

Low Carb for the Holidays

The ultimate 5 steps guide to stop being hangry & lose weight this holiday season!

by Heather DiBiasi, MS, RDN



Hayy Babe!

I'm Heather DiBiasi your low carb nutritionist and I am SO excited for you right now!! By grabbing this guide you said YES to taking your health in your own hands and leveling up your life by learning how to lose weight in a way that doesn't make you feel deprived or ready to raid the pantry for leftover halloween candy by the end of the night because you are just SO damn hungry.

With this guide I want to share with you my BEST tips on how to navigate the holiday season while feeling in control of your food choices and sticking to your weight loss goals!

So let's do the damn thing and get started, shall we?!



1 Record a food journal

Seriously, this is a game changer and in my opinion key to being successful with your weight loss goals!

Why's that? ... because when you track your food it can bring a lot of awareness to what you are actually eating. Sometimes we don't even notice the bites, licks and taste we take throughout the day or what our overall day looks like. I attached a sheet on the next page so you can print this out and get started tracking!

When you are on your weight loss journey you have to understand what is working for you and what is not working for you and this is exactly what is going to help you figure that out :)



Food Journal

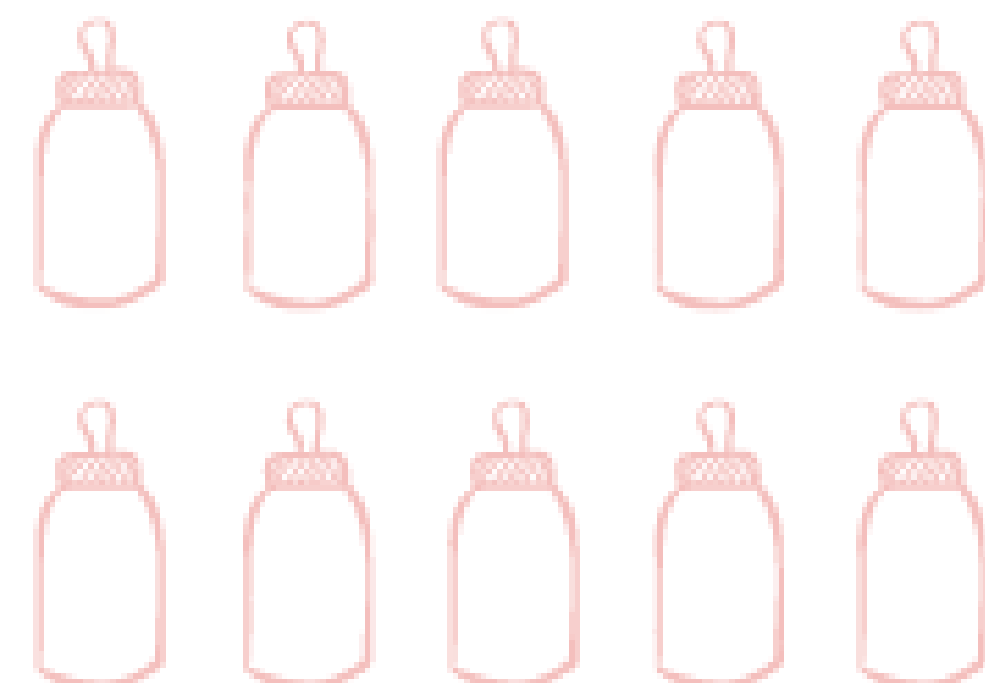
Date:

__/__/__

Priorities for today

-
-
-

Cups of water



Workout Supplements

Other beverages



Breakfast

Time __:__

Lunch

Time __:__

Dinner

Time __:__

Snack

Time __:__

Hey Gorgeous.. lets make this the best day yet!

2 Eat to balance your blood sugar

It doesn't surprise me when I get messages from new clients telling me they eat following my meal formula and aren't hungry for hours! It's actually music to my ears and exactly how I want them to feel :)

I mean when you are trying to lose weight who want's to be hangry 24/7?! That just makes it SO much harder than it has to be!

But when you eat to balance your blood sugar like me and my clients the results are unbelievable. When your blood sugar is in control, you feel in control of your food choices- and that feels damn empowering.



How to build a meal?

Volumize your veggies: for breakfast, veggie are optional but of course always recommended. As for lunch and dinner aim for 1/2 your plate veggies!

