

House guest, dinners, and parties...

5 Steps for Eating Healthy as a Guest

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- 1** Pack your own Feel Great Travel Snack Kit.



Action Step:

Simply go to <http://www.im-wm.com/snack-kit> for the full guide!

- 2** Hit the grocery store BEFORE your final destination.



Action Step:

Don't wait until after you arrive... or it won't happen!

What grocery store will you stop at before you arrive? List it below:

- 3** Stock up on good protein sources.



Action Step:

Be prepared for a kitchen full of sugar and carbs and little else to eat!

Some good protein snacks and emergency foods:

Jerky
Salami
Cheese
Plain Greek Yogurt
Hard Boiled Eggs
Nuts and Seeds
Cottage Cheese
Protein Bars

Not high protein but good to have:
Vegetables!
Fruit

5 Steps for Eating Healthy as a Guest Continued...

4 Dig deep into your WHY.



Action Step:

Why are you choosing to eat healthy? Why is it important to you?

What have you already accomplished to be where you are now?

Review these every time you might find yourself in a situation where you are tempted or pressured to stray from the healthy habits you worked so hard to build.

And really take a moment to feel them in your heart.

5 Communicate early with your hosts.



Action Step:

Here's some tips on how you can communicate with your hosts:

- ✓ Communicate early—the more lead time the better.
- ✓ Give your hosts a reminder as your arrival nears.
- ✓ Ask how you can help. Offer to help with food prep / shopping.
- ✓ Focus on solutions and provide options. Ask: "Given my specific food needs, would you prefer that I bring what I need or help with meal preparation or is there something else that I can do?"
- ✓ Communicate one-on-one, not in a group situation.
- ✓ Don't mention weight loss as the reason you have specific food needs. You know what works for you, that's all that matters! If the host presses you, explain that you need to avoid foods that don't agree with you. Enough said!
- ✓ If you have a close relationship with the host, be open about how hard you've worked to develop your habits and how much you need their support.