

**Have Yourself A  
Healthy Little Christmas**  
**A Holiday Weight Loss Survival Guide**

**1,001 Tips, Tricks & Tools for  
Your Best Christmas Ever!**

**By**

**Carolyn Allen**  
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# **“Have Yourself A Healthy Little Christmas”**

**by Carolyn Allen**

## **Foreword**

Thanks for purchasing this book! I hope it will be helpful and a wonderful tool.

As I look at this and the original publishing date, I realize that well over 10 years have passed! So much has happened, and you know what? I still need every word of encouragement to eat healthy. It’s just as important now, if not more so!

When I wrote this book I was still committed to a Weight Watchers “all food groups” approach. In 2012 I pretty much eliminated dairy products (milk and cheese.) In 2014, my husband and I became committed to a whole foods plant-based lifestyle. At this time we follow that 80 – 85% of the time, rarely eating meat or eggs. We feel great and in 2020, what could matter more than our own health?

The publishing of this book may not reflect those personal eating changes we made all those years ago.

For those of us who struggle with our weight, Christmas – as Andy Williams might sing it – is the most fattening time of the year. There are enough helpful health and weight management goodies in this booklet to fill Santa’s pack several times. These ideas adapt to any healthy eating plan that encourages weight loss of not more than 2 pounds per week. May God bless you this Holiday season with the precious gifts of friends and family. May there be peace, a happy heart – and no extra pounds by the end of the month! This is going to be your best Christmas ever. Watch out, January! Here’s a running start on your New Year’s resolution to lose weight and get healthy.

Much love,

Carolyn Allen  
December 2020  
[www.HealthyChristmas.com](http://www.HealthyChristmas.com)

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# “Christmas Is A Promise Kept”

Survival Tip: Make a Decision. Make A Promise.

Ah, Christmas! The magic, the surprises – and the promises! When you think about it, Christmas is actually a month long birthday celebration for the Christ child and a promise kept. A beautiful way to personally celebrate is to respect the bodies we were each given on our own birthdays. Eat wisely and well, exercise and be happy.

**Make a decision. Make a promise.** Put on some Christmas music and choose one of the following as your Christmas Promise, or create one that is meaningful to you. Write it down here. Clip it out and put it some place private where you can see it every day – like on a bathroom mirror, or in your wallet.

**Three Decision Choices – All are good!** Choose one and make the most of it: 1) Follow your healthy eating plan and continue to focus on losing 2-3 pounds this month; 2) Relax a bit on your plan and concentrate on maintaining; 3) Allow yourself to gain 2-3 pounds with a promise to pick right up on January 1. OR write your own.

----- CUT HERE -----



## “My Christmas Promise”



I, \_\_\_\_\_, with great desires to respect both my body and the spirit of Christmas, do make this promise to myself on this \_\_\_\_ day of December, 2020 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Name



## A Weight Loss Christmas Carol

### Survival Tip: Get Some Perspective



“Ebenezer .... Ebenezer .... Ebenezer Scrooooooge!!!” Yes, we all know the story and are deeply touched by it each year. Put your name in the place of old Ebenezer’s. Face the ghosts and make Dickens’ classic life-changing story YOUR life changing weight loss story. Get your special pen, put on some soulful Christmas music and start writing:

**The Ghost of Christmas Past:** Jot down your weight range for Christmas in past years and how you felt about it at New Years. Describe in detail what you ate, how much you ate and your attitude about holiday eating:

**The Ghost of Christmas Present:** Jot down your current weight and describe your food and attitude choices for Christmas this year.

**The Ghost of Christmas Future:** Jot down your goal weight for a year from now. Describe in detail how you’ll be looking and feeling at Christmas time next year. Describe the progress and success you’ve experienced throughout the year to bring you to this happy point.

