



# *Holiday Success Plan*

*for Medifast Participants*

---

*Medifast right through the holidays. Was this really such a good idea? Are you fearful of losing your resolve? Use this guide to help stay on target while you celebrate the season.*

---

## **To eat or not to eat. . .**

Is it best to stay on the full fast and simply avoid food? Or should you use a modified plan that allows you to eat a little? Would it even work to stop Medifast for a couple of weeks?

Definitely a complicated question. Perhaps the risk of the modified plan seem too scary and might tempt you into unplanned eating. On the other hand, being a superhero, determined to not eat any food at all may not make sense.

Consider how strong you feel going into the season. Look at your holiday stress level and how much you have scheduled during the weeks ahead. Think it through carefully.

Then decide on the Medifast option that seems to fit best. Be sure to consider your travel plans, anticipated holiday parties and the usual family gatherings. Be realistic about your situation. Trying to be too strong might result in a setup for failure.

Be honest about the reasons for your decision. Are you planning to stay on Medifast because of fear you will binge eat? Are you unconsciously punishing yourself for the patterns of previous holidays? By facing these issues you will improve your ability to stay on the plan you've chosen.

## **Get help from your counselor**

Talk about your decision when you meet with your Medifast counselor. By planning carefully for this holiday period, you will have a much better chance of celebrating success!

## **Medifast plan options during the holidays**

### **Full Fasting Plan**

- Works fine if you will not be involved in many social obligations
- Requires strong planning and protection from high-risk settings

### **Modified Fasting Plan**

- Allows you to eat a small serving of meat and a green salad once per day.
- May be more realistic by giving you options for social gatherings.

### **Going off Medifast**

- Requires a careful food planning program
- Must be very determined to return to Medifast after the holidays are over.

---

**You can't go off  
Medifast for just a day!**

---

## What's at risk?

- Eating a little may cause you to want more.
- Eating carbohydrate foods can lower your ketosis level, increasing hunger and food cravings.
- You might be tempted to give up and say "Oh well, I'll start over later."
- You might skip packets, hoping to save up calories. This increases the risk of overeating and can make you more tired and hungry.
- You might go off the Medifast plan and have a difficult time returning to it.

### The One-Tablespoon Plan

If you can't bear the thought of going to your favorite gathering without eating any of the foods you love, consider this option.

Pick out three of the foods served that are "to die for" and eat one tablespoon of each. For instance, you might have a tablespoon each of mashed potatoes, green bean casserole, and pumpkin pie.

This small amount of food won't lower your ketosis enough to cause problems, and it might help you feel less deprived or left out.

## Remember the modified plan?

If you decide to eat at some of your holiday gatherings, staying within these guidelines will maintain your ketosis level.

Option 1 Medifast Plus Salad	Option 2 Modified Plan using Meal
Five Medifast packets One salad Salad greens with 1-2 Tbsp. low-fat or nonfat dressing Optional meat serving 2 oz. meat (females) 3 oz. meat (males)	Four Medifast packets One meat serving 4-5 oz. meat (females) 6-7 oz. meat (males) One salad Salad greens with 1-2 Tbsp. low-fat or nonfat dressing

### Meat serving:

Choose from any low-fat meats: lean beef or pork, skinless chicken or turkey, fish, including water-packed tuna. Use minimal oil in preparation. You may add salt, pepper, spices and herbs as desired.

### Salad

Use 1-2 cups of any combination of salad greens. You may add up to 1/4 cup of the following chopped vegetables: cucumbers, celery, onions, mushrooms, peppers, or radishes. Limit to 1 Tbs. higher carbohydrate vegetables, i.e. tomatoes, carrots, broccoli, or cauliflower.

You can alternate between the full fast and the modified plan options. Just follow the guidelines carefully and keep your protein level strong.

## What to say at a party

### “Not just yet, I'm going to wait a little while.”

Repeat this phrase each time food is offered and you'll be amazed at how the pressure to eat will stop.

### “I've already eaten.”

Or “I have to go to another event, so I plan to wait and eat there.”

