



Your Guide to the Festive Season

ENJOY, INDULGE, & STAY BALANCED

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The holidays are a time for connection, celebration, and fun. This guide isn't about restriction or perfection — it's about helping you navigate festive food, drinks, and movement in a way that's balanced, enjoyable, and sustainable.

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Blissfully Balanced Coaching Philosophy — Holiday Edition

At Blissfully Balanced, my philosophy is simple: health and happiness can coexist with festive food, drinks, and celebrations.

The holiday season is meant for connection, joy, and making memories, not for rigid rules or guilt over indulgence. My goal is to help you navigate this busy, often indulgent time in a way that feels balanced, sustainable, and guilt-free.

Here's what that looks like in practice:

- **Enjoy your favourite foods and drinks without stress** – there's no need to skip meals or avoid treats.
- **Move your body in ways that feel good** – even short walks, family games, or dancing in the kitchen count.
- **Plan, don't panic** – simple strategies and small swaps can help you stay on track without feeling restricted.
- **Focus on what matters most** – memories, connection, and wellbeing over perfect macros or strict dieting.
- **Moderation is your best friend** – it's not about perfection, it's about choices that support you and your goals while still enjoying the season.



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A collage of Japanese food. At the top left, a wooden platter holds several oysters on the half shell, each topped with a dollop of butter, a slice of salmon, and green onions. Next to them are several slices of lemon. To the right, a white star-shaped dish contains several small, round appetizers topped with a vibrant green sauce. At the bottom, a white rectangular plate is filled with a neat arrangement of salmon sashimi slices, garnished with green onions.

**YOU DON'T
NEED TO EARN
OR BURN OFF
YOUR FOOD!!!**

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Holiday Tips for a Guilt-Free Season

Enjoy all foods mindfully:

Savor each bite, notice flavours and textures, and focus on portion awareness – no need to avoid anything.

Don't skip meals:

Eating regularly helps prevent overeating later.

Stay hydrated:

Water between meals and drinks supports appetite management.

Move daily:

Even a few minutes of movement counts – choose activities that feel fun or involve the whole family.

Prioritize protein where you can:

Helps keep you satisfied and balanced.

Focus on connection and memories:

Experiences matter more than perfection.



Mindset Matters

The holidays are about connection, joy, and making memories – not perfection

The festive season can trigger an “all-or-nothing” mindset. One indulgent meal or dessert does not erase weeks of progress.

Here’s how to approach the season in a balanced manner:

- **Progress, not perfection:** One extra treat, a few indulgent meals, or a festive drink won’t ruin your goals. Remember, to gain 1kg of body fat, you’d need to consume roughly 7,700 calories above maintenance – so one meal or dessert is nothing in comparison!
- **Reset your mindset:** Take a moment before meals to breathe, tune into what your body actually wants, and remind yourself that you are in control of your choices.
- **Enjoy guilt-free:** This is the time to prioritize memories over macros. Eat, drink, and savor your favourites without shame. If a healthier swap works, go for it – if it doesn’t, portion control and enjoying it fully is perfectly fine.

💡 **Tip:** Stay hydrated, move your body daily, and remember that indulgence is part of the fun – the key is balance and intention, not restriction.

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What 7,700 calories looks like:

~81 Tim Tams



~75 Great Northens

**~3.5 Full Christmas
Puddings (700g)**



What 7,700 calories looks like:



~ An Entire Christmas Ham (5.1kg)

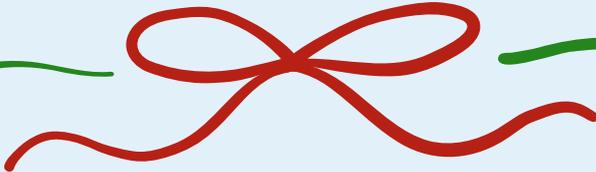
**~11–15 Litres
of Gravy**



**~ 800–1,000
Prawns**

Intentional Choices for a Balanced Holiday

Small additions can help you stay balanced without missing out on the fun.