# Christmas Joys



**C** is for  
**compliments**  
that my weight loss  
brings  
**H** is for **health**,  
the real reason for things  
**R** is for **ready** to face food  
without fear  
**I** is to **imagine** my jean size  
next year  
**S** is the **smiles** as the scale slowly  
moves down  
**T** is for **true lifetime changes** I've found  
**M** is for **marvelous**, nutritious foods that I eat  
**A** is for **active**, I'm up on my feet  
**S** is for **Santa** that helps me believe  
**That I can lose weight and all my goals achieve.**



**CCC**  
**HHHHH**  
**RRRRRRR**  
**IIIIIIIII**  
**SSSSSSSSSSS**  
**TTTTTTTTTTT**  
**MMMMMMMMM**  
**AAAAAAAAAAAAA**  
**SSSSSSSSSSSSSSSSSSSSS**  
**HO**  
**HO**

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Weight Loss



Christmas Carols

### Survival Tip: Mind Games and Thought Training

There's nothing like a song going through your head to make a message stick. Think of the great advertising jingles that make you buy a product. Learn these (even just the chorus!) to sing in the car and to replace the words when you hear them on the radio. **YOU CAN DO IT!**



Jingle Snacks



Survival Tip: Always Bring A Snack

Many a good intention gets lost simply by getting too hungry. ALWAYS have a snack within reaching distance in your purse, desk drawer, or glove compartment for when you're away from home. A piece of fruit, a box of raisins, a Power Bar or drink, or some pretzels. Ditto for water.

#### Jingle Snacks (Tune: Jingle Bells)

Dashing through the stores, I know I need to eat  
But look at those food courts! It's all fried foods and sweets.  
They never fill me up. Or remember what I've had.  
It's good I've got a snack with me – at weigh-in I'll feel GLAD

Oh, bring a snack, bring a snack, always bring a snack  
In my purse and in my car, I'll soon love what I weigh – hey!  
Bring a snack, Bring a snack, always Bring a snack  
In my purse and in my car, I'll soon love what I weigh – hey!



# Oh, Christmas Pants



## Survival Tip: Get Some Fitted Pants

Nancy lost 60 pounds 5 years ago and keeps those pounds in check over the holidays with a pair of red silk pants that she wears to holiday gatherings. Her goal (besides looking beautiful!) is to have them still fit comfortably for New Year's Eve.

1. Get a special pair of fitted black slacks with a fitted waist to wear with holiday sweaters and vests at holiday gatherings. That fitted waist is a constant reminder of what you're all about.
2. Do your belt one or two notches tighter BEFORE you start to eat. When you're full and let it out, you're still within a safe place.

### Oh, Christmas Pants (Tune: Oh, Christmas Tree)

Oh, Christmas pants  
My Christmas pants  
You are my healthy chance  
Oh Christmas pants  
My Christmas pants  
You are my healthy chance  
With waistband snug you let me know  
To stop when full, so I'll not grow  
Oh Christmas pants  
My Christmas pants  
You are my healthy chance

Oh Christmas pants  
My Christmas pants  
You make me stop and review  
Oh Christmas pants  
My Christmas pants  
Just what I will and won't do  
My ugly stretchy pants are gone  
It's fitted slacks from this point on  
Oh Christmas pants  
My Christmas pants



You make me stop and review.



## Hark, How the Scales Survival Tip: The Weekly Weigh In

Losing weight for the long term means continual accountability – even in December. Be brave and continue with your weekly weigh-in. It's an invaluable tool of where you've been, where you are and where you're headed. Don't let gaining a pound or two ruin your spirits, just let it be a checkpoint and the feedback you need to keep things in perspective. January comes before we know it and losing weight does not need to be a New Year's Resolution again if we've listened to the scale in December.

### Hark How The Scales (Tune: "Carol of the Bells")

Hark how the scales  
My bathroom scales  
Now seem to say  
Don't fall astray

Hark, how they sing  
News of the things  
I need to do  
All season through

Though it's quite clear  
Much food is here  
No need to fear  
Be of good cheer

Now's the time for wisely choosing  
If I do not want to stray from losing  
Hark how the scales  
My bathroom scales  
Now seem to say  
Don't fall astray

Pounds soon are gone.... Gone.

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A Healthy Me is  
Coming To Town  
Survival Tip: Visualizing

“You’ll see it when you believe I,” says Dr. Wayne Dyer. Nothing takes the place of vividly imaging your success each and every day. In the morning as you wake up, and then again as you drift off at night, consciously create mental images of yourself eating healthfully and happily – and YOU WILL. Vividly imagine yourself at a healthy weight and managing it well – and YOU WILL. Tell yourself that a healthy you is on her way, and I promise – she’ll be there wearing a slinky red Christmas dress and a gorgeous smile.

A Healthy Me is Coming To Town  
(Tune: Santa Claus is Coming to Town)

I’m making a list and checking it twice  
Which are the foods that are naughty or nice  
A healthy me is coming to town.

