



## The Peak Train Social Eating Guide

I used to dread going out on the weekends feeling like I would lose all my progress!

Then finally after my weekend binge I used to feel guilty because I had no structure - This made me DREAD weekends even more!

Until I designed my go to Weekend guide - I use this myself as well as make my Clients follow it - I now look forward to weekends instead of dreading them!

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### Step 1: Plan the Indulgence

- Decide in advance if your highlight will be **alcohol, dessert, or a heavy meal**. (and NO you cant have it all!)
- Balance the rest of your food and drink around that choice.

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## **Step 2: Calorie Budgeting for the Win**

- **Keep breakfast & lunch light:**
    - Opt for high-protein, low-carb, moderate-fat meals (e.g., egg whites + veggies, grilled fish + salad).
    - Skip SNACKS during the day.
  - **Why:** Create's "room" in your daily calorie budget so you can enjoy more in the evening without overshooting your goals.
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## **Step 3: Protein First at Dinner**

- Begin with a protein-heavy starter (grilled chicken/paneer, seafood, lean kebabs).
  - Protein blunts hunger and helps control portions for the rest of the meal.
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## **Step 4: Drink Smarter**

- Clear spirits + soda or dry wine > sugary cocktails or beer.
  - Alternate with 2 glasses of water after every drink.
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## **Step 5: Share the Indulgence**

- SHARE rich mains or desserts - **Sharing is caring!**
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