The holidays are a time to enjoy indulgences, but sometimes it comes down to controlling what you can control. You are in charge of you and responsible for the decisions you make – and that includes the foods you choose to bring to celebrations.

Small swaps can make a big difference without sacrificing enjoyment. For example, why not offer to bring a fruit platter for dessert or a salad to complement the Christmas spread?

These simple actions allow you to stay on track while still enjoying all the festive treats you love.

Of course, if you really want that rich dessert or sweet treat, that's perfectly fine too. The key is portion control and intention – ask yourself if it's something you truly want, and savour it mindfully.

Smart swaps and thoughtful choices give you the freedom to indulge while still feeling empowered and balanced during the holiday season.

Mindful Portions, No Restrictions.

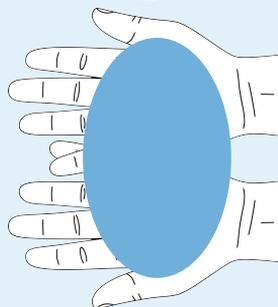
An easy way to estimate your portions while out and about this festive season is by using your hands.

Hand size often reflects body size and can help guide servings, though ideal portions also depend on age, gender, and activity level.



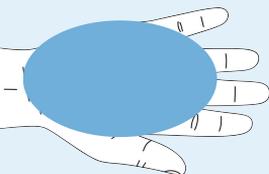
Cupped Hands:

1 portion of veggies, pasta, or rice – think “fill your Christmas plate with colour!”



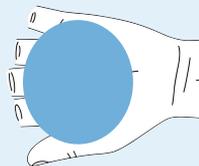
Whole Hand:

1 portion of chicken or white fish – perfect for your holiday roast or grill



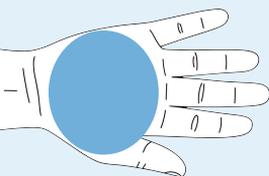
Fist:

1 portion of fruit or baked potato – a simple, satisfying serving



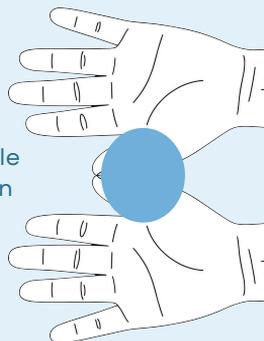
Palm:

1 portion of oily fish, red meat, or cooked pulses – your main festive protein



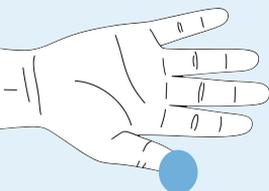
Thumbs:

1 portion of cheese – a little indulgence fits the season



Tip of Thumb:

1 portion of butter or cooking oil – for cooking or finishing dishes



Festive Plate Guide 🍴 ✨

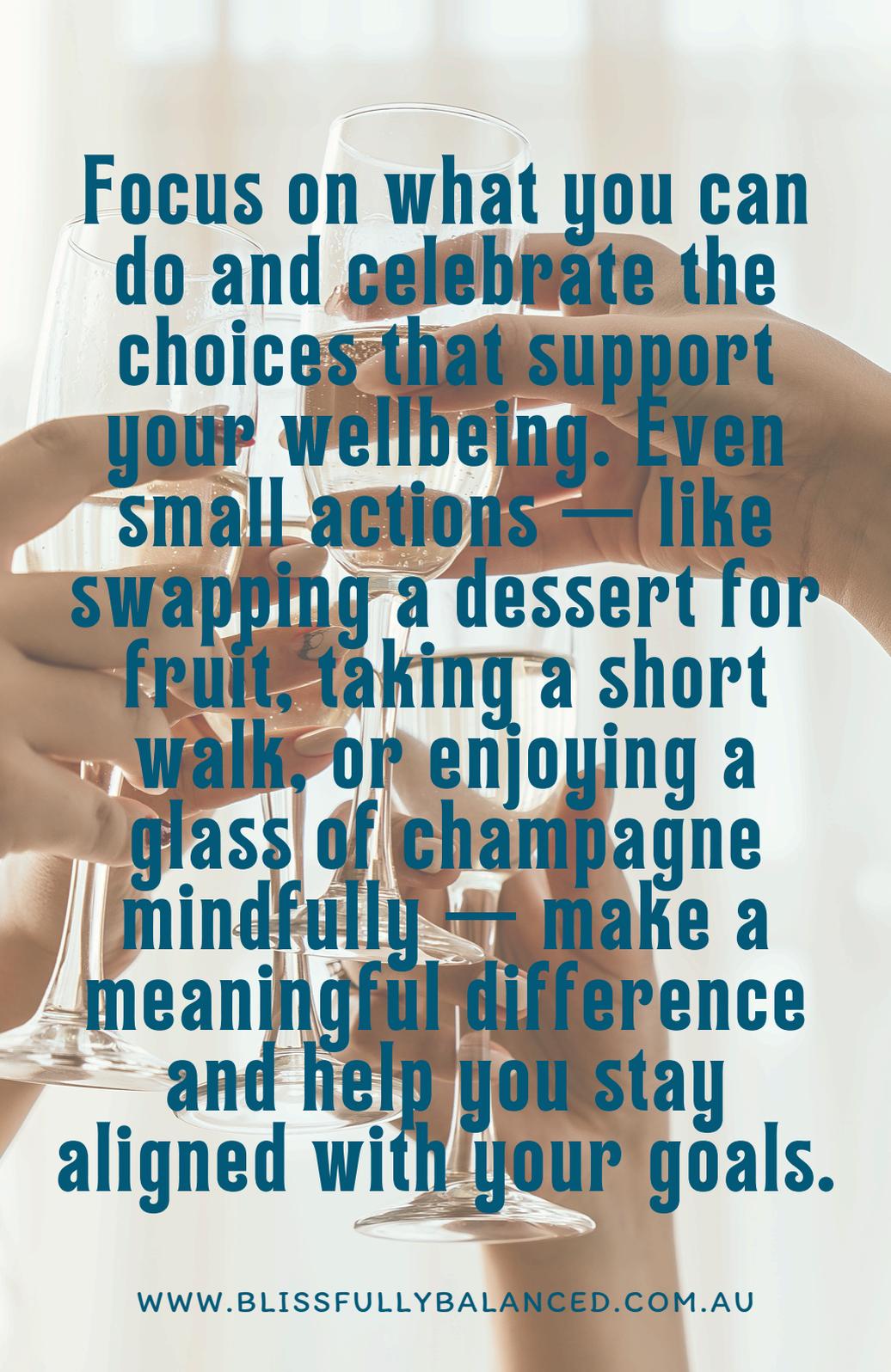


½ plate: Vegetables and salad – fill your plate with colour and fibre

¼ plate: Protein – chicken, turkey, fish, or plant-based options

¼ plate: Carbohydrates – potatoes, rice, pasta, or bread

Small portion/optional: Treats or desserts – enjoy mindfully without overfilling



Focus on what you can do and celebrate the choices that support your wellbeing. Even small actions — like swapping a dessert for fruit, taking a short walk, or enjoying a glass of champagne mindfully — make a meaningful difference and help you stay aligned with your goals.

BALANCED BITES: *PROTEIN SNACKS*



91 KCALS
15g Protein



131 KCALS
16g Protein



61 KCALS
5g Protein



72 KCALS
6g Protein



253 KCALS
30g Protein



195 KCALS
10g Protein



155 KCALS
29g Protein



183 KCALS
11g Protein



A FEW RECIPES *TO FUEL YOUR FESTIVE SEASON*

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Choc- Strawberry Protein Smoothie

~ 432 KCALS ~ 45G CARBS ~ 40G PROTEIN ~ 8G FAT ~

INGREDIENTS:

375ml H2Coco Chocolate Coconut Water

½ cup frozen strawberries

1 scoop chocolate or vanilla protein powder

160g Pauls+ Protein Chocolate Dairy Snack

A handful of ice

1 tbsp chia seeds



METHOD:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust thickness with extra water if needed.
4. Pour into a glass and enjoy your creamy choc-strawberry boost