With lite and low-cal to be at my side  
All of my zippers will easily glide  
A healthy me is coming to town.

I’ll weigh myself but once a week  
I’ll journal every day  
I’ll exercise most faithfully  
Can’t you see I’m on my way?

So, you better watch out  
You better not try  
To give me your doubts I’m telling you why  
A healthy me is coming to town.



## Good King Soon Weight Loss Substitutes and New Recipes



Familiar, traditional Christmas foods are important. Make the old and try the new! Test ahead. Ask for help and support. Chances are, your low-fat substitutes will not even be noticed. Use skim milk instead of evaporated for sauces and mashed potatoes. Use sugar-free Jello for fruit salads, and Butter Buds instead of the real stuff. (Have a great time and find wonderful new recipes at [www.Butterbuds.com](http://www.Butterbuds.com)) Chicken broth seasons things up nicely. Separate your share of traditional dishes before adding butter, etc.

### Good King Weight Loss (Tune: Good King Wenceslas)

Good King Soon Weight Loss once looked out  
On the feast in planning  
Re-ci-pes were strewn about  
All of them were fattening  
Goey cakes and breads and pie  
Cream cheese dips and candy  
Said the King to chubby me  
“This is not so da –an dy.”

“Good King Weight Loss,” I then cried  
”T’is what they’re ex-pecting  
If I go with low-cal foods  
Me they’ll be re-jecting.  
Though it’s sad, there is true cause  
For this sad re-gretting  
Help me now to please them all  
You do the selecting.”

“Choose some lean meats,” then said he  
”Salads, bring them thither  
Low-cal recipes new for all  
Make for yummy dinners  
Favorites foods and new ones too  
Celebrate the news  
Christmas is a time for all.  
So you still will lo –o- se.”



# At Party Table Tops



## Survival Tip: Managing Food at Parties

Christmas parties and family gatherings can quickly derail successful healthy eating plans. However, there's always a choice! Here are the rules so you won't have to start your plan again in January:

1. Don't arrive hungry – eat some fruit or air-popped popcorn before arriving.
2. Be the last one to get to the table. Let it get picked over
3. Carry and drink a diet soda before hitting the table. Talk more than you eat.
4. Walk around the table before getting your plate to see what looks best
5. Just a taste of most rich holiday foods will do the trick
6. For family gatherings plan in advance for food pushers with responses such as “I'm so full. Can I take a piece home?” or “No thanks, I've had my share. Maybe later.”
7. REMEMBER what it's all about: the people! You can sidestep the food issue almost entirely by making it a point to visit with as many people as possible.

### At Party Tabletops (Tune: Up On the House Top)


1. At party tables briefly pause  
To remember good health laws  
Walk 'round the table to look and see  
Then get your plate and choose carefully. (Chorus)

CHORUS: Oh-Ho-Ho! What will you choose  
Oh-Ho-Ho Will you gain or lo -- ose?  
At party tables pick-pick-pick  
Right amounts of right foods do the trick.


2. You be the last at each Pot-Luck  
That way you won't run amok.  
Just bring a dish that is good for all  
From your program you'll not fall. (Chorus)

3. Next comes the table with fam-i-ly  
Bless this time, eat happily  
Just plan ahead what to eat and say  
Let them know you'll eat your way. (Chorus)

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# Angels, We Will Be So Light!



## Survival Tip: Review the past to change the present.

Changing traditions, changing what we weight, takes great planning. Knowing what to say to food pushers and those who aren't ready to be responsible is as important as knowing what to eat. Decide on the treats you enjoy the most. Determine their calorie count. Decide when you'll eat them and with whom. For the other treats that will no doubt come your way, say simply "No, thanks" to help you keep that most important promise to yourself.


### Angels, We Will Be So Light! (Tune: Angels We Have Heard on High)

1. Christmas was a time to eat  
Something rich and something sweet  
Pounds I'd gain, my pants got tight  
This year I will do things right. (Chorus)


CHORUS: No ---oooo---No --- ooooooh, No ooooooh No thank you  
Is what I always say  
No --- oooo --- No --- oooooh, No --- oooooh, No Thank You  
This is how I find my way.

