

Acc(u)Life

ROSH HASHANAH

These will be “one meal days” -- your holiday meal.

- All day, unlimited zero-calorie fluids.
- Around 12pm have a “sour” fruit; either a Granny Smith apple or ½ grapefruit.
- Hours are extended 12 noon–8pm.
 - If you are eating past 8pm, make sure you finish eating at least 2 hours before you go to bed.

Your Holiday Meal:

- 2 cups fruit each day. During your holiday meal this may be a combination of fruits, e.g., a slice of apple and part of a new fruit.
- Up to 1 teaspoon of honey each day.
- 1½ lbs of vegetables.
- Each day you may have 5–7 oz. of protein
 - preferably fish, chicken, turkey, eggs, plant-based proteins allowed by your family traditions
 - heavier proteins such as beef might give you an upset stomach.
- No more than ½ slice of challah per day.
- Fill up first on vegetables and protein. After that, if you would like to taste other things do just that – taste and be sensible (i.e., not a whole plateful).
- One glass of wine or clean alcohol per day (e.g., vodka tonic, scotch and diet soda, **no juice**).
- You will find your sense of satisfaction comes quickly. Listen to your body and stop eating when you feel satisfied. Paying attention will stop you from overeating. Your old habits are still there, but you overcome them by taking control and choosing to stop.
- After the holiday, 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 New Year!!!