

## PREPARING YOUR ENVIRONMENT

To make things a bit easier for you and prevent any distractions, follow the tips below:

- 1) Identify food and drinks that lead you to over indulge. For example, if you know there is chocolate in the house, will you not rest until it's gone? Or are you picking on crisps, or sweets throughout the day? Do you keep sweets in the car? What is your weak spot? Can you not resist that bottle of wine in the fridge?
- 2) Once you have identified your "soft spot" – REMOVE IT FROM YOUR HOUSE/CAR!!!
- 3) Keep healthy food in view. A fruit bowl on the dining room table, your fridge full of nourishing food. In work, ask if they can provide fruit in addition to the usual pastries for meetings.
- 4) Prepare your lunches for work the night before.
- 5) Chop vegetables and salads and keep in the fridge in airtight containers.
  - Chop peppers, courgettes, mushrooms, carrots etc.
  - Stock up on frozen veg too, you can now buy cauliflower rice, broccoli rice all frozen
- 6) Ask the people who you live with to support you and not buy you gifts that are high in sugar and fat. Maybe you can ask them not to eat those foods in front of you. At least for the first couple of weeks.
- 7) Throw out the Take Away menu