2. Christmas cookies, chocolate fudge  
Made for pounds that would not budge  
Better foods this year I'll choose  
My weight loss will be the news. (Chorus)

3. Far more fun than food for me  
Are clothes that fit and energy  
Health and time with those I love  
These are gifts from Heav'n above. (Chorus)



# Jolly Old St. Nicholas



## Survival Tip: Make a Wish List

Do you really think Santa gets his work done being overweight? His energy level requires a fitness that is not shown in the pictures! Let dear ones know of helpful gifts that will delight you for a long, long time. A membership at Curves or your local gym, exercise clothing/gear, or kitchen equipment to make low-fat meal prep easier are wonderful gifts to give AND to receive. (Check out the great selection of on-line shopping for healthy weight loss at [www.MyWeightLossFriend.com](http://www.MyWeightLossFriend.com).)

### Jolly Old St. Nicholas

Jolly Old St. Nicholas  
You know what I weigh  
Please go tell to one and all  
What I'm going to say  
Christmas Eve is coming soon  
Now you fit, cute man  
Tell me what you'll bring to me  
If you can't, they can.

When the clock is striking 12  
When I'm fast asleep  
Down the chimney you will come  
With your bag you'll creep  
You will find me with a smile  
Glued upon my lips  
For this year I'm losing weight  
And inches from my hips.

I would like new walking shoes  
A Teflon sauté pan  
George Foreman grills or sharp new knives  
To cook with on my plan  
Leslie Sansone videos for a rainy day  
Will help me out so I will lose  
My weight and not my way.



Deck my plate with low-cal food  
Gonna lose those pounds, those extra pounds  
Celebrate my attitude  
Gonna lose those pounds, those extra pounds  
Gone is extra-large apparel  
Gonna lose, gonna lose all those pounds  
By next year I'll sing this carol  
Gone are all those pounds, those extra pounds.

\* \* \* \* \*

### Three Legs of Success

Think of a 3-legged stool. Could it stand with any of the legs missing? Of course not. Your stool for holding your own this holiday comes from the same visualization:

The Three legs are

1. Enough rest
2. An eating plan with enough fiber, fruits, vegetables and  
water

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### 3. Some exercise.





# A Christmas Story

## Survival Tip: Go Solo



### Stuck at The Bottom

An important family tradition each Christmas is our annual trip to Harper's Ferry, West Virginia for the 1860 Civil War "Old Tyme Christmas." Remember "John Brown's Body" in American History? This is the place where it happened. It's a tiny little town, perched a-top a crest in the Shenandoah Mountains and overlooks where the mighty Shenandoah and Potomac Rivers cross. It's beautiful year 'round, but especially at Christmas. Civil War reenactment soldiers and their fully outfitted families fill the town for the period festivities for this popular event. Abe Lincoln comes for breakfast and period musicians in full attire stroll the streets, then gather on street corners to play. One year there was a tuba choir in the little Catholic church. Another year brought a group of darling old women in long red cloaks singing barbershop harmony around a huge Yule log. Each year there's something new and we haven't missed once in 19 years, even last year in 2003 when an early storm closed the schools and the roads up and down the coast

Our four kids stayed home from school that snowy Friday, questioning me endlessly about whether or not we'd be able to keep our tradition of leaving Saturday morning for the drive and overnight stay at a charming motel. Whether we should, would or even could make the drive was questionable until late Saturday morning when we learned that the mountain roads were cleared and our motel was open. We all cheered and quickly headed out.

When we finally got there at about 3:30, the little town was picture book perfect, a Dickens' Christmas card, still and beautiful in the fresh snow. The usual activities and crowds had been snowed out. Most of the shops were closed and we were nearly alone in the town. What a memorable afternoon we had walking down the middle of the empty cobble-stone streets, my two boys racing and sliding on the icy patches, all of us calling to each other and hearing our voices echo through the empty town in the still, late afternoon. Sunset came about 5:00 p.m. and we climbed the steps to the observer's bridge that spans the rivers to the mountain on the other side. Iridescent pinks, purples, and peachy oranges washed the sky while we watched the trains clackety-clack across their own tracks set high above the river into the mountain tunnel on the other side, their whistles echoing into the mountains and the sparkling sunset.