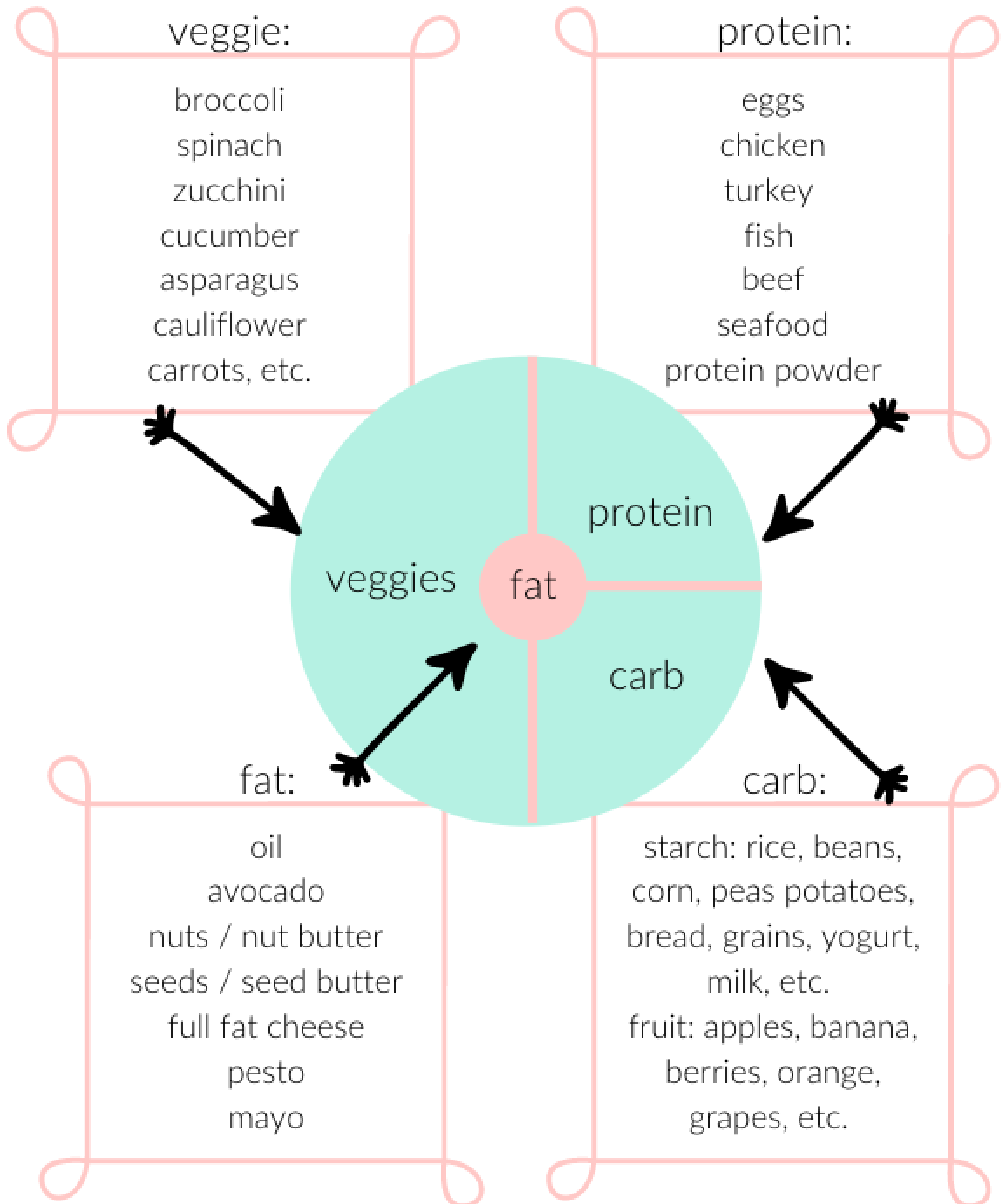
Pick your protein: protein boosts your metabolism and shuts off a hunger hormone called ghrelin. It also decreases cravings for carbohydrates and helps you get lean and toned- yasss girl!! You want at least 20 grams per meal.

Find your fat: sometimes fat is more obvious like avocado or nuts and other times it's less obvious like the dressing you use on a salad or the oil used to cook your veggies. But make sure to have at least one serving per meal!

Consider your carbs (quality and quantity): you want to make sure you are sticking to high fiber carbohydrates to keep you full longer and of course always portion them out! In addition to that, carbs should always be paired with protein or fat to keep you blood sugar stable. I recommend 1 serving per meal max!

