

MDW SURVIVAL GUIDE



Eat Before

During MDW you will be faced with plenty of BBQs and parties filled with tons of unhealthy food. Before you head out to your party eat a meal filled with lean protein and lots of veggies. This will help fill you up and keep you from eating everything in site when you get to the party.



Hydrate

Your body requires water for almost everything it does! Drink lots of water before and during drinking alcoholic beverages. Dehydration can cause hangovers, headaches and many other things that can put a real damper on your weekend.



Whatcha Drinking

Stick to the vodka or the skinny margaritas. We all want to cheers and toast to MDW 2018 but that does not mean we have to go ham with sugary over the top frozen concoctions. You can still dilly dilly and keep your waistline in check.



Veggies

Choose to eat from the veggie platter at the bbq before you dig into the pasta and potato salads. Veggies are loaded with vitamins & minerals and contain lots of water and fiber to help keep you feeling full and hydrated. Eating lots of veggies will help to ward off that nasty hangover that is prompted by those jello shots your neighbor made!



Eat Your Protein

Stick to the lean proteins. You can still enjoy some grilled meats, just opt for a bigger portion of the lean cuts like chicken breast, pork loin, Turkey burgers and lean flank steak



What's on top Matters

Stay away from the heavy salad dressing and bbq sauces that can be loaded with fat and sugar. Opt for condiments like mustard, balsamic vinegar or reduced sugar ketchup.



Pace Yourself

Remember it's okay to have a little of everything, just take some time in between things you taste and try to allow it to hit your stomach so you don't overeat



Enjoy!

But most of all enjoy your time with family and friends celebrating the weekend!

TIPS BY JOSH LALLY CPT @LLIFT
RECIPES BY SABRINA SARABELLA, MS
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Cucumber Salad

1 chopped cucumber
1 cup crabmeat
1 tablespoon grapeseed oil
2 tablespoons rice vinegar
2 large tomatoes

In a medium bowl, combine the cucumber, crabmeat, oil, and vinegar. Cut the tomatoes into thick slices. Serve the crabmeat salad atop the tomato slices.



Summer Salad

2 cups mixed greens
4 oz grilled chicken cut into pieces
1/4 cup chopped strawberries
1/4 cup chopped mangos
1/4 cup fresh blueberries
1 tablespoon chopped pecans
1 tablespoon shredded coconut flakes
2 tablespoons balsamic vinegar

Place all ingredients on top of the mixed greens. Toss and serve.



Bacon Asparagus

1 bunch of asparagus, stalks ends trimmed off
12 slices of lower sodium bacon cut in half (can also be turkey bacon)
1 tablespoon extra virgin olive oil
Pepper to taste

Preheat your oven to 400 degrees F. Wrap a half of slice of bacon around the asparagus and place on a baking sheet lined with aluminum foil. Drizzle or mist olive oil over the asparagus and bake for 15 minutes. Flip asparagus over and then cook for another 10-15 min or until bacon is fully cooked.

Workout

20 Squats

10 Jump squats

20 Walking lunges

15 Leg Lifts

15 Crunches

1/4 Push up 12 reps

Full pushup AMAP
(as many as possible)

Plank 30-second hold

Band row or inverted row
30 sec

30 jumping Jack's

30 band bicep curls

300m run

repeat 3 times through

rest 90 secs after every round

Enjoy!



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