When evening came it was time for the hour long moonlight drive where we eat dinner at a favorite restaurant. The tradition continues on the return trip where we stop to enjoy an amazing display of Christmas lights. "Ma and Pa Parkway" is a mile long loop of both trailer and small, detached brick homes with a lot of land between them all. The neighbors work together and have a blast creating their Festival of Lights. From elegant, top of the line lighted outdoor decorations all the way down to K-Mart blue-light specials on plastic snowmen, nothing is held back.. Hundreds of lit and animated figures, thousands of strings of lights, tacky and elegant all at once, make for quite a sight and we wouldn't miss it for the world.

As our tour of lights was concluding (in high teen-aged hilarity with Christmas music from a CD featuring nature sounds and gurgling brooks which 16-year old Spencer has dubbed “The Nature Calls CD”), I was seriously thinking that Bob should drive us through for a second low-cal helping of the fun when. ...

A small hill that we had never noticed totally snagged us. We had made the unremarkable descent going into the heart of the neighborhood. Now on our way out, we found ourselves utterly stuck with wheels spinning part-way up a gently sloping, ice-covered hill. Bob backed down and tried again. No luck. He backed further down for a better running start. Still, no luck. Third time was not the charm. We were stuck on the ice of this molehill that had somehow grown into an icy mountain.

While there had only been one other car following us, now, out of nowhere, a Jeep appeared! The driver pulled around to offer a tow with a chain and hooked us up in a jiffy. No sooner had we started to move forward, however, than his chain snapped and he drove the Jeep solo to the top of the hill leaving us behind in nearly the same spot.

Soon a number of neighborhood residents had thrown on their coats and come out to offer advice and push. We accepted all offers, so Bob got out to help push and I took the wheel. I gunned the engine and felt their mighty heave-hos, but there was still no progress.

“I’ve got to do this myself!” Bob politely stated as he took the wheel again. I hopped out and joined the friendly crowd to watch Bob carefully descend to the bottom once again, backing well beyond the start of the hill. I could feel the temperature drop and literally watched as the muddy ruts became even icier.

Mr. Jeep was right behind to push Bob this time and I quietly said a prayer as Bob picked up speed in the flat area and zoomed forward. It appeared that the Jeep and our van were connected as they sped by me -- right to the top of the hill.

Hooray! Success! Laughter and cheers with new friends. And we were on our way.

The next day I asked Bob how it felt to be followed that closely by the Jeep and how he had really pushed our van. He looked at me in surprise and said,

“Hon, he was just there -- it may have looked like we were connected, but I was on my own power. When I got to the flat area at the bottom, I saw that the right side of the road still had some sand for a little traction, so I pulled to the right. I guess with that, a little more momentum, a prayer, some moral support right behind and surrounding me, I did it myself.”

This is way too obvious and you’ve got this figured out, I know. But there it is:

No one can *pull* you into weight loss success. No one can *push* you into weight loss success. Sometimes we have to utterly backtrack, start from less than zero sometimes more than once) get a better running start and stay to the less traveled side of the road to get to the top of the hill. We have no choice but to fly solo, while thanking God for the Jeeps and angels around us.

Next year you'll be talking about YOUR own successful trip up the difficult mountain to weight loss success. You can do it! One day, one pound, one choice at a time. Never underestimate the power at the bottom of the hill -- and the traction found where no one else travels.



“By the yard, it’s hard,



Survival Tip: By the Inch, It’s a cinch.”

Substitutions in food, activities and thoughts make light work of losing weight – even during the holidays! Try these:

- Buy several cans of non-stick baking spray and use them exclusively for your baking and cooking. Flavored ones are a nice change.
- Remove fat from gravies and sauces by putting a couple of ice cubes in a paper napkin and skim it across gravies and sauces. The ice will set the grease. Just throw away the grease and the paper towel.
- Always trim visible fat from meats. Bake, broil or grill instead of frying.
- Use low-fat dairy products in all your cooking. Add ¼ cup of instant milk or non-fat coffee creamer to richen up sauces and mashed potatoes.
  - Serve salads and vegetables with dressings in a separate serving bowl or container. Your guests will appreciate the choice of how much to use (if any) as much as you do.
- Remove your share of mashed potatoes or vegetables BEFORE the cook adds butter/cream, etc.
- Substitute up to ½ the amount of butter, oil or margarine by using applesauce. Expect a denser texture, but equally delicious.
  - Go to [www.ButterBuds.com](http://www.ButterBuds.com) for wonderful recipes and tips.
- Turn limited parking spaces at the mall into a blessing. Plan on parking in the outer perimeters and walk, walk walk. No time for exercise can be remedied by getting off the bus a stop or two early, or parking your car further out at work.



