

Day 6: Can I Have a Glass of Whine?

There is no need to hole up like a hermit during your PTF program! Sure, you might have to pass on the alcohol and pizza, but you can definitely eat out, enjoy a social life and have a good time.

Eating Out, PTF-Pro Style

Eating out is simple on our program. Just focus on choosing meats, eggs, leafy greens and non-starchy vegetables for your meals. Since you can have full-fat dressings or sauces, you can eat off of most menus without worry.

Even most fast food restaurants offer items that you will be able to eat, and many have salad options. At better restaurants, skip the bread, potatoes and pasta and ask for double the non-starchy vegetables. You can always order a burger or chicken sandwich—just skip the bun. Many restaurants will even wrap the burger or chicken breast in a lettuce leaf for you instead.

Are you still having problems with the menu? No worries! If you are at the restaurant while our Weight Loss Coaches are available, just pull out your smartphone and LiveChat us on our mobile site. www.PersonalTrainerFood.com will get you there. You can discreetly ask questions real-time without disturbing your dining mates. Our coaches would be happy to search for the restaurant's menu you are at and help you make the right choices. You can also call us at [1-800-273-1686](tel:1-800-273-1686) x4 too!

Taking the Show on the Road

You can find program-friendly foods at the most remote gas station or convenience store. They almost always offer sausage sticks salami sticks, hard boiled eggs, and many even offer salads or sliced vegetables.

Here's a travel savvy idea for you—you can almost always find microwaves at gas stations, convenience stores, grocery stores (in the deli section), and even hotel lobbies. Even if you are at a restaurant, don't be afraid to ask if there is a microwave you can use. Don't forget, we gave you that cooler so you can bring your PTF food along with you.

Tip: A microwave isn't always necessary! Since the meats and vegetables are all pre-cooked, you can eat your PTF as a cold salad, without heating them up.

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(It is about this time that our Weight Loss Coaches hear an audible whine...) "But a glass of wine just once a month can't hurt, right? Isn't a glass of wine supposed to be good for you?" We hate to be a buzz kill, but you really do have to cut the wine, beer and alcohol while on the program.

Alcohol passes straight through the stomach lining and goes to the liver where it is converted into an energy source your body can easily use. Your body will burn the energy from the alcohol instead of burning the fat on your body the moment it is in your system. Alcohol immediately switches your fat burning mechanism down for 2-4 days.

In addition, alcohol is a toxin to the body, it depletes vitamins and minerals, leads to dehydration, overeating and spikes in appetite. It also impairs your judgment, which quickly leads to cheating.

We know that part of having a social life means that you might be around alcohol. Just try going alcohol-free for 28 days. Put it in perspective. You have invested this much in your health, so a few weekends off of drinking is not a big deal in terms of getting you to your goal.

Get honest here. We are only talking about 28 days or 4 weeks or 4 weekends. If you can't stay away from alcohol for this period of time, you may have a bigger problem.

Fun without a Buzz

Yes, it is possible to have fun without drinking. When setting up get-togethers with friends, center them on activities rather than alcohol and food. Invite them out for a walk on a nice trail, go for a round of mini golf, do some indoor rock climbing, enjoy a cup of coffee and conversation... get creative!

Worst case: if you do have to attend an event with alcohol, eat beforehand so you can avoid temptation. You can always sip on a diet soda or sparkling water with a fancy umbrella and wedge of lime to 'fit in'. (Even better: you know you can keep your friends safe by being the designated driver and/or making sure everyone gets home alive for the evening.)

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

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