

# Acc(u)Life

## EASTER

**Today will be a “one meal day” -- your Easter meal.**

- All day, unlimited zero-calorie fluids.
- Have a Granny Smith apple or ½ grapefruit (“sour” fruit).
  - If your Easter meal is dinner, have the “sour” fruit at 12pm.
  - If your Easter meal is brunch/lunch, have the “sour” fruit at 6pm.
- Hours for eating are extended 12 noon–8pm.
  - If eating past 8pm, finish eating at least 2 hours before you go to bed.

### **Your Easter Meal:**

- Salad, no vinegar.
  - 5–7 oz. of protein: fish, chicken, turkey, ham, eggs and/or legumes.
  - Non-starchy vegetables (maximum 2 Tablespoons oil).
  - If you decide to indulge in some of the trimmings, please be sensible and stay under control.
  - One (1) glass of wine or clean alcohol (e.g., vodka tonic, rum and diet coke, **no juice**).
  - Fresh fruit for dessert.
- If you have been on the program for several weeks, you will find your sense of satisfaction comes quickly. Listen to your body and stop eating.
  - Paying attention will stop you from overeating. Your old habits are still there, but you overcome them by taking control and choosing to stop.
  - Resume your 4-day food plan with two Milk Days.

**You should expect a slight slowing of weight loss for the week.  
You will still have fat loss and see results, so stay focused and you’ll do great!**

**Happy Holiday!!!**