

TakeShape  
for life™

# Holiday Survival Guide



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## TSFL HOLIDAY SURVIVAL GUIDE

Holidays are often non-stop cues for eating. Trays of snacks are set out, alcohol is served in abundance and most meals are large enough to feed an entire army. Besides physical food cues, the stress of preparation and the letdown after the event can often prompt emotional eating.

Does this mean that you have to become anti-social to avoid temptation? Not if you plan a "survival" strategy beforehand and stick to it throughout the season. This **Holiday Survival Guide** will help you do just that.





## TSFL'S 7 SURVIVAL TIPS

### 1. MODIFY RECIPES

You don't have to give up traditional favorites--just modify them. For instance, turkey stuffing can be made low fat by sautéing onions and celery in broth rather than butter. A simple way to cut calories in gelatin molds is to use sugar-free gelatin. Take a look at your recipes to see if you can eliminate or decrease some ingredients or use lower calorie substitutes.

### 2. TIME MANAGEMENT

With hectic schedules, there never seems to be enough time to plan, clean, shop, and cook. To help better manage your time, sit down and write out daily schedules for the weeks before your events. Determine what you can reasonably do in specific time frames and then plan to do it.





### 3. DELEGATION

Remember that you don't have to do everything yourself. Get your family and friends involved with the cleaning, shopping, and cooking. For example, your spouse can go to the grocery store (with a very specific list!), the kids can clean assigned areas of the house, and other family members and friends can bring some of the food.

### 4. LEAVING THE LEFTOVERS

Too often leftover food goes into your mouth rather than the storage container, even if you're already stuffed. Asking others to help clean up can decrease your chances of nibbling on leftovers. Give leftovers away, make packages for your guests to take with them, take food into work, or divide leftovers into portions to use with your Medifast plan.





### 7. FOOD CONTROL

On the day of the event, there are several ways you can control your eating, such as:

- Eat a Medifast meal or a salad to fill you up beforehand so that you don't overeat.
- As soon as you get to the function, look over the food and pick out a few "healthy" foods to eat and skip all the others. By allowing yourself selected foods, you can enjoy yourself without feeling deprived or guilty. Distance yourself from all other foods so you aren't tempted to eat them.
- Eat slowly and savor every bite.
- Just to be on the safe side, you might want to cut back your caloric intake for a few days before and after.





## 5. CHANGE FOCUS

Holidays are intended as social gatherings with friends and families, not overeating frenzies. Start emphasizing the social interactions. Plan group activities that everyone will enjoy. If possible, include group walks or sports activities so you can burn calories while having fun. By enjoying the company of others, you can enjoy events without relying on food.



## 6. FOOD GIFTS

Beforehand, tell friends and family to forego food gifts. If you still get them, thank the person, but later give the food away to someone else. This way, you won't hurt the giver's feelings and you'll eliminate your temptation.





## CREATIVE RECIPES FOR SUCCESS

To help you further, we have included several delicious recipes that are made with our convenient Medifast meals. Each recipe has been evaluated to ensure that you still maintain the appropriate nutrition required on the Medifast program. Take advantage of all these great tasting meal suggestions to look and feel great before, during and after the holidays.





### TACO SALAD

- 1-2 cups lettuce
- 1 pkt Medifast Homestyle Chili
- 1 pkt Medifast Multi-grain Crackers
- ¼ cup water
- onion pieces (to taste)
- chili powder (to taste)
- fresh tomato (to taste)



Layer lettuce on bottom of plate or bowl. Prepare Medifast Homestyle Chili according to directions but using only ¼ cup of water. Add onions, tomatoes and chili powder to taste. Layer on top of lettuce. Crush crackers and sprinkle on top of salad.

*Limit to one per day.*

*Submitted by Sharon Haver - thanks!*







## PEPPERMINT PATTY SHAKE

1 pkt Medifast Chocolate shake  
1/8 tsp peppermint extract  
6-8 oz cold water  
3-4 ice cubes

## FROZEN PUMPKIN SHAKE

1 pkt Medifast Vanilla shake  
1 tsp pumpkin spice  
1/8 tsp cinnamon  
6-8 oz cold water  
3-4 ice cubes



### **DIRECTIONS:**

Place ingredients in blender and blend until most of the ice cubes are crushed.