PREP TIME: **2 MIN**



COOK TIME: **2 MIN**



SERVINGS: **1**



Caramel Biscoff Overnight Weetbix

~ 460 KCALS ~ 57G CARBS ~ 34G PROTEIN ~ 11G FAT ~



INGREDIENTS:

- 2 Weet-Bix, crushed
- 1/3 cup milk
- 150g YoPRO yoghurt (vanilla or salted caramel)
- 15g Protein powder (vanilla)
- 5g Mingle Salted Caramel seasoning
- 2 Biscoff biscuits

METHOD:

1. Crush the Weet-Bix and add just enough milk to soften.
2. Crush one Biscoff biscuit into the Weet-Bix and mix through.
3. Press the mixture firmly into the base of your bowl or container.
4. Mix YoPRO yoghurt, protein powder and Mingle seasoning until thick and smooth, then pour over the weetbix base
5. Add the remaining biscoff biscuit to the top.
- 6., Cover and refrigerate for at least 6 hours — overnight is ideal.



PREP TIME: 10 MIN



COOK TIME: 0 MIN



SERVINGS: 1



Chicken Schnitz Caesar Salad

~ 468 KCALS ~ 25G CARBS ~ 30G PROTEIN ~ 26G FAT ~



INGREDIENTS:

290 g pre-packaged Caesar salad
4 chicken schnitzels from a supermarket
Olive oil spray

METHOD:

1. Heat a large frying pan over medium heat and lightly spray with oil.
2. Cook schnitzels for 4–5 minutes per side or until golden and cooked through.
3. Alternatively, bake at 200 °C for 15–20 minutes, flipping halfway.
4. While the schnitzels cook, open the Caesar salad pack and toss together the lettuce, dressing, parmesan, and croutons.
5. Slice schnitzels into strips and layer over the salad.



PREP TIME: 5 MIN



COOK TIME: 10 MIN



SERVINGS: 2



Garlic Prawn Pizza

~ 529 KCALS ~ 55G CARBS ~ 39G PROTEIN ~ 17G FAT ~

INGREDIENTS:

- ½ cup self-raising flour, plus extra for dusting
- ½ cup natural Greek yoghurt
- 1 tbsp tomato paste
- 1 tsp butter
- 1 tsp minced garlic
- 8 frozen prawns (approx. 80 g)
- 6 olives, halved
- 4 cherry tomatoes, quartered
- 30 g pizza blend cheese
- Optional: a handful of fresh rocket to serve



METHOD:

1. Combine yoghurt and flour in a bowl until a dough forms. Lightly flour your bench, then knead until smooth.
2. Preheat oven to 180 degrees
3. Roll the dough into a pizza base about 2 cm thick (or to your preference).
4. In a pan over medium–high heat, melt butter and sauté garlic. Add prawns and cook until pink and fragrant.
5. Spread tomato paste over the base, then top with cooked prawns, olives, cherry tomatoes, and cheese.
6. Place pizza on a lined tray and bake for 20–25 minutes, or until golden and cooked to your liking.
7. Optional: top with a handful of fresh rocket just before serving.



PREP TIME: 10 MIN



COOK TIME: 25 MIN



SERVINGS: 1



Sip Smart This Holiday Season

Alcohol and soft drink are a big part of festive season celebrations. While they aren't ideal for weight loss or muscle retention, they can absolutely fit into a balanced holiday with moderation and planning. Because let's be honest this time of the year it's also important to enjoy yourself with family and friends.

The key is to make conscious choices about when, what, and how much you consume.

It is important to note that no one is in charge of your actions over this period except for you.

Here are a few questions to ask yourself to help guide your approach:

- Do you have a few weeks in a maintenance phase so you can have a few more drinks?
- Do you want to limit high-calorie drinks or choose lighter mixers?
- Do you just want to drink in moderation?
- Do you want to indulge freely and accept some temporary weight gain?
- Do you want to enjoy the celebrations and company of your family and friends but still achieve your goals?

Make Moderation your Mantra

Moderation isn't about restriction – it's about intention. You don't have to avoid alcohol or soft drink to stay aligned with your goals. Instead, focus on making conscious choices that support both your progress and your enjoyment.

