cook. Manage your time by writing out your daily schedule before your events. Determine what you can do in specific time frames and only commit to what you know you can accomplish.

Medifast Meals are great during busy times because they are quick, convenient options that taste delicious and provide your body the good nutrition it needs and deserves!

Make time for your body.

Exercise can help you burn and/or *bank* calories, which helps you to balance your calories consumed with your calories expended. Get your friends and family involved by suggesting group activities (*such as walks or sports challenges*) that focus on physical health and take the emphasis off food.

Green Bean Almondine

Serves 4

Each serving counts as three (3) Green (*vegetable*) servings and two (2) Healthy Fat servings.

1-½ pounds raw green beans, trimmed

4 Tbsp almonds, slivered

2 Tbsp butter

Salt and pepper to taste

Sauté almonds in butter until lightly browned; be careful not to burn. Steam green beans. Toss with almonds and season with salt and pepper before serving.

Cal 148 | Fat 10g | Chol 15mg

Carb 15g | Pro 5g

(per serving, approximately

1-½ cups each)

focus on friends

Holidays are intended to be social gatherings with friends and family, not eating frenzies. Emphasize the social interaction. Plan activities to make the day special: Visit a local pumpkin patch, volunteer at a food bank, or attend local parades or other celebratory events. If possible, include group walks or sports activities so that you can burn calories while having fun. By focusing on the company of those around you, you can celebrate the true spirit of the holidays and make lasting memories with your family and loved ones.

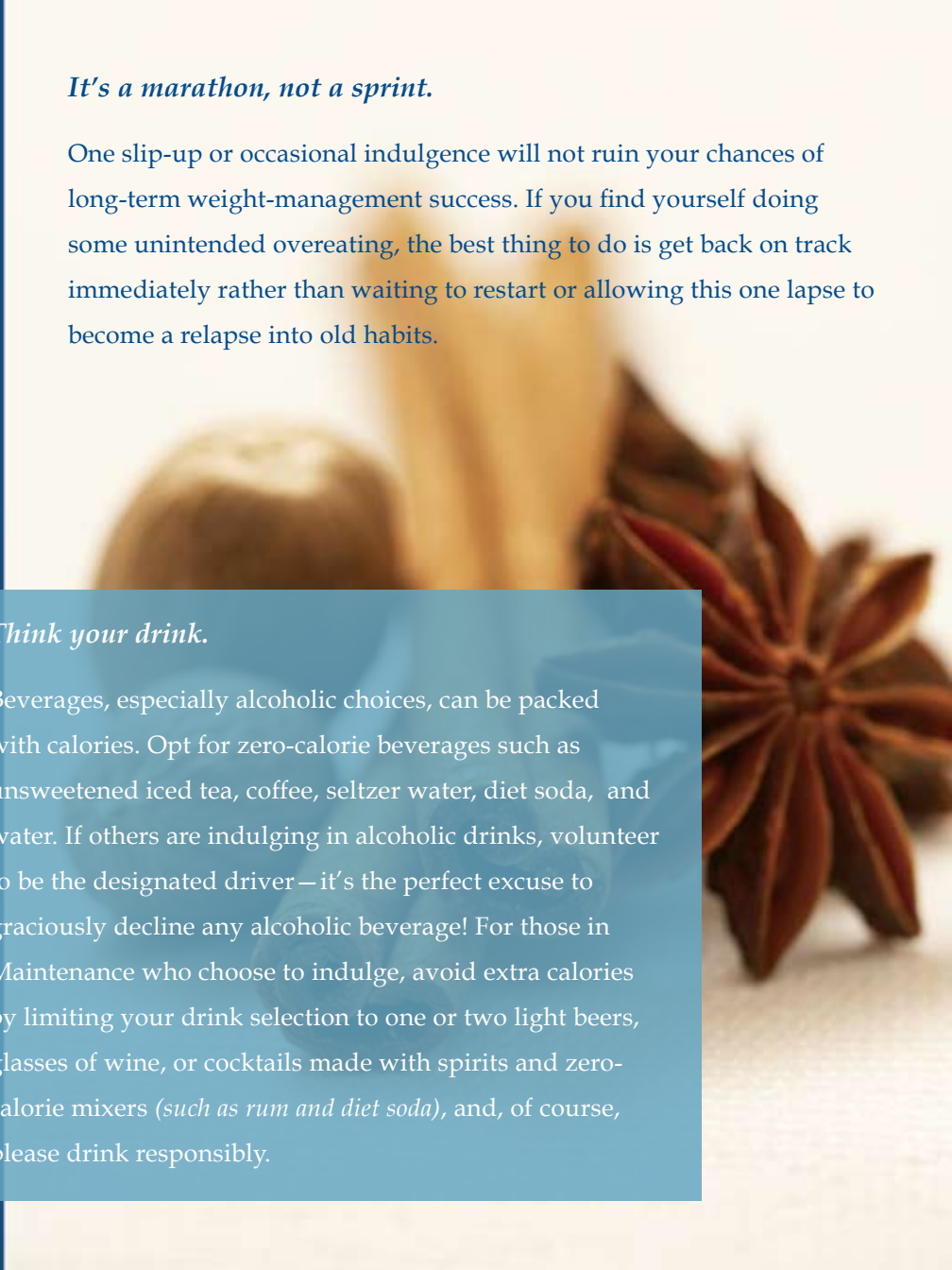


It's a marathon, not a sprint.

One slip-up or occasional indulgence will not ruin your chances of long-term weight-management success. If you find yourself doing some unintended overeating, the best thing to do is get back on track immediately rather than waiting to restart or allowing this one lapse to become a relapse into old habits.

Think your drink.

