

6 Genius Ways to Make Christmas Dinner Healthy (But Enjoyable!)



Worried about overeating at Christmas? Looking for great tips and tricks that will help you make your Christmas dinner healthy?

Then you're in the right place. Because today I'm here to show you how you can stick to your healthy diet at Christmas whilst still enjoying the festive season to the max.

You'll feel energised, nourished and even excited (even about those cringe-worthy rounds of charades!) instead of feeling bloated, sluggish and sick. You *won't* need to deprive yourself, you *won't* ever feel left out, and you might even inspire friends and family to move towards a healthy lifestyle too.

Here's how to eat well at Christmas.

1. Enjoy a healthy breakfast

Kick-start Christmas the right way by skipping those sugary, processed cereals and filling up on something that will keep your energy levels high and your appetite satisfied so you don't find yourself overeating those less-than-healthy options.

For best results, choose something high in protein such as eggs, nuts, fish or meat, and be sure to include at least one veg for a well-rounded meal. My favourite go to breakfast option is eggs, smoked salmon and spinach.

2. Prep as much as you can before Christmas Day (including healthy snacks)

Make sure you don't have to rush around on Christmas day and actually *enjoy* that precious time with friends and loved ones by preparing as much food as possible before the day itself. If you're doing a traditional Christmas dinner, you might choose to prep the veggies, roll those pigs into their blankets, stuff that turkey, or whip up your nut roast the night before.

Don't forget to create some healthy snacks too so you can keep your energy levels high and help you keep your hand out of that tin of Quality Street!

3. Take along your own healthy dish

If you're not eating at your own place and you're slightly concerned that there might not be a healthy Christmas dinner option available, why not make your own and take it along? Remember to make extra to share because those other guests will probably ask for a taste. And who knows, you might even inspire them to get healthier too!

Great ideas include a luxurious salad, a veggie platter, a fruit salad, a veggie-rich stew, a nut roast or another of your favourite dishes. In my experience, healthy homemade Christmas snacks also go down really well.

4. Fill up on healthy food items first

Stop yourself reaching for the less nutritious choices and take the edge off your appetite by filling up on those healthy Christmas dinner options first. Then you can sample those less-healthy offerings without worrying that your eating will get out of control.

Veggies or protein-rich foods are a good bet as they will help keep your blood sugar levels stable so you snack less and feel more in a party mood!

5. Enjoy every mouthful

It's all too easy to find yourself munching mindlessly on those tempting bowls of crisps, nuts, chocolates and other snacks that people often have lying around at Christmas. This means you eat more than you intended and worst of all, you're not getting any pleasure out of it either!

Practice mindful eating instead. Taste and smell every mouthful. Enjoy the textures, the colours and the whole experience of eating. Really take pleasure in what you're eating.

6. Hydrate!

We often mistake the signals of thirst for those of hunger, and end up overeating, which can be even more dangerous if there are Christmas treats lying around. If we indulge in a glass of wine or two, or nibble those salty snacks, the problem can get even worse and you'll end up feeling lethargic, headachy, and having a rubbish time.

Avoid this by drinking plenty of water throughout the day- two litres is about right for most people. Keep a stainless-steel reusable bottle at your side and take sips often. You can also add fruit or cucumber slices to your water to make highly nourishing vitamin water which will give you that added boost.

Enjoying a healthy Christmas doesn't mean that you need to deprive yourself- life is far too short for that. Just put the tips I've shared here into action and you can really make the most of your Christmas whilst taking care of your body and feeling brilliant inside and out.

Happy Christmas from me!

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