

24-HOUR HOLIDAYSURVIVAL GUIDE

Simple Secrets to Looking Fabulous During the Holidays

By Yasmine Defouni

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Hi, I am Yasmine Defouni.

Let's face it, the holiday season is a tough time to eat cleanly and make good choices. But with a little forethought, we can set the stage for success. No matter where you live in the world or what holiday you celebrate, I want to give you the simple steps you need to face temptation and not gain weight.

Some of us do not need a holiday to be tempted by food because we work in an office where parties are thrown often, treats are brought in, or there's even a candy bowl filled and available at all times.

You may be a person who travels or attends lots of functions or cocktail parties for work — and you just cannot figure out how to say no to all the goodies.

I am here to walk you step-by-step through a little something I call “how to make it work in the real world when temptation is everywhere.”

Let me first say this: Life is *not* about deprivation and constantly saying no to sweet treats. It is about balancing the yes and the no so we stay happy, healthy, feeling good, sexy, and free of health issues.

I work with busy people who have forgotten what balance looks like on their plates and in their lives. Below is the exact info I give my clients — I hope it helps you just as much as it has helped them become more aware of their food choices.

WHEN DO YOU GET TEMPTED?

- Attending a cocktail party or a wedding
- The cupcakes or the vending machine at the office
- When you're watching TV
- Bringing treats to your kid's school
- Preparing food for a party you're throwing
- Your loved one always gives you chocolate on Valentine's Day
- You get stressed around the holiday season

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HAS THIS HAPPENED?

You swore this year would be different or that you were going to be good tonight, but somehow the food you promised yourself you would not eat entered your body.

I have had those times in my life and trust me I am human and it still happens. But I finally have a plan and I am sharing that plan with you today.

I have studied over 100 dietary theories and have had a chance to study under renowned experts in nutrition and wellness such as **Andrew Weil, MD, Arthur Agatston, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth, and Deepak Chopra**. During this time, my life changed. I began to see that the food on my plate was key, but so was how I was nourishing myself in other areas of my life. I began to take care of myself and slow down.

Eating foods that were right for my unique body lessened my food allergies, and I began to lose unwanted toxicity and inflammation.

I can say from personal experience that following this plan changed mine. I feel better than I ever have.

My own health history includes a prolonged journey to achieving my personal health. My health was in free fall. I remember having the ah-ha moment when I realized I needed to give my digestion a break. I remember thinking to myself, "will my life ever be different?"

My life is different now. I learned the tools I needed to change my body from the inside out and now I am going to share these tools with you for free. You can embark on this journey anywhere from 1 to 3 or even 5 days because you are eating whole, unprocessed foods in their natural form, which means more energy for you.

Together, we are going to lay out the perfect plan for you to ditch the bloat, say no to those foods that do not serve your awesome body, and stay healthy during the holiday season. So, if you eat too much during a holiday party or you just could not say no to the chocolate cake, this is your 24-hour reboot cleanse to ditch that bloat.

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SECRET #1: PRE-PLANNING

Make sure you know what you are walking into. If you're attending a holiday party, plan to eat beforehand. It is safe to assume most parties offer tons of cheese, bread, and lots of sweets, so it is best to have a good mini meal before you go.

MY FAVORITE MINI MEALS ARE:

1. A healthy protein like chicken or turkey slices with avocado
2. Greek or non-dairy yogurt with nuts
3. A smoothie
4. A cup of soup
5. A healthy protein bar
6. Gluten-free crackers with hummus
7. Any protein and vegetables

Make sure you are satisfied before you head out to the party.

And if you know there are tons of treats at work, make sure to keep a healthy snack in your bag (my favorite is box filled dates, walnuts and mini dark chocolates).


SECRET #2: EAT SIMPLE AND THINK SIMPLE

Keep it simple. Make sure the meals you are eating during the holiday season are easy to digest. Often, we are stressed during the holidays and when we eat when stressed, we go into fat storage mode rather than fat burning mode.

Taking deep breaths! Being conscious of what you eat is key for your health and happiness and will leave you better able to say no to the sweet treats.

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Reduce stress! Try taking a breath in through your nose, holding that breath for 10 seconds, and then releasing. Repeat this deep breathing exercise 5 times and you will reduce those stressed feelings.

SECRET #3 – MY SECRET WEIGHT - LOSS WEAPONS

Two drinks I would not live without during my day are the following:

MY MORNING LEMON ELIXIR

I take 2 cups of room temperature water and add the juice from 1/2 a large lemon or 1 whole small one, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast-free diet).

MY EVENING ALKALIZING CHLOROPHYLL DRINK

I add 1 tablespoon of chlorophyll to 12 ounces of water with the juice of one lemon.

Note: you can buy chlorophyll at any natural food store, Whole Foods, or on Amazon.

