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# A Xmas Day Eating Plan

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With your Xmas meal, take your time over it like the French and Italians do. In a lot of British households it's often the tendency to gulp your food down as quickly as possible so we can get back in front of the TV. Try bringing the food out in waves rather than having everything served at once. It's always a good idea to make the meal last as long as possible.

Here are some suggested dishes you may want to consider on Xmas day:

### **Breakfast**

(avoid the toast)

- Scrambled eggs with smoked salmon
- Poached egg with bacon
- Sausage and egg
- Kippers
- Smoked Mackerel

### **Mid morning snacks**

- Vegetable Crudités
- Walnuts, Cashews, Brazils, Almonds
- Cottage Cheese
- Smoked Salmon, Pickled Gherkins

## **Xmas Lunch**

### **Starter**

- Prawn cocktail
- Vegetable soup
- Spicy Tom Yum soup (Soup will fill you up a bit and prevent you from overeating during the main course)

### **Main Course**

**Roast turkey** (eat more turkey than you would normally) Avoid eating the skin. Cook the meat on a rack so that the fat drains off and the meat is not sitting in it. If you can afford it purchase organic meat.

Good Quality sausages (with high meat content and low 'bread'/ carbohydrate content) are another source of protein for your Xmas lunch.

### **Vegetables**

Eat as much as you like of the following veg: (cook them in a small amount of water with a tight fitting lid so the veg cooks in steam; serve with plenty of salt and pepper if you like).

- *Cabbage*
- *Brussel Sprouts*
- *Broccoli*
- *Cauliflower*

Other Veg eat sparingly

- Carrots
- Peas
- Swede/turnip
- Pumpkin
- Parsnips
- Roast Potatoes (go easy just one or 2 if you must but avoid if you can)

**Stuffing** – eat sparingly; try and cook separately outside of the bird

## **Dessert**

Leave a big gap before you have your dessert. Generally you're pretty full after a roast dinner. Unwrap a few more presents or watch the Queen's speech and then return for Xmas pud.

Often I'll wait a couple of hours before having pudding or desert.

It helps prolong the meal and also balances insulin levels. When we overeat carbohydrate gets broken down into sugars and our body produces insulin to remove the sugar. That's all fine and dandy but the insulin converts that excess sugar into fat.

So by eating consistently throughout the day you'll end up producing less insulin and end up storing less fat.

## **Cheese**

If you are going to have cheese have another long break before wheeling out the cheese board. Eat the cheese with celery, grapes and apples rather than crackers.

## **Summary**

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