### “My doctor said . . .”

You can fill in the blank with anything that justifies your decision to remain on Medifast.

## Planning to Succeed

Don't get caught by the unexpected. Protect yourself by anticipating problems and planning strategies that will keep you from stumbling.

- **Find out what's happening at events**

Ask questions. Is this a sit-down dinner or is it a buffet?  
What's the approximate time the meal will be served?  
Is there an extended cocktail and appetizer hour?

- **Protect yourself from disasters**

Assume that shopping trips will take twice as long as you actually planned.  
Always carry extra Medifast packets with you.  
Stop and rest before you get over tired.  
Keep up your fluids. Carry bottled water along when you are shopping or traveling.

- **Take control where you can**

Say *NO* to something at least once a day. Practice this first if you need to.  
Hire everything you can possibly afford—from wrapping presents and cleaning to catering meals.  
Write down a schedule for taking your packets and follow it rigidly. Don't get behind or miss packets because you didn't plan right.

---

## Exercise is not an Option

(It's a requirement)

Strive for consistency with your exercise program during this holiday period. Regular activity, even walking, builds a sense of empowerment that translates to other areas of your life. Exercise also keeps your metabolism high and promotes stronger weight loss.

### *The Ten Minute Solution*

Tell yourself that you will exercise a minimum of ten minutes every day. This simple plan fits into even a hectic schedule without making you feel overwhelmed.

## How to Focus on Everything but Food

### Give more love

Practice giving extra love and attention to those around you. Be warmer, kinder, and more patient than you usually are this time of year. Don't tell anyone you are doing this, but secretly allow yourself to feel smug and satisfied by your actions.

### Observe and learn

Make a game out of watching people around you as they eat, drink, fight, complain, etc. Keep a journal of the lessons you learn from observing others. Watch for healthy role models who demonstrate positive styles of eating and managing food.

### Care for your real needs

Ask yourself over and over, "What do I really need?"  
Search for new ways to reward, nurture, or comfort yourself without using food.

*Celebrate your  
progress, not  
your mistakes!*

## Seven Steps for Managing an Event

- 1 Put your diet drink or club soda in a festive wine glass.
- 2 Munch on celery when you are tempted to snack.
- 3 Stay out of the kitchen, away from the food smells and the bite-sized nibbles.
- 4 Arrive late, Go home early. Longer stays can increase fatigue and decrease resolve.
- 5 Bring the salad. Don't risk cream cheese jello being the only option.
- 6 Consider using the "One tablespoon plan" to help you survive the big event.  
(See description on pg. 2)
- 7 Pace your eating so you finish at the same time as the last person at the table.

## Food Tracing Exercise

Do you ever wonder why certain foods cause such temptation for you? Use this exercise to trace the emotional connection and determine what you are truly searching for when you eat that food.

Pick a favorite food that often causes problems or tempts you to overeat. Close your eyes. Thinking backward from the present, recall events or places where you have eaten this food.

Keep tracking the food memories, noting the settings or emotional states involved when you have eaten the food. You might recall celebrations, certain friends, or lonely, isolated periods of your life.

Continue your tracing by thinking of your childhood. Try to remember your earliest memories of eating this favorite food. Picture the scene in detail. Where are you? Who else is present? What are you feeling in the setting? Were you warm, comforted, happy, peaceful, safe, nurtured, or lonely? Was this memory associated with a time of grief or sadness? Perhaps you will recall a time period when your family was happier or more peaceful than usual.

Identify one or two emotions that seem the strongest in this picture. Open your eyes and immediately write down your conclusions. Now consider your more recent memories associated with that food. Were the same emotional needs present in those situations?

Finally, identify ways you could satisfy those emotional needs without reaching for food. You may find that by meeting the real need, you no longer crave the food item as before. By addressing the emotional need associated with a favorite food, you can decrease its power and become stronger in managing it.

Repeat this exercise for any other foods that seem to trigger struggles with overeating. You may discover that you can identify your true needs quickly just by connecting the food you crave to the emotional memory.