
Best Choice Changes Thanksgiving Tips

Tips to Help You Avoid Over Indulging this Thanksgiving

- Be mindful... if you are serving, think ahead to what you will serve others and what you will eat yourself
- Be mindful... if others are serving, ask if you can bring a dish.
- Turkey is an allowed food, take YOUR portion.
- Fill your plate with allowed veggies like Broccoli and salad.
- Don't eat any melba toast this day... save room for a small carb blunder.
- Reduce your intake of protein from breakfast and lunch to bank additional protein ounces for the feast.
- Bring your Walden farms salad dressing or make an allowable salad dressing
- Remind yourself when the rolls come out that they only taste good going down for 2 minutes. But you will regret it for 2 days.
- Pumpkin pie... well, you may want to do this... take a very thin slice, pull the crust off the side, crumble a small amount on top of the pumpkin slice and just eat off the top and not the rest of the crust.
- Stuffing.... If you must since we are holding our other carbs... a Tablespoon or see the recipe on the next page for Stuffing balls... much easier to control serving size.
- And remember to be Thankful... even a modified Thanksgiving would be a FEAST to so many others.
- Consider doing an Apple Steak day the day before and the day after.
- Make a tray of fresh veggies all on the list of allowed foods, for pre dining appetizers.
- Don't tempt yourself- make holiday treats at the last minute.
- Make only what you need for parties and get-togethers and don't save leftovers, freeze them if you have them.
- Savor your food and enjoy the aroma, eat slowly.

Use BestChoiceChanges supplements to ease you away from storing the extra calories!

- **Colon Max** (\$18.00 for 60-ct, \$29.50 for 100 ct) to ease the bloat in a single night and restore your digestion to a healthy state.
- **Release Max** (\$29.50) contains two ingredients Raspberry Ketones and African Mango. These are enzymes from fruits that help send a signal to the body to burn the fat rather than store the fat. It also helps our body be more efficient using our hormone Leptin which is ultimately responsible for storing fat. You should take 2-3 of these per day.
- **Diet Support Max** (\$36.50) was first introduced to me as a supplement that in conjunction with **Colon Max** works together to be a weight loss booster.
- You will see **Colon Max** and **Diet Support Max** as a package on the website, named **2-Part Weight Loss Booster** (\$54.50). These products were introduced to me in continuing education by Digestive Care physicians and specialists. It happens that the SVETOL in the Diet Support Max is a patented product and a top weight loss supplement in Europe. This improves metabolism to burn fat and together with the use of Colon Max at night they seem to really support the system overall to be a more efficient fat burner as we stay rid of toxins.
- **Garcinia Cambogia** (\$29.50) is my newest added supplement. This product does 3 things: sends a message to the body to burn fat, suppresses appetite, and raises our own Serotonin level, which is our feel good hormone.
- These can be used in combination! They each act in different ways to support fat loss.

SAVE 15%

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May be combined with referral discounts and repeat round discounts.

Crockpot Corn Stuffing Balls



Ingredients

1/2 cup chopped celery
1/2 cup chopped onion
17 oz. cream-style corn
1/4 cup water
1 tsp. poultry seasoning
8 oz. herb season stuffing mix
2 beaten eggs
1/4 cup melted butter

Directions

Combine all ingredients, except butter, in bowl.
Mix together.
Shape into 6-8 balls.
Place in crockpot.
Pour butter over.
Cover and cook on LOW for 3-4 hours.