

TREAT STRATEGIES

We understand that there will be times when you want to indulge in foods that may not be 100% associated with health.

LIFE IS TO BE LIVED

We do not associate GOOD or BAD foods,
just GOOD or BAD portions.

HERE ARE A FEW GUIDELINES THAT WE RECOMMEND

Pre-plan your 'treats' so that they are portioned out into serving sizes.

DO NOT keep these treats in your house, rather purchase them just before you are going to eat them.

Choose treats that you enjoy.

DO NOT act on instinct.

Eat your normal meals first.

DO NOT eat 'treats' when you are hungry.

HERE ARE SOME EXAMPLES OF LOW CALORIE TREATS

Paddle Pop

Chuppa Chup Lollipop

Snack Size Chocolate Bar

Halo Top Ice Cream

Corn Thins or Rice Cakes with Natvia
Strawberry Jam

Macro Air Popped Pocom

Carmen's Aussie Oat Choc Chip
Muesli Bar

Table of Plenty Chocolate Rice Cakes

Pauls Low Fat Chocolate Mousse