



DEBBIE HARTIN NUTRITION Online Coaching

Nutrition | Weight Loss | Lifestyle



Making social events work for your weight loss goals:

*Lose the guilt and rediscover the joy of
eating out and takeaways - it's time to
make the memories*

Hi there & welcome



Thank you so much for downloading this free resource. This guide aims to help you say goodbye to the misery of avoiding social events so you can make sure you are enjoying life.

When we are on a weight loss journey we can often feel like we need to say 'no' to social events. Life is way too short for that so I hope you will find the tips in here useful so you can enjoy making memories with your friends and family.

In case we haven't met before, I'm Debbie, an evidence-based certified Nutritionist and Lifestyle Coach with a special interest in women's health and behaviour change. As a busy working mum tackling the daily struggles alongside the challenges of midlife and menopause, I get it. I understand how everything can sometimes just feel 'too much'. It can feel overwhelming trying to keep all our plates spinning and it's common to find our own needs placed on the back burner, but it's important to remember to **prioritise yourself.**

I am passionate about encouraging you to practise self-compassion and treat yourself kindly. Let's move away from avoiding social events, photos, mirrors and wardrobes to embracing a new-found confidence. It's hard enough already, we don't need to make it any harder for ourselves!

Heading out to a social occasion can be a lot more enjoyable when you're not constantly thinking about what you 'can't' eat. With that in mind, consider implementing some of the strategies below to help you have a great time and feel confident in your choices.

Happy socialising!

Debbie
♥

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Such an amazing experience.

Debbie supports you through the process of understanding what you want to change and, more importantly, why you want to make those changes.

This has enabled me to make small changes that build up into healthier habits. I am no longer 'sleepwalking' my way through life.

WINNING STRATEGIES

- Place a value and intention on the social situation. Are you attending the event solely to nourish yourself, or do you want to be in the moment and enjoy the occasion without overthinking food choices? Being clear on your intentions can help you approach the event with a positive mindset and make food choices that align with your goals.
- Google the menu in advance to check nutritional values.
- Opt for a starter and a main course instead of a main and a dessert, this will likely be a lower calorie option.
- Consider sharing your starter, or dessert. (*I'll happily share a dessert but don't touch my chips!*)
- Ask for your dressing and sauces on the side so you can control the amount you use.
- *Ask for extra vegetables or salad instead of starchy carb options like rice, pasta, or chips.
- *Skip, or limit, the bread basket and extra nibbles.
- *Point to Note: This is not to say that carbohydrates cannot be eaten when weight loss is the goal. However, when eating out, it's common to be served larger portions of starchy carbohydrates that may be cooked with more oil, butter, or other high-calorie ingredients than what you would typically use at home.
- If the event is a buffet, try to visit it just once.
- Don't feel like you have to finish everything on your plate if you're already full. Asking for a doggy bag at a restaurant can be a great way to take leftovers home for another meal.
- Experiment with different ingredients and cooking methods to create your own healthy, homemade versions of your favourite takeout meals.
- You do You! Don't let others pressure you into eating or drinking things that don't align with your goals and choices.
- *These are dependent on your appetite, and your preferences:*
 - eat normally throughout the day, keep your protein and fibre intake high so you aren't starving when you get to the restaurant/have your takeaway.
 - depending on the time of meal maybe drop one meal i.e, having brunch instead of breakfast and lunch if you are out for dinner.
 - opt for lower calorie options throughout the day.



WINNING STRATEGIES

- Try to avoid high carb, high fat foods, such as pizza, chips, deep fried food, and creamy dishes.
- Opting for High Carb/Low Fat or Low Carb/High Fat options will typically be lower calories. Examples shown below.

HIGH CARB, LOW FAT	LOW CARB, HIGH FAT
Roasted chicken risotto served with butternut squash and wild mushrooms	Grilled salmon, served with a bed of spinach, avocado and veg
Lean Turkey breast served with potato wedges and roast vegetables	Steak with melted garlic butter and mixed vegetables
Haddock served with steamed rice and a side dish of vegetables	Warm chorizo salad served with nuts, mozzarella, beetroot and spinach
Lemon and garlic prawn stir fry served with basmatie rice	Hame & cheese omeletee served with a side salad

ALCOHOL

It's important to be mindful of alcohol consumption, as it contributes to your overall calorie intake and can impact your choices throughout the day/night.

Consider opting for clear spirits, low-calorie mixers, or low-alcohol/calorie beer and wine options if you plan to drink.

Drink a glass of water in between each alcohol drink.

Plan for the next day in advance. Think about your breakfast and lunch. Can you prep any of it the day before? A slow cooker and some Tupperware can be your friend here. This will help to stop you having to make food choices when you are likely to be feeling low of energy and tired.



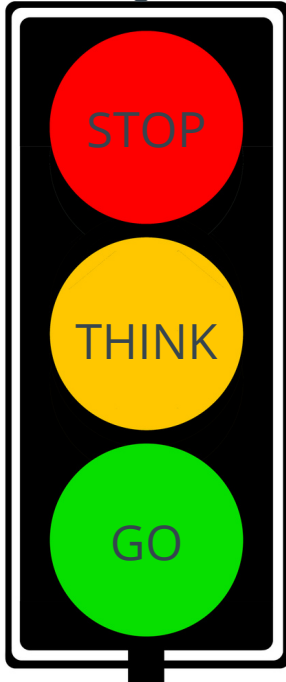
MINDFUL CHOICES



Making mindful and intentional choices before, and after, your event can help you to keep balance and control of your diet and lifestyle.

Using the strategies above, along with making mindful choices, helps to remove the 'all of nothing' mindset that leads us to fall off the wagon and wait for Monday to come round, to restart, yet again.

Below is a traffic light system that can be applied to any decision making.



Stop and pause for 4 seconds. Putting the smallest of pauses into your decision making can help to allow your mind to slow down and give you time to think about what to do next.

Now you have added the pause ask yourself

1. Am I hungry?
2. Will this decision move me closer to my goals?
3. Will I be happy with this decision tomorrow?
4. Is this going to impact future decisions later in the day or tomorrow?

Now you can make your choice. Whatever you decide you can **enjoy** knowing you have made a mindful choice.

Thanks for stopping by...

I hope that this has been useful for you and helped you see that by implementing different strategies you can achieve your goals whilst still enjoying yourself.

Just a quick aside, whatever your goals are, whatever you want your journey to be remember that you matter and to be kind to yourself along the way.

If you would like any support in helping you to make some changes and to move you forward with your goals you can drop me an email, or book a free call to let me know what you need to get started.

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Debbie 