This season is full of social events, catch-ups, and moments you'll want to be present for. And you absolutely can enjoy them without feeling like you've "fallen off track."

Moderation can look different for everyone:

- Choosing drinks you genuinely enjoy, not just whatever is being poured
- Swapping out heavy mixers for lighter options
- Slowing down your pace and alternating drinks with water
- Deciding ahead of time how many drinks feel "worth it" for you
- Enjoying the celebration, not just the consumption

It's not about perfection – it's about balance. When you choose what feels good and aligns with your goals, you create space to enjoy the season without guilt, stress, or the all-or-nothing mindset.

Remember:

You're in control.

**You get to decide what balance looks like.
And you're allowed to enjoy yourself while still
honouring your health. 🍷**

Festive Drinks at a Glance

Calories in alcoholic drinks can vary depending on the brand or recipe, and it's not mandatory for them to be listed, so these numbers are just a guide.

RTD's

Choosing lower-calorie options – like a spirit with a diet mixer instead of a sugary premix – can save 50-100 calories per drink without taking away the fun.



~ 70 KCALS

SUGAR-FREE
CRUISER
275ML



~ 101 KCALS

SUGAR FREE
HARD RATED -
LEMON
375ML



~116 KCALS

SUGAR-FREE
CANADIAN
CLUB & DRY
375ML



~ 99 KCALS

SUGAR-FREE
JACK DANIEL'S
375ML



~ 105 KCALS

SUGAR-FREE
JIM BEAM
375ML



~ 100 KCALS

SUGAR-FREE
BUNDABERG
RUM
375ML



~ 173 KCALS

CRUISER
275ML



~188 KCALS

HARD RATED -
LEMON
375ML



~ 215 KCALS

CANADIAN
CLUB & DRY
375ML



~ 235 KCALS

JACK DANIEL'S
& COLA
375ML



~ 191 KCALS

JIM BEAM &
COLA
375ML



~ 248 KCALS

BUNDABERG
RUM & COLA
375ML

RTD's

Ready-to-drink (RTD) beverages often contain more sugar and taste sweeter than if you mix the same spirit yourself. By making your own, you can keep the flavour you like while keeping your drink lighter and your calories in check. ?



~ 68 KCALS

NATURAL LIME
SMIRNOFF
SELTZER
250ML



~ 88 KCALS

TEQ TEQUILA
MANGO
PASSION
330ML



~ 95 KCALS

NATURAL LIME
WHITE CLAW
330ML



~ 122 KCALS

-196 DOUBLE
LEMON
330ML



~ 124 KCALS

SMIRNOFF ICE
ORIGINAL
275ML



~ 135 KCALS

SMIRNOFF
VODKA LIME
SODA 330ML



~ 142 KCALS

BROOKVALE
LEMON LIME
BITTERS
330ML



~ 155 KCALS

GORDONS
PINK GIN &
SODA
330ML



~ 163 KCALS

PIMM'S
LEMONADE &
GINGER ALE
330ML



~ 213 KCALS

GORDONS GIN
& TONIC
375ML



~ 221 KCALS

SOMERSBY
APPLE CIDER
375ML



~ 238 KCALS

RASPBERRY
UDL
375ML



~ 245 KCALS

BILLSONS
FRUIT TANGLE
355ML



~ 255 KCALS

WILD TURKEY
101 & COLA
375ML



~ 257 KCALS

REKORDERLIG
STRAWBERRY
& LIME CIDER
330ML

Beers

Keep it light this festive season 🍺

Light beers are usually lower in calories and fit nicely into a mindful plan.



