



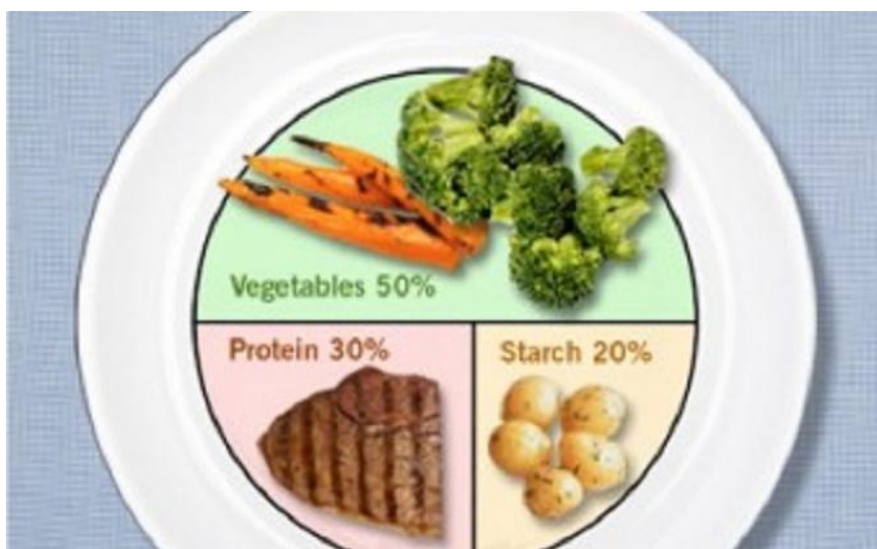
5 Ways NOT To Put On 5kgs This Christmas.

1) High Protein – Low Carb Breakfast



Figure 1 High Protein, low carb breakfast

2) Its Going To Come Down To Portion Control



3) Make Soda Water Your Friend.



4) Christmas Is The Perfect Time To Mix Up Your Proteins



5) Lastly – if you are headed to a Christmas party or functions, its super hard to eat remotely healthy sometimes. So if you don't know what you'll be eating, I suggest having a light snack (again protein based) before you get to your party.

