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FREE
Cheat Sheet
“Survive party season in good shape”

1. Eat dinner before you leave the house and go to a party.

Simple trick but can work wonders. It will help you avoid overeating those canapés and nibbles that you promised yourself that you weren't going to have - yep you may still have 2 but don't eat 12.

If you go to the party on an empty stomach you will do, plus anything over 3 glasses of wine or champagne then the gloves are off.

2. If you indulged or overate one night, then undereat during the next day.

Have a small breakfast, or even skip it. If you had small breakfast then have a light lunch, if you skipped it have a regular lunch. All meals protein and fats based.

When you overate last night, next day your body is still processing food from that time, so you should have enough energy to go through that day.

3. If you are going to drink, avoid sugar laden cocktails.

Stick to spirits or a glass of champagne and drink a glass of water for every alcoholic drink. Your belly and your head will thank you for it the next day.

4. Enjoy the occasion, and make up for it the rest of the time.

Relax and enjoy the occasion, but make a plan in advance for how you're going to get back to it straight afterwards. This ensures you don't feel guilty or get down about gaining a pound or two.

5. Do everything else right and you can still see progress, despite the time of year.

Think about it this way: you eat 21 meals a week, and maybe have 3 parties (on average). That means you have 18 meals to eat healthy, and 3 meals you are free to enjoy the rich food (I mean rich food not fast crappy food).

6. Start your weight loss plans in December, not January.

Don't wait until January to start - you may be 5 or 6 lbs heavier than you are today on January the 1st.

Most of us spend more time planning our summer holiday than we do our life and our health. Let's realize, without our health, we have NOTHING!

Jump on board my signature 12 week transformation program this month and get the opportunity to be coached by me during December absolutely FREE.

Schedule a FREE 10-15 min Breakthrough Session with me and let's stop this madness, frustration and confusion with what to do next for you to EXPERIENCE the best version of YOU! Just go to:

www.lovehealthylifestyle.com/free-call