## Some Really Great Recipes



### Low-Fat Eggnog

Combine In a Sauce pan:

4 cups skim milk  
12oz. evaporated skim evaporated  
4 eggs  
1/2 cup sugar  
1 tsp. vanilla

Heat milk, evaporated milk, eggs, and sugar over medium heat about 10 minutes, until slightly thickened. Do not boil. Stir over a bowl of ice water 2 minutes. Stir in vanilla; cover and chill 4-24 hours. Add more skim milk if needed to achieve desired consistency. Top with ground nutmeg just before serving.

Per serving: 99 cal, 1 gm fat.

### Christmas Broccoli

2 Cups of Broccoli, broken into bite-sized florets  
2 Cups of cauliflower, also broken into bite-sized florets  
1 red pepper, cut in thin slices  
1/2 cup No-Cal Italian Dressing  
Makes 8 1/2 cup servings at about 40 calories each

Cook vegetables in microwave until just barely tender. Marinate in dressing. Serve cold.

### Low-Fat Chex Party Mix

In a measuring cup mix: 2 1/2 oz. envelopes Butter Buds, 1/4 cup water, 1/4 cup low- sodium Worcestershire sauce, 2 tsp. olive oil, 1/2 tsp. garlic powder, 1/2 tsp. seasoned salt.

In a large bowl mix: 5 cups mini pretzels, 4 cups fat free wheat or bran cereal squares (like Chex) 4 cups bite-size shredded wheat biscuits, 3 cups oyster soup crackers, 2 cups bite sized Ritz crackers. Add butter mixture. Toss to coat.

On a baking sheet: Spray with baking spray. Spread mix and bake at 300 for 45 minutes, turning every 15 minutes. Makes 32 1/2 cup servings at 118 calories.



## Out Of The Kitchen, Please



### Survival Tip: Give Non-Baked Goodies

Our family tradition is to give non-baked items to our neighbors and friends that they can enjoy any time during or after the holidays, a welcome change from yet another plate of cookies. These are things that are fun to make and give early in December. Even the littlest kids can help. We've been doing our Spiced Cider mix for years and our neighbors always comment on it and look forward to receiving it.

### Spiced Cider

Buy large bottles of apple juice. In a small zip-lock baggie, create a spice mix of ¼ cup brown sugar, 3-4 cinnamon candies, a dash of nutmeg and cloves and 2 whole allspice. Tie on a bow and a gift tag that says: "Combine juice and spice mix in a sauce pan. Slowly bring to a bowl and let simmer for a few minutes."

### Busy Day Before Christmas Soup

This is fun to layer in a mason jar with a festive "cap" of Christmas fabric or a bow. I make it even easier by putting it in a zip-lock bag with a few fun stickers, then putting it in a small gift bag. Layer the following:

1/2 cup dry split peas  
1/3 cup beef bouillon granules  
1/4 cup pearl barley  
1/2 cup dry lentils  
1/4 cup dried onion flakes

2 teaspoons dried Italian seasoning  
1/2 cup uncooked long-grain white rice  
2 bay leaves  
1/2 cup uncooked alphabet pasta, in a baggie

In a 1 1/2 pint jar, layer the split peas, bouillon, barley, lentils, onion flakes, Italian seasoning, rice, and bay leaves. Wrap the pasta in plastic wrap, and place in the jar. Seal tightly.

HERE IS THE LABEL TO COPY AND ATTACH:

**BUSY DAY BEFORE CHRISTMAS SOUP**

1 pound ground beef,  
black pepper to taste,  
garlic powder to taste,  
1 (28 ounce) can diced tomatoes - undrained,  
1 (6 ounce) can tomato paste, and  
3 quarts water.

**TO PREPARE SOUP:** Remove pasta from top of jar, and set aside. In a large pot over medium heat, brown beef with pepper and garlic; drain excess fat. Add diced tomatoes, tomato paste, water, and soup mix. Bring to a boil, then reduce heat to low. Cover, and simmer for 45 minutes. Stir in the pasta, cover, and simmer 15 to 20 minutes, or until the pasta, peas, lentils and barley are tender.



