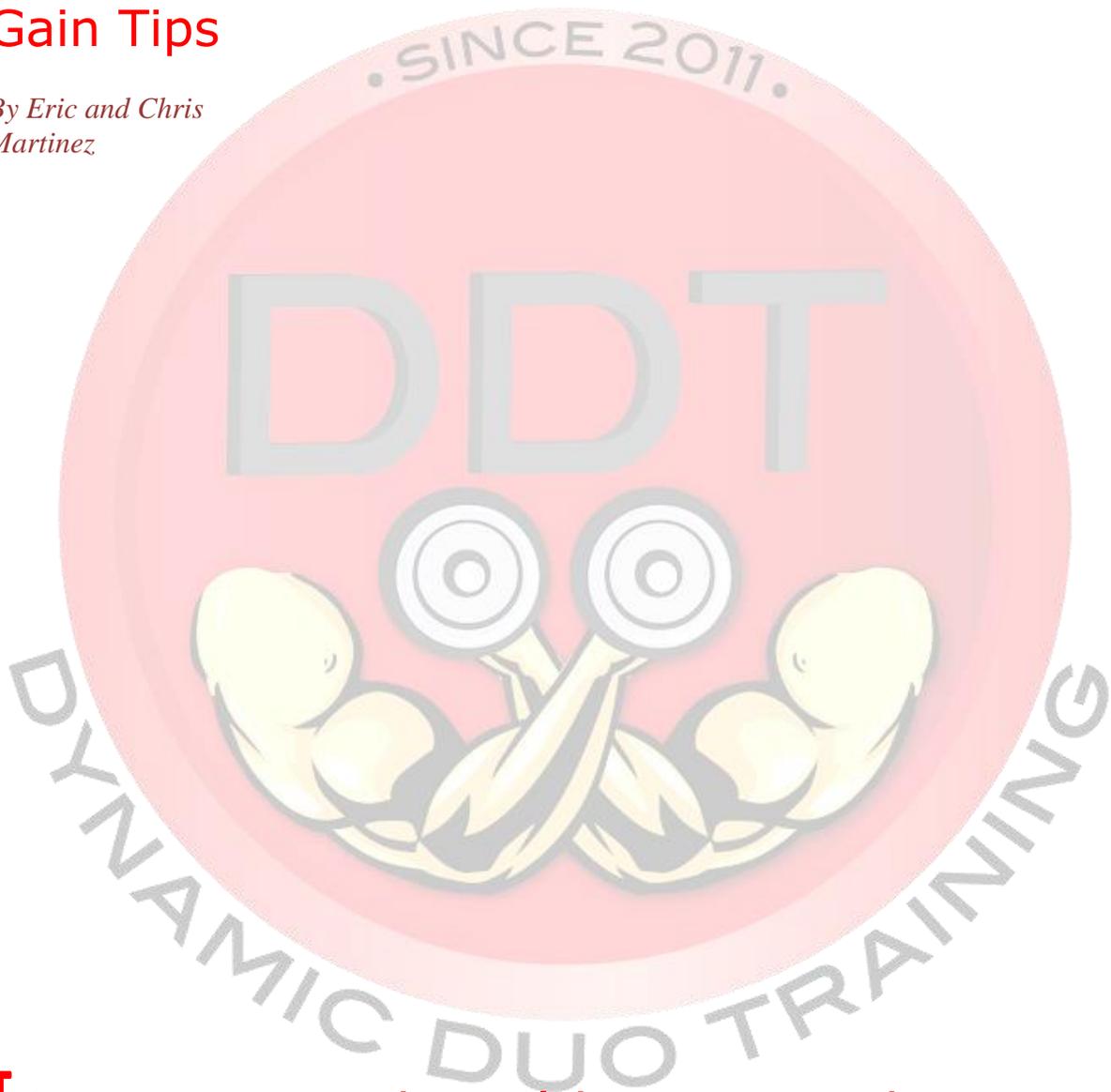


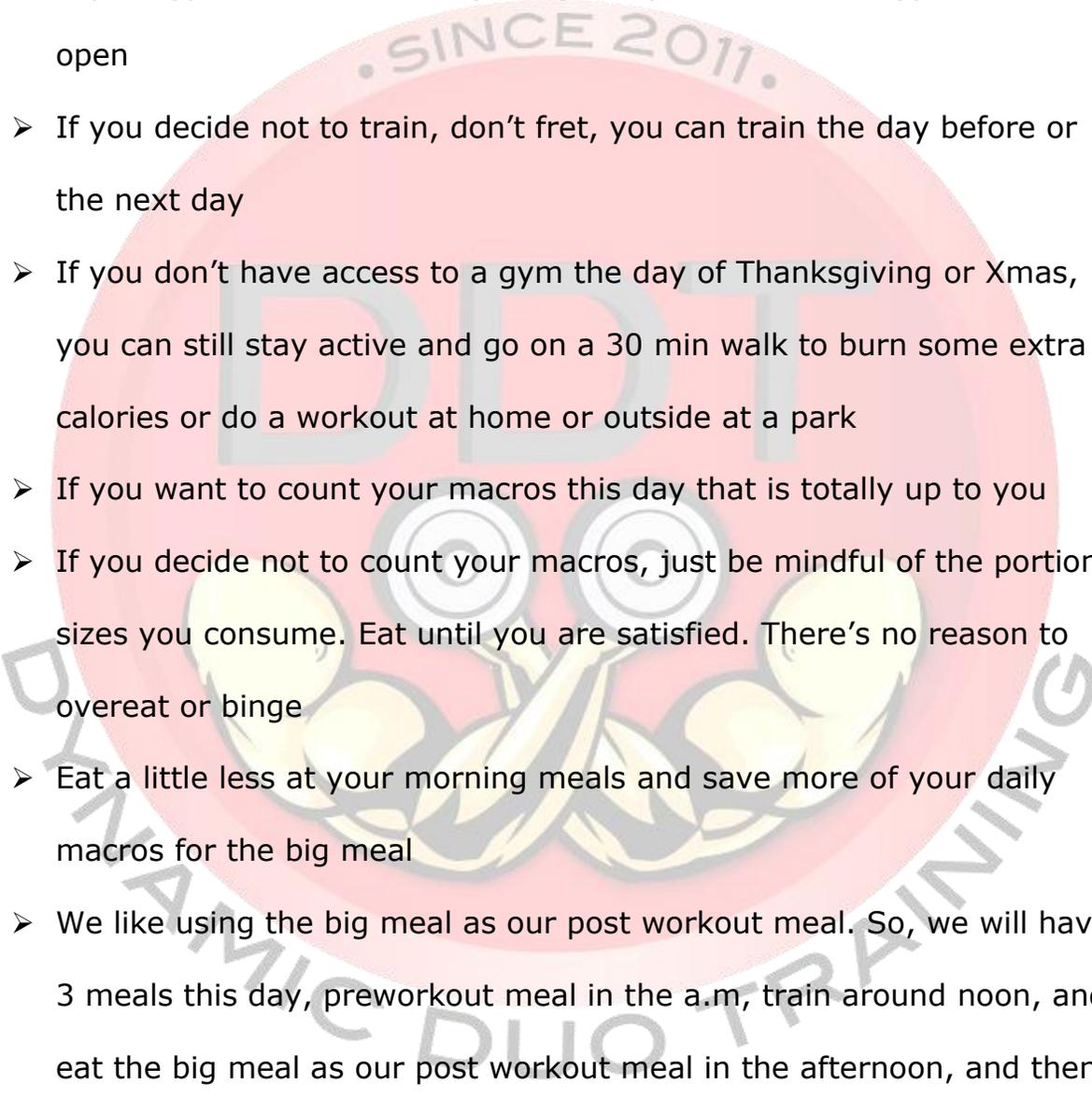
2018

How to
Avoid
Holiday
Weight
Gain Tips

*By Eric and Chris
Martinez*



**[Stay Lean and Healthy During the
Holidays and Still Enjoy it all in
Moderation]**

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- On Thanksgiving and Xmas, try and train that day or get your cardio session in. This will help with nutrient partitioning and helping your body utilize the nutrients from the food more effectively
 - If your gym is closed, then get a guest pass to another gym that is open
 - If you decide not to train, don't fret, you can train the day before or the next day
 - If you don't have access to a gym the day of Thanksgiving or Xmas, you can still stay active and go on a 30 min walk to burn some extra calories or do a workout at home or outside at a park
 - If you want to count your macros this day that is totally up to you
 - If you decide not to count your macros, just be mindful of the portion sizes you consume. Eat until you are satisfied. There's no reason to overeat or binge
 - Eat a little less at your morning meals and save more of your daily macros for the big meal
 - We like using the big meal as our post workout meal. So, we will have 3 meals this day, preworkout meal in the a.m, train around noon, and eat the big meal as our post workout meal in the afternoon, and then have a small protein dominant meal before bed
 - If you feel you ate too much at the big meal, then just don't eat the rest of the day and night and eat a little less the next day

- If you have a refeed day, shift it to Thanksgiving day or Xmas day to have more calories to work with
- If you are dieting this week (which we don't recommend), give yourself a mini carb up day for Thanksgiving or Xmas
- If you go over on macros that day, then taper overall macros down the next day
- If you overate at Thanksgiving or Xmas dinners, use all that fuel to train your butts off the next day
- Please don't worry about your macros so much and enjoy the meal and family time
- If you want to include some alcoholic beverages, just eat a little less carbs fats or skip dessert

ALSO, SEE THIS ARTICLE WE WROTE [HERE](#)

Have a great Thanksgiving and Christmas and may all the macros be with you! ;)

-Eric and Chris

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