### BUTTER PECAN SMOOTHIE

- 1 pkt Medifast vanilla shake
- 3 oz water
- ½ tsp coconut extract
- ½ tsp maple extract
- 2 tsp+ Splenda™ sweetener (to taste)
- ice

Blend water, extracts and sweetener together. Add Medifast shake and blend again, adding ice until you achieve desired consistency. You may sprinkle with nutmeg, if desired.



*Submitted by Sharon Haver - thanks!*





## APPLE CINNAMON OATMEAL COOKIES

- 1 pkt Medifast  
Apple Cinnamon  
Oatmeal
- 1/4 tsp cinnamon
- 3 tsp Splenda™  
sweetener
- 1/3 cup water
- 1/8 tsp baking powder
- 1/2 tsp vanilla extract



Pre-heat oven to 350°. Mix all dry ingredients together. Add extract and water. Stir until moistened. Set aside for 5 minutes to allow ingredients to achieve appropriate consistency. Scoop spoonfuls onto greased cookie sheet and bake for 10 minutes or until cookies have browned.





### PUMPKIN PIE

- 1 pkt Medifast  
Apple Cinnamon  
Oatmeal
- 1 pkt Medifast  
Multi-grain  
Crackers
- 5 oz water
- ¼ tsp+ Pumpkin Pie Spice (to taste)
- 3 tsp+ Splenda™ sweetener (to taste)



Mix oatmeal, water, spice and sweetener together. Microwave on high for 2 minutes. Stir thickened mixture. Chill in freezer 10 minutes and spoon onto crackers. You may serve with tiny bit of Lite Redi-Whip™ whipped cream, if desired.

*Limit to one per day.*

*Submitted by Leanne Edwards - thanks!*





## THANKSGIVING STUFFING

- 1 pkt Medifast Multi-grain Crackers
- 1 pkt Medifast Delicate Chicken Fast Soup
- 4-5 oz water, boiling
- 2 Tbsp onion, finely chopped
- 2 Tbsp celery, finely chopped
- poultry seasoning (to taste)

Crush crackers and pour into small mixing bowl. Mix the Fast Soup, water and vegetables together and cook in microwave 1-2 minutes or until vegetables are tender.



Add poultry seasoning to taste. Mix well, adding additional water to achieve desired consistency. Blend mixture with crackers.

*Limit to one per day.*





### HOT COCOA VIENNESE

- 1 pkt Medifast Hot Cocoa
- $\frac{1}{2}$  tsp cinnamon
- 6 oz hot water
- $\frac{1}{4}$  tsp vanilla extract



Combine Hot Cocoa and cinnamon in a mug or cup. Add hot water and extract, stirring until dissolved. Allow drink to cool for a few minutes to blend flavors, then stir again before drinking.





## HOLIDAY HELP FOR THE HUNGRY

As the Fall and Winter holidays approach, our thoughts should also turn to those in need. Local charities frequently hold food drives at this time of year. In keeping with this spirit of giving, the holidays are a good time to think about the needy in your community.

You can make a difference in halting hunger in your hometown. There are many food banks and community-based organizations for those who need food. Many organizations accept donations of non-perishable and unspoiled perishable foods. These local and national programs frequently offer free pick-up and provide reusable containers to donors.

Find your local holiday food drives and see what donation programs are offered. With a little time and the willingness to contribute, you can make a difference this holiday season for those who are less fortunate.



## **GIVE THE GIFT OF HEALTH**

Giving the gift of health is one of the best ways to show how much you care - and Take Shape for Life makes it easy. To help keep your family and friends motivated during the holiday season, why not use our special Cash on Account gift giving option.

You can place as much "cash" as you want on that special someone's account to be used towards future TSFL purchases. Inspire your family and friends to stay healthy all season long. Give the gift of health with TSFL Cash on Account.

***Warm Wishes  
for a Safe Holiday  
and a Happy New Year!***

**TakeShape**  
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