~ 50 KCALS

HAHN SUPER DRY 1.8%
375ML



~ 86 KCALS

CARLTON DRY
MID 3.5%
330ML



~ 86 KCALS

PURE BLONDE
ULTRA LOW
CARB
330ML



~ 87 KCALS

BETTER BEER
ORIGINAL
355ML



~ 89 KCALS

HAHN SUPER DRY 3.5%
375ML



~ 99 KCALS

TRAVLA
AUSTRALIAN
LAGER - FULL
STRENGTH
375ML



~ 102 KCALS

GREAT
NORTHERN -
SUPER CRISP
375ML



~ 109 KCALS

XXXX GOLD
375ML



~ 137 KCALS

PERONI
NASTRO
AZZURRO
330ML



~ 139 KCALS

CARLTON
DRAUGHT
375ML



~ 142 KCALS

MELBOURNE
BITTER
375ML



~ 148 KCALS

CORONA
EXTRA
355ML



~ 150 KCALS

VICTORIAN
BITTER
375ML



~ 154 KCALS

COOPERS
ORIGINAL
PALE ALE
375ML



Wine



The more residual sugar in a wine, the higher its calorie content – which is why dry wines are typically lower in calories than sweet, dessert, or fortified varieties.

Alcohol percentage also matters – the higher the alcohol, the higher the calories.



~ 98 KCALS

DE BORTOLI
PROSECCO
150ML



~ 105 KCALS

JACOBS
CREEK
SPARKLING
CHARDONNAY
150ML



~ 112 KCALS

SQUEALING PIG
PINOT GRIS
150ML



~ 119 KCALS

OYSTER BAY
MARLBOROUGH
SAV BLANC
150ML



~122 KCALS

PEPPERJACK
SHIRAZ
150ML



~122 KCALS

PEPPERJACK
CAB SAV
150ML



~125 KCALS

DE BORTOLI
WINDY PEAK
CHARDONNAY
150ML



~125 KCALS

DE BORTOLI
ROSE
150ML



~ 130 KCALS

WINDY PEAK
PINOT NOIR
150ML



~ 135 KCALS

GOSSIPS
SWEET LIPS
MOSCATO
150ML



~ 240 KCALS

PENFOLDS
CLUB TAWNY
PORT
150ML

Reminder: Serving size matters – a “glass” poured in a home or party setting may be larger than the standard 150 ml, which increases calorie load.



Does this mean I can't reach my fitness goals and consume alcohol?

Not at all!

Alcohol doesn't stop progress – but it can slow it down. This is because drinking impacts sleep, recovery, appetite, decision-making, and overall energy levels.

The good news? You can absolutely still work toward your fitness goals while enjoying alcohol. By staying mindful, drinking in moderation, and keeping your lifestyle balanced overall, you can navigate the festive season without derailing your progress. 🍷

Softdrinks

Full-sugar soft drinks are high in added sugar, which boosts their calories, while zero-sugar versions have almost no calories but taste very similar.



~1 KCALS
375ML



~1 KCALS
375ML



~1 KCALS
375ML



~30 KCALS
375ML



~161 KCALS
375ML



~166 KCALS
375ML



~152 KCALS
375ML



~170 KCALS
375ML

Stay Hydrated

Over the festive season, many calorie-dense drinks are consumed. One of the simplest strategies is to hydrate first!

Try this Simple Approach:

Start with water, and keep sipping throughout the festivities to stay refreshed and in control.

Hydration helps:

- Reduce mindless drinking
- Support digestion
- Curb appetite
- Keep you feeling refreshed and in control



**Reminder: Small,
consistent actions
matter more than one
“perfect” day.**

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Enjoying treats,
drinks, and family
time is part of a
balanced lifestyle.

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Navigating Parties, Family Dinners & Work Events



Survey Before You Serve:

Take a moment to look over the spread before filling your plate. This helps you choose what you actually want instead of grabbing everything in front of you.

Use a Smaller Plate:

A smaller plate naturally reduces oversized portions without feeling restrictive. Fill it intentionally, enjoy it fully, then decide if you truly want more.

Choose What's Worth It:

Pick the foods you genuinely enjoy, not just what's available. You don't need everything on the table – choose the options that will satisfy you most.

Platter Tip:

Grab a plate first, choose what you want wisely, and then enjoy it mindfully.

This helps prevent grazing or snacking mindlessly straight from the platter or grazing table.



Share Dishes When You Can:

If you're tempted by something rich or special, consider splitting it with a friend or family member so you can enjoy the taste without overeating.