## More Non-Baked Gifts



1. “We Tray-Sure Your Friendship” A Christmas tray with a special Christmas card sharing a special memory made during the year.
2. “Christmas Bells Are Ringing” A Christmas bell ornament with a card that says: With each chime of this festive bell, may a Christmas wish come true, to bring you peace and happiness to last the whole year through.
3. “Yule Log Greetings” A log that is 24” long and about 18”-24” thick. Drill 6-8 holes across the top big enough to hold votive candles. Tie on a bow and add a tag that says: “Warm Winter Wishes!”
4. “Pitcher This” Fill a new juice pitcher with candy canes and give a card that says: “We picture you raising a little cane this holiday season!”
5. “Dust the Finest ...” A whisk broom or a new kitchen broom that says “You’re Dust The Finest Friends.
6. “The Gift of Music” A holiday CD with a card that says “May the sweet sounds of Christmas make your heart rejoice”
7. “Ewe’s Wonderful” A lamb ornament with a tag that says “Have Eweself a Merry Little Christmas”
8. “Christmas All Year Through” A calendar that says “Keep Christmas in your heart all year
9. “We Whisk You A Merry Christmas” Wire Whisk and eggbeater with a tag that says “We Whisk You a Merry Christmas and an Eggstra Special Holiday”



# My Christmas Wish List



Survival Tip: Let others know of your need for weight loss tools.

No job gets done without the right tools. Now is a wonderful time to ask for exercise clothing, videos, gym membership, shoes, hand weights, cooking utensils, etc. Put some thought into it. Make a list and let others know what you REALLY need and want and I'll bet they'll be delighted with giving you something you can truly use and enjoy.



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## “To Bake or Not to Bake”



That is The Question!

Survival Tip: Set The Baking Rules

The death of many a holiday-eating plan happens when the baking starts. “Bites, licks and tastes turn into “so what – who cares?” and the spiral downward begins. Make some rules now. Cut this out and put it on a kitchen cupboard to live by this season:

----- Cut Here -----



### My Holiday Baking Rules



- I bake with a piece of hard candy or gum in my mouth.
  - I bake with plastic gloves on
- I keep a big bowl of hot, soapy water in the sink and immediately put beaters and spoons there.
  - I let the kids lick the bowl.
- I remember that no one will ever know about my “improvements” I might make by tasting and testing. I leave well enough alone.
- When I really want a taste, I figure out the calories/points for 1-2 Tablespoons and enjoy, enjoy, enjoy.



# Advent Pocket Power Cards



## Survival Tip: Surround Yourself with Nutritious Brain Food

It's a Christmas Countdown – 24 Power Quotes. One for each day leading up to Christmas, or use them all at once.

On the following three pages are 24 power quotes and self-empowerments to put in your purse, pocket, at the computer, or kitchen sink. Tuck them inside a cupboard or in your wallet. Surround yourself with empowering words and statements and you're on your way!

<p><b>COPY</b> the following pages onto red or green colored paper and <b>CUT OUT</b> on the <b>lines</b>.“Progress is impossible without change. Those who cannot change their minds cannot change anything.”</p> <p>I've changed my mind! I want good health and a better body instead of over-sized portions of problem foods.</p>	<p>“If you wish to grow thinner, diminish your dinner.”</p> <p>Portion control is a beautiful thing. I enjoy the first few bites, then step back and ask myself “Do I really need more to be satisfied?”</p>
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<p>“There’s only one corner of the universe you can be certain of improving, and that’s yourself.”</p> <p>I am choosing to be healthy for ME, for MYSELF and MY future. I let others choose for themselves without judgment.</p>	<p>“Stay committed to your decisions, but stay flexible in your approach.”</p> <p>I have back-up plans for scheduling exercise and always take a snack along for emergencies.</p>
<p>“The ancestor of every action is a thought.”</p> <p>I am an optimist. I consciously choose to think about health and happiness, not the stress and the demands of the holidays.</p>	<p>“Anything worth doing is worth doing poorly until you can do it well.”</p> <p>If nothing else, I can always drink my water and take the stairs.</p>
<p>“Courage is resistance to fear and mastery of fear – not absence of fear.”</p> <p>My best fat-reducing exercise is gently shaking my head while saying “No thank you” to foods that put me on the wrong road.</p>	<p>“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.”</p> <p>It is a joy to put food in its proper place as simply a small part of a healthy, happy life.</p>