THE 24-HOUR MINI HOLIDAY REBOOT

If you feel congested, the family has got you stressed, or you devoured a box of gift chocolates, no worries my friend because I have your solution right here. I am sharing with you what I do to recharge, regenerate, and kick the bloat so my jeans do not feel so tight!

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ARE YOU READY?

1. **UPON WAKING:** Drink Lemon Elixir to cleanse, alkalize your body, and reduce sugar cravings.
2. **BREAKFAST:** Smoothie – easy to digest and ideal for getting rid of bloat.
3. **SNACK:** Enjoy a cup of peppermint or ginger tea and raw veggies with hummus.
4. **LUNCH:** Choice of green salad with 1 tablespoon of olive oil, 1 teaspoon of flaxseeds, lemon juice, garlic powder (omit if intolerant), and a palm size serving of a high-quality protein or 1/2 cup lentils for vegetarians.
5. **LATE AFTERNOON SNACK** (around 4 pm): Enjoy a cup of detox tea made by Yogi Tea, your local brand or a herbal tea you have at home. Have 1/2 avocado with tomato and basil, or a cup of dairy-free soup with 2 tablespoons of pumpkin seeds and a dash of cinnamon to warm the digestion. Another great snack option is a rice cake with almond butter and cinnamon.
6. **DINNER:** A healthy soup or choice of salad with a palm size serving of protein (optional) and a side dish of vegetables.
7. **EVENING:** If you are craving something sweet, have a cup of cinnamon or chamomile tea with stevia or 1 teaspoon of raw honey. Or enjoy a baked apple with cinnamon, walnuts and raw honey (bake at 350 degrees for 20 minutes). Another option is half a banana with 1 tablespoon of almond butter or with 1/2 teaspoon of honey with slivered almonds.

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RECIPES

DAY ONE

BREAKFAST

You can either opt for a smoothie for breakfast or you can enjoy warmed chia seed pudding on any day in place of a smoothie, as desired.

CHIA SEED PUDDING

(Makes 1-2 Servings)

1 cup non-dairy milk
1/3 cup chia seeds
2 tablespoons raw honey
or 5 drops stevia (optional)

1/2 teaspoon vanilla (powder or
alcohol free vanilla essence)
Dash of cinnamon
Dash of ground ginger

Warm your milk. In a small saucepan, add your non-dairy milk over medium low heat. Warm the milk for 2-3 minutes. Make it is as hot as you can stand it without boiling.

TAHINI ENERGY SMOOTHIE

1 1/2 cups dairy free milk (almond,
coconut or oat)
2 tablespoons tahini
1 cup spinach

1/2 cup strawberries
1 small banana
1 tablespoon raw honey
1 teaspoon ground cinnamon

LUNCH


ROASTED ROOT VEGGIE SALAD

1 pound (1/2 kg) root
vegetables (beets, carrots,
turnips, parsnips), diced

1 tbsp. coconut oil & 3tbsp. olive oil
1 medium red onion
1 tbsp. chopped fresh rosemary

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3 cups arugula
1 tbsp. apple cider vinegar
1 tbsp. Dijon mustard

Dash of sea salt and pepper
to taste

Preheat oven to 450 degrees. Line baking sheet with parchment paper. In medium bowl, toss diced vegetables and red onion with coconut oil & ½ tsp. sea salt to coat. Spread the veggies out in one layer on a baking sheet.

Roast in oven until all veggies are tender (about 20 minutes). Drizzle with one tbsp. of olive oil and add fresh rosemary to the vegetables and toss to coat.

Combine remaining 2 tbs. of olive oil, vinegar, and mustard in a small bowl and whisk with a fork until combined. Place arugula in a mixing bowl, pour dressing over greens and toss to coat. Top with roasted vegetables.

DINNER

SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower
Few dashes Garam masala
(optional)
3 medium to large sized peeled

sweet potatoes, cubed
1 sweet onion, diced
6 cups vegetable broth
1 tsp. salt

Preheat oven to 400 °F. Wash and cut cauliflower, then sprinkle lightly with Garam masala. Place cauliflower onto parchment covered baking sheet and lightly drizzle with olive oil. Roast about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil. Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine.

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A Solution for You

I'm excited to share with you that I have a brand-new program I have been working on for you busy mums, dads and you if you are struggling with overwhelm.

Struggling to keep the balance within:

- Your homes
- Your work
- Kids and Kids' health
- Focusing on your self-care
- Your overall health – gaining weight, thinning hair, and excess stress

I have brought together my clients' struggles and a step-by-step plan that enables them to create amazing rituals for their days and the key areas in their life.

My new program will show you how to lose weight and keep it off, how not to live in denial, how to swap out the junk and eat the right yummy foods. How to live a delicious life! How to live in alignment with the life you want!

Until I release the program, be the first to get on the VIP list. You will receive an additional bonus just for signing up on the list...

GET ON THE VIP LIST HERE: <https://healthytude.org/vip-list/>

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