Beverages, especially alcoholic choices, can be packed with calories. Opt for zero-calorie beverages such as unsweetened iced tea, coffee, seltzer water, diet soda, and water. If others are indulging in alcoholic drinks, volunteer to be the designated driver — it's the perfect excuse to graciously decline any alcoholic beverage! For those in Maintenance who choose to indulge, avoid extra calories by limiting your drink selection to one or two light beers, glasses of wine, or cocktails made with spirits and zero-calorie mixers (such as rum and diet soda), and, of course, please drink responsibly.



Hot Cocoa Viennese

Serves 1

Counts as one (1) Medifast Meal and one (1) optional condiment.

- 1 Medifast Hot Cocoa
- ½ tsp ground cinnamon
- 6 oz hot water
- ¼ tsp vanilla extract

Combine Hot Cocoa and cinnamon in a mug or microwave-safe cup. Add hot water and vanilla extract; stir until dissolved. Allow drink to cool for a few minutes to blend flavors, then stir again and enjoy.

Cal 115 | Fat 1g | Chol 10mg | Carb 15g | Pro 14g

Gingerbread Loaves

Serves 2

Each serving counts as one (1) Medifast Meal and one (1) optional condiment.

- 2 Medifast Apple Cinnamon Oatmeals
- 2-4 Tbsp sugar-free gingerbread syrup
- ⅛ tsp baking powder
- ¾-1 cup water

Preheat oven to 350° F. Combine all ingredients in a large bowl; mix well. Spray two (2) mini-loaf tins with non-stick cooking spray. Divide batter evenly into tins. Bake for 30–45 minutes or until a toothpick comes out clean when inserted into the center of the loaves.

Cal 104 | Fat 1.5g | Chol 0mg | Carb 16g | Pro 11g

If you plan on serving candy or sweets, purchase or make these items at the last possible moment. Early purchases or baking can increase the risk of being *caught with your hand in the cookie jar*.



Strut your stuff.

Use the holidays as an opportunity to be a role model for healthier living to those around you. Demonstrate the secrets of successful life-long maintainers by balancing moderate *holiday indulgences* with wise nutrition/food choices and increased physical activity.

Bring your own.

If your event is a potluck, bring a healthy dish that you can enjoy on your Medifast Program. A taco salad made with greens, tomatoes, scallions, green peppers, and taco-seasoned ground turkey is sure to be a hit, and makes a great Lean & Green Meal. If your event is not a potluck, bring a *hostess gift* of fresh vegetables and low-fat dip.

Holiday Stuffing

Serves 1

Counts as one (1) optional snack and three (3) optional condiments.

- 1 packet Medifast Multi-Grain Crackers
- 1 cube chicken or vegetable bouillon
- 4-5 oz boiling water
- 1 Tbsp onion, chopped
- 2 Tbsp celery, chopped
- ¼ tsp poultry seasoning, to taste
- Salt and pepper, to taste

Crush the packet of Medifast Multi-Grain Crackers in a small mixing bowl. In a separate, microwave-safe bowl, crush bouillon cube and mix with water, onions, and celery; cook this mixture in microwave 1-2 minutes or until vegetables are tender. Add poultry seasoning to taste (*up to ¼ tsp*). Mix well, adding additional water to achieve desired consistency. Blend bouillon and vegetables with Medifast Crackers.

Cal 79 | Fat 1g | Chol 1.0mg | Carb 15g | Pro 2.5g

l o c a t i o n , l o c a t i o n , l o c a t i o n

Position yourself as far from the food as possible. Sitting or standing too close can be tempting and lead to overeating.



Food gifts

Well before the holidays, ask your friends and family to forego food gifts. If you still get them, thank the person and either serve the food to others or give it away to someone else. This way, you won't hurt the giver's feelings, you'll eliminate your own temptation, and you'll save yourself the time and energy of preparing holiday treats for others.

Travel with your inspiration

If you're traveling this holiday season, take along something that inspires you to stay on track with your health goals. Maybe your inspiration is a picture of you at your goal weight, a special poem, music that enlightens you, or an inspirational saying. And, of course, don't forget your Medifast Meals!

Herb-roasted Turkey Breast

Serves 2

Each serving counts as one (1) full Lean & Green Meal (6 ounces “leaner” Lean choice, three (3) Green (vegetable) servings, and one (1) Healthy Fat serving) and two (2) optional condiments.

- 1 lb (16 oz) boneless turkey breast, raw
- 2 cups celery, chopped
- 1 cup sliced mushrooms
- 2 Tbsp onion, diced
- 1 tsp poultry seasoning
- ½ tsp ground black pepper
- ½ cup low-sodium chicken broth
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 tsp canola oil, butter, or trans fat-free margarine

Preheat oven to 350° F. Place turkey breasts in medium roasting pan. Sprinkle equal amounts of poultry seasoning, black pepper, onion powder, and garlic powder on turkey breasts. Place celery, onions, and sliced mushrooms around turkey breasts. Pour chicken broth and oil (*or butter/trans fat-free margarine*) into roasting pan. Roast for 45–60 minutes or until internal temperature of turkey breasts reaches 170° F. If cooking turkey breasts with skin on, remove skin prior to eating.

Cal 323 | Fat 7g | Chol 148mg | Carb 7g | Pro 56g
(per serving, approximately 6 ounces cooked turkey
and 1-½ cups mixed vegetables)

keep your hands
and mouth busy

Put a stick of sugar-free gum or a sugar-free mint in your mouth to stop the *nibbling*. Keep your hands busy and away from tempting foods by holding a calorie-free beverage in your dominant hand at all times.

Don't forget, we don't have to wait for a holiday to take the time to be thankful for the good things we have in our lives. By being thankful every day, you can learn to focus on the positive, and this positive thinking will help you stay healthy and well.

Enjoy the holidays!