<p>“Standing still doesn’t mean going nowhere.”</p> <p>Far more important than what I weigh this Christmas season is taking responsibility for what I eat, when I eat and how much I eat.</p>	<p>“Hope is putting faith to work when doubting would be easier.”</p> <p>Although Christmas is a demanding time, it feels good to respect my body as much as I respect my “to-do” list. I make time to care for me.</p>
<p>“To be happy, drop the words ‘if only’ and substitute the words ‘next time.’ “</p> <p>I can get myself out of a binge as soon as I choose. Nothing will change on January 1.</p>	<p>“Things are easier said than done, unless you are a stutterer.”</p> <p>I made a promise to myself. Though it is difficult to keep, it is still a promise. No guilt. Onward!</p>
<p>“No individual who has resolved to make the most of herself can spare time for personal contentions.” (A. Lincoln)</p> <p>Christmas is a time for peace. The argument in my head about eating healthfully is over. Just do it.</p>	<p>“Don’t be afraid of opposition. A kite rises against, not with, the wind.”</p> <p>I can make good choices every day. I am in control of my eating even at Christmas.</p>
<p>“Vision is the art of seeing things invisible.”</p> <p>It is exciting to imagine what I will look like and be comfortable wearing by NEXT Christmas</p>	<p>“Wisdom consists of not so much knowing what to do in the ultimate as in knowing what to do next.”</p> <p>A drink of water or a diet soda buys me the time to think and choose wisely. So does slowly counting to 10.</p>

<p>“Goals are like postage stamps. You gotta stick to them until you arrive.”</p> <p>Endurance is my middle name. There is peace in simply putting one foot in front of the other and moving forward one day at a time.</p>	<p>“It’s easier to keep up than to catch up.”</p> <p>There is no magic to January 1. Now is a good time to do baby steps in eating and exercising until January 1 arrives.</p>
<p>“We make ourselves miserable or we make ourselves strong. The amount of work is about the same.”</p> <p>Creative excuses and denial are as demanding as healthy eating and exercise.</p>	<p>“A decision delayed until it is too late is not a decision. It is an evasion.”</p> <p>I have decided which special Holiday foods to enjoy this year. I know when I’ll have them, and with whom I’ll enjoy them with.</p>
<p>“True freedom lies in the calm acceptance that there may very well be no perfect answer.”</p> <p>I will accept the things I cannot change, change the things I can, and pray to be gracious and wise this Holiday season.</p>	<p>“Love sees through a telescope and not a microscope.”</p> <p>I will not let my healthy eating plan put a damper on my own spirit or the spirit of those I love.</p>

<p>“The good Lord gave you a body that can stand anything. It’s your mind you have to convince.”</p> <p>I am eating healthfully this holiday season because it <i>FEELS</i> good and it <i>IS</i> good!</p>	<p>“Nothing recedes like success.”</p> <p>I will not allow December and the holidays to derail the healthy habits that I have worked so hard to establish.</p>
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## How Long Does A Holiday Last?



Does a holiday last a month? A day? A week? Two hours or all day and night? You have a good idea of your schedule. Put a sticker on the events where there will be food. Put in the hours of the event. You will see in a moment that there are many days and hours where your program is not affected at all. Put this calendar where you can see it. Plan to celebrate the big events with carefully chosen holiday food and celebrate the spirit of the month all day, every day -- without unnecessary extra food.

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## December 2020



### Christmas Is A Promise Kept

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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# Plan-A-Week Charts



## Survival Tip: Little Rewards

Sticker charts used with children work for us too! On the following pages are some sticker charts to help you plan your weeks in December. List some behaviors you want to incorporate and write them on each day. (i.e, journal, exercise, regular meals, etc.) Use stickers to reward yourself and give yourself a little present when you earn enough stickers. Never underestimate the power of writing things down and putting it where you can see it.

You may want to jot down your weekly weigh-in weight in a corner and put this on the refrigerator as a reminder of your promise, plan and goals.





# Plan A Week Sticker Chart



Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



# Write A Letter To Santa

## Survival Tip: Turn Wishes Into Written Goals

Think it's silly? Think again! Writing down EXACTLY what you want is a powerful mind tool to establish your goals. Start it with "Dear Santa, I've been *such* a good girl – I'm even working on my health and losing weight!" Then tell him what you want for your body, for your health and the things you need to exercise and cook with.

----- CUT HERE ----- CUT HERE -----



Dear Santa:

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Love,