Plate method

You can mix and match all the ingredients to make new recipes!
Everything is interchangeable to keep your meals flexible :)



4 Crush the cravings



Cravings are the WORST. I totally get it babe! But don't you worry... Coming from yours truly who had the biggest sweet tooth ever, I can confidently say I have the tips you need to crush those cravings for good.

The thing with cravings is the less you eat sweets and processed foods the less you crave them. Our taste buds do adjust after just 14 days and you will notice things will taste sweeter with less sweetness added! But the two ways to go about cravings is to...

Prevent them in the first place

Preventing them is going to be key and honestly the first thing you need to focus on. So how do we do that Heather... by following the first 3 steps of this guide. Especially #2.

Remember when your blood sugar is in control and you feel satisfied you are WAY more in control of your food choices.

Satisfy them babe!

You can either make a healthier alternative to your sweet craving with protein and fat that will satiate you (check out heatherdibiasi.com for recipes!) OR the next options is actually have what you are craving if it's something specific which we will get to on the next page ;)

How to fit in fun holiday foods

Of course we want to keep fun foods to a limit but I am a big believer that these foods can fit in the right amounts and with the right mindset.



Set a limit!

You can have it all, just not all at once. Setting a limit for how many times you want to indulge during the week/month can help keep you on track with your weight loss goals! And most importantly, stick to it! Don't ever break promises you make to yourself :)

Use it as your carb!

Most of these holiday treats like Christmas cookies, eggnog, pies, etc. are carb based. So if you want it, use it as your carbohydrate source for your meal and skip the potatoes!

Enjoy it and move on :)

Most times it is not the indulgence that is the problem it is what you do after. If you have some stuffing on Thanksgiving or a slice of pie on Christmas it is not going to ruin your progress. Just get back to your consistent routine the next day! One meal will never make or break your progress so don't let that one meal derail you for the rest of the day, week, month or year!

Low carb holiday swaps

Having fun low carb swaps makes going low carb SO much easier! I'm gonna share some of my favorite one with you :)

Cauliflower Stuffing

Make your traditional stuffing recipe and replace the bread with cauliflower rice. Seriously, this was a hit last year for thanksgiving! Click pic for full recipe!



Sugar free hot cocoa

Combine in a small pot 1.5 cup of unsweetened almond milk, 2 tsp. cacao powder, 1 tsp. vanilla, few shakes cinnamon and stevia to taste. Continuously stir until it starts to bubble slightly and remove heat. Add some whip cream on top and enjoy! I also like to add this [chocolate collagen](#) to make it more of a snack and crush any sweet cravings!



Favorite low carb products

These are some products that can be great low carb swaps for the holiday season and beyond! Some links may be affiliates. I value authenticity and seriously only ever recommend products to you babes that I personally use myself or would recommend to clients.



Alcohol mixer



Holiday herbal teas



Maple syrup



Chocolate



Holiday coffee creamer



Gummies

[Click here for all my favorites on my amazon store!](#)

5 Plan for the Holiday Day!

Don't save calories

This may seem counter intuitive but do not try and white knuckle it until your holiday meal to save your calories. This ALWAYS backfires and you know it! Instead, stick to your normal eating schedule and possibly even have a snack before this meal so you don't go into it SO hungry, which will cause you to feel out of control with your eating choices.

Do save carbs

Although I don't want you to save your calories, saving your carbs for the Holiday meal can be a good idea if you know you will be having even a little more carbs than you normally would- which is really easy to do on a holiday! Keep your earlier meals in the day protein, fat and veggies based and enjoy the carbs later on! When you are eating carbs at your Holiday dinner keep it to 1/4 of your plate :)

Get some movement in

Remember, the more active you are the more carbs you need. Most of the time on Holidays we are not too active and sitting around most of the day. Do your body a favor and make some extra space for those fun carbs by walking your pup, doing a quick youtube workout video at home, heading to the gym or having a dance party with the fam, hehe -it all counts :)

Work with me!



Let me ask you something...

Do you feel defeated on your weight loss journey?

Are you worried the holiday season is only going to set you back from reaching your goals?

Are you ready?

I can tell by the fact that you downloaded this guide you want to lose weight and you don't want to wait till 2021 to do so. I know you want to walk into 2021 feeling like the beautiful badass we both know you are (especially after this past year) and there is nothing wrong with that girlfriend!

So if you are really ready to create a low carb lifestyle that will help you lose weight and keep it off for good, I want to invite you to join The Low Carb Babe Society Today so you can feel confident AF in your clothes!

Let's walk into 2021 with a bang :)

Click here
to join