Plan Your Movement:

Movement doesn't have to be punishment or compensation – think of it as something that supports your body during the festive season.

Light options work perfectly:

- A walk before or after the event
- A gentle morning session
- Boxing, bike, rower, or anything that feels fun.

Give Yourself Permission:

You're allowed to enjoy the food, the people, and the moments.

The goal isn't perfection – it's balance, awareness, and feeling good in your body.

MEMORIES > MACROS!

Move Your Body!

Movement doesn't have to be strict or time-consuming – the goal is simply to move your body in ways that feel good.

Benefits:

- Improved mood.
- Better digestion.
- More energy.
- Stress relief.
- Improved sleep quality.
- Better appetite regulation.
- Boosted immunity.
- Mental clarity.
- Increased confidence.

Ideas for Holiday Movement:

- Morning walk with family – start the day with connection and fresh air.
- After-lunch walk with a cousin or friend – great for digestion and catching up.
- Backyard games like cricket, volleyball, or even tag – playful movement counts too!
- A quick 10-minute movement snack at home – stretch, step, squat, or flow.
- Dance while cooking or cleaning – simple, fun, and effortless.
- Light strength session or a boxing pad round – move your body in a way that feels good.

💡 Remember: something is always better than nothing, and movement can be fun, social, or flexible depending on your day.



12 Days of Christmas Workout:

If you have a pair of dumbbells handy, perfect – grab them! If not, feel free to use household items like tins, water bottles, or even a cooperative little one for some added festive resistance.

12 Days of Christmas workout builds like the song – you complete exercise 1, then exercises 2 + 1, then 3 + 2 + 1, continuing to stack each new movement until you've worked your way through all 12 days.
GOODLUCK!

1

Shoulder Press

7

RDLs

2

Front Squats

8

Reverse Lunges

3

Push Press

9

Snatches

4

Front Raises

10

Calve Raises

5

Push Ups

11

Bicep Curls

6

Burpees

12

A run you're capable of – whether it's the driveway, around the block, or whatever distance feels good for you



Full-Body Dumbbell Workout (Single Pair)

Equipment: 1 pair of dumbbells

Format: 3 rounds

Reps: 10–15 per exercise (adjust as needed)

Rest: 60–90 seconds between rounds

Warm-Up (5 minutes)

- March or jog in place – 1 min
- Arm circles & shoulder rolls – 1 min
- Bodyweight squats – 1 min
- Hip hinges (no weight) – 1 min
- Gentle twist & reach – 1 min

Goblet Squat

Dumbbell Bent-Over Row

Dumbbell Floor Press

Dumbbell Romanian Deadlift

Dumbbell Shoulder Press

Dumbbell Russian Twist

Dumbbell Farmer's Carry



Bodyweight Session

Advanced: 40 seconds work, 20 seconds rest
Beginner: 30 seconds work, 15-20 seconds rest

Body Weight Squats
Push Ups
Glute Bridges
Reverse Lunges
Tricep Dips (chair/bench)
Mountain Climbers
Inchworms
Side Lunges
Plank Shoulder Taps
Star Jumps
Sit Ups

Repeat 2 - 4 Times

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Plan Your Balanced Holiday

A little intentional planning can make a huge difference in how you navigate the holiday season.

Use this page to reflect on your priorities, make mindful choices, and create a simple plan that helps you enjoy indulgences without feeling out of control.

Answer these questions honestly — there are no right or wrong answers!

Which treats or meals are most important for you to enjoy fully?

Where can you be more mindful or make small sacrifices with calories?

How will I include movement and hydration?

Are there specific social events where you want to focus on enjoyment over strict tracking?

What small swaps could make a big difference without feeling restrictive?

Which meals tend to feel too large or heavy, and how could you adjust portions?

Which habits help you feel your best and you want to maintain?

What does “enjoying the season without guilt” look like for you personally?

Make a Rough Plan

Even a simple plan can help you make more conscious choices during the festive season. It doesn't need to be perfect – it's about creating a bit of structure so you can enjoy the season fully while still feeling empowered.

