

THANKSGIVING SURVIVAL TIPS

1. **Start your day with a brisk walk or a light workout.**
   Exercise will energize you and put you in a feel-good, healthy mindset!
2. **Eat breakfast.**
   Skipping breakfast in lieu of grazing before the meal or saving your appetite for the feast is dangerous.
3. **Bring a gorgeous green salad and a veggie tray.**
   You'll want to eat at least four cups of vegetables; make sure there are dishes you can eat.
4. **Eat all the turkey you want.**
   "If you cheat, eat meat!"
5. **Have a special beverage and serve it up in a special glass.**
   Sparkling ICE, Club Soda with a lime, Ideal Water Enhancers, Ideal Hot Chocolate…
6. **Have a plan for Friday!**
   Don't get caught the day after without a plan! It is typical to shop all day or graze on leftovers. What is this day going to look like for you?

ideal TRANSFORMATION
live lightly