



## A GUILT-FREE GUIDE TO EASTER EATING

Easter is around the corner, and with it comes long lunches, family gatherings, and the colourful lure of chocolate eggs at every turn. It's a time to relax and celebrate, but it doesn't have to mean ditching your healthy habits or undoing progress.

### **Don't Skip Meals to 'Save Calories'**

One common trap people fall into during the holidays is skipping meals earlier in the day to "make room" for bigger meals or sweet treats later on. While the logic might seem sound, it usually backfires. Skipping meals can leave you with unstable blood sugar levels, low energy, and heightened cravings

making you far more likely to overeat later on. Instead, start the day with a nourishing, protein-rich breakfast like eggs, Greek yoghurt, or a smoothie. This keeps your energy stable and helps reduce the likelihood of making impulsive food choices.

### **Enjoy the Chocolate - Just Be Intentional**

Yes, chocolate is on the table, and no, you don't need to feel guilty about enjoying it. But here's a fact worth considering: a single large Easter egg can contain over 1,000 calories and more than 20 teaspoons of sugar. The key here isn't avoidance, it's being intentional.

Choose a small portion of high-quality chocolate you truly enjoy. Eat it slowly, without distractions, and let it be part of the celebration, not the main event.

### **Balance Your Plate, Not Just the Day**

When it comes to Easter meals, think balance over restriction. A well-balanced plate filled with lean protein, colourful vegetables, and a reasonable serving of more indulgent sides can go a long way.

You'll feel satisfied without the sluggishness. For example, pairing roast lamb with roasted carrots and a green salad offers nutrients, fibre, and satisfaction. Enjoy a small portion of dessert or chocolate after your meal – you'll likely want less once you're already satisfied.

### Stay Active, Even in Small Ways

Holidays can often throw off your routine, but that doesn't mean movement needs to stop altogether. Whether it's a morning walk, a quick circuit before lunch, or even a bit of stretching in the afternoon, staying active helps with digestion, boosts your energy, and keeps you feeling grounded.

You don't need an hour-long workout, just find small ways to move throughout the day.

## GET IN TOUCH

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### The Bottom Line

This Easter, shift your mindset from restriction to balance. Enjoy time with your loved ones, eat food that fuels you, and treat yourself without guilt. Health isn't about perfection – it's about making choices that align with how you want to feel.

Wishing you a happy, healthy Easter from all of us at BPM.