EXAMPLE DAY:

Breakfast: Balanced with protein and fruit

Lunch: Festive meal with portion control

Snack: Fruit or a small indulgent treat

Movement: Family walk, backyard game, or light activity

Dinner: Festive meal including vegetables or a salad

💡 **Tip:** Planning ahead like this gives you freedom to enjoy the foods you love while keeping a sense of balance. It's not about restriction – it's about making intentional choices.



Festive Season FAQs

Q: How do I navigate multiple parties in one day?

A: Prioritise the indulgences that matter most, plan your meals, and stay hydrated. You don't need to have everything at every event.

Q: What if I overindulge?

A: One meal or day of indulgence doesn't erase your progress. Reset at the next meal and move forward with intention.

Q: How do I stay on track while traveling?

A: Pack simple snacks, plan quick movement breaks, and focus on balance rather than perfection.

Q: How do I control portions?

A: Use smaller plates, share desserts, and pause before deciding if you truly want more.

Q: Alcohol & energy drinks – what's the best approach?

A: Hydrate, choose lower-calorie options, and enjoy in moderation.

Have a Question?

If something isn't clear or you want personalised guidance, feel free to DM me on Instagram [@_blissfully_balanced_coaching](#) or email me at blissfullybalancedbybaylie@gmail.com. I'm happy to help! ❓



If You Overdo It — Gentle Recovery Tips

The festive season is full of indulgence — that's the point! But sometimes, we go a little overboard. That's completely normal. One day of eating more, richer, or heavier food than usual doesn't undo all your hard work.

Here's how to handle it gracefully:

1. Don't Punish Yourself

Skipping meals or over-exercising isn't the solution. One indulgent day is just that – one day. It does not define your progress.

Replace guilt with curiosity: “What can I do next that feels good for my body?”

2. Hydrate & Reset

Drink plenty of water to help your body process food.

Herbal teas like peppermint or ginger can ease digestion.

Limit excessive alcohol the following day if possible – your body will thank you.

3. Move in a Way That Feels Good

You don't need a brutal workout.

Gentle walks, a short bike ride, or a light boxing session can lift your mood and help digestion.

Even 10–15 minutes of movement counts – it's about feeling better, not burning off calories.

4. Focus on Balanced Meals Next

Include protein, fiber, and healthy fats to stabilise blood sugar and energy.

Bring in vegetables and fruits – you don't need to “detox,” just reset with nourishing meals.

Stick to your usual hydration and meal rhythm; consistency is more powerful than extremes.

5. Reflect & Learn, Don't Criticize

Ask yourself: Did you enjoy the food? Was it worth it?

What small tweaks could make next time feel even better?

Celebrate the fact that you are mindful enough to notice – progress is built on awareness.

6. Be Kind to Yourself

Your worth is not measured by what you eat or drink.

Treat yourself with the same compassion you'd offer a friend.

Remember: flexibility + kindness = sustainability.

Graceful Reset

Today I will move by ...

Example: 15 min walk, 10 min boxing, gentle stretching

Today I will eat balanced meals by ...

Example: include protein, vegetables and hydration

One kind thing I will do for myself is ...

Example: meditate, read, take a relaxing bath

One thing I will remember for next time is ...

Example: enjoy mindfully, no guilt, small swaps

A wooden charcuterie board is the central focus, filled with an assortment of gourmet items. At the top, there are rolled-up slices of salami and a wedge of white cheese. Below these are several stacks of round, golden-brown crackers. In the center, there are slices of pink ham, a small bowl of pickles, and a bowl of oysters. To the right, there are sliced cucumbers and a small bowl of hummus. At the bottom, there are sliced carrots, a bowl of creamy hummus, and a large portion of prosciutto. The board is set on a dark wooden surface, and the background shows a kitchen counter and a stove.

Celebrate, Indulge, and Stay Balanced

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If you want extra guidance to enjoy the holidays while staying aligned with your goals, I can help — whether it's nutrition support, exercise programming, or both.

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**Enjoy the season,
make memories,
and focus on
balance — not
perfection.**

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