

Holiday Survival Guide for People That Like To Eat and Drink!

Eating

You don't typically want 2 forms of energy at one time, or one will be stored as fat. Carbs and fat are both forms of energy. I try to keep yours separate as much as possible. In the morning, because you've been fasting all night, you can have some of everything in the morning, and it will all get utilized instead of stored. Eggs, toast, and peanut butter aren't that bad, even though you have 2 forms of energy. The fats will go to ligaments and brain for daily function, after that you want to keep them separate. I keep the dry carbs in the midday, and morning, because you need energy for work. You still need fats, so we get those at night when your body is trying to calm down to go to sleep.

Also sugar doesn't mix with anything. If you don't have dry carbs with the first few meals though you may feel light headed or dizzy because those dry carbs are turned into a slow burning sugar in your body so your insulin doesn't spike.

So to recap, keep your macros meal per meal the same as what is set up now. Meals 1-4 have protein,

Meal 1 you may have berries with it.

Meals 1-3 have 4-5 oz for woman and 5-7 for men, of a very lean protein like skinless boneless chicken breast, 93/7 turkey, pork tenderloin, egg whites or an white fish. You may also have 1/2 cup of a dry carb, clean meaning no oil or butter. Dry carbs would be rice, quinoa, oats, or potato either sweet or regular,

Meal 4 A fattier protein like flank steak or salmon and fibrous veggies like any greens, yellows or red veggies. You can have as many veggies with meal 4 as you want.

Alcohol

If you're going to be drinking stick to white liquors with soda water like LaCroix, or a dry wine, even light beer.

Alcohol pollutes the liver, which effects the brain in a bad way, which is where the head ache comes from. When you know you're going to be drinking take B vitamins, because they work to detoxify the liver. Also Kale detoxifies the liver so make a kale shake before you go out, then when you get home drink it.

Also stick to easily digestible protein when you're drinking. If you go to a restaurant, have the fish. The reason being is if you have something like red meat, you will slow down digestion and with a liver on overload you will store more fat.

Exercise

Stick to HIIT High Intensity Interval Training. Whichever you burn during your workout you'll burn the opposite for the rest of the day. So long steady state cardio will burn fat, which means for the rest of the day you'll burn sugar. When you do HIIT workouts you'll burn sugar, which means for the rest of the day you'll burn fat. This is why marathon runners are often skinny with body fat and the sprinters are very fit looking with very low body fat.