



Hitting up an all-you-can-eat buffet can be dangerous. Many of us get caught up with the 'eyes are bigger than our stomach' issue, trying to justify getting our money's worth, or forgetting to chew our food and just shovelling plates upon plates into our mouths.

Navigating through a buffet can be done, and these are great (proven successful!) tips to help you at your next AYCE experience, so that you can truly enjoy your gathering:

1. DO A FULL OVERVIEW OF THE ENTIRE SPREAD FIRST.

See what your options are and what your mouth salivates for. By checking out the options first, this allows you to get your mind focused on what you really want, instead of just going in unknown. As always, awareness is important!

2. ALWAYS USE THE SMALL PLATES (SALAD.)

By using a smaller plate, you're limiting yourself to how much you can fill up at once. This, over time, will help you to clue into your body's fullness signals before it's too late.

3. START YOUR FIRST PLATE FULL OF VEGGIES OR A SALAD.

It's easy to get into dessert first when it's right there in front of you. Stay mindful and focus on getting in your micronutrients first. It will help you fill up a bit more, and then you'll feel even better going into your next plate(s).

4. DRINK A FULL GLASS OF WATER BETWEEN PLATES.

This gives you a bit of time to digest (usually takes about 20 minutes for your body to begin to send fullness signals) before going back up for more. I like to stay aware of timing and give myself at least 15 minutes between plates.

5. GIVE YOURSELF SOME VEGETABLES ON EVERY PLATE.

And I don't mean one carrot and calling that enough! I like to aim for at least 1/3 of amount that's on my plate worth of vegetables, preferably not covered in oil or deep fried (kind of missing the point that way...)

6. IF YOU'RE ON A PLAN, STAY SMART.

Talk to your Coach beforehand if you're not feeling confident going into the event. We know the saying, "one bad meal isn't going to make you fat, just like one good salad isn't going to make you skinny," but an AYCE buffet is quite the 'one meal.' (I'm not saying a buffet is a bad meal by any means, but you get my point!) But remember to also enjoy! There is a balance between the two, and if you're mindful of your choices then you'll absolutely achieve success.

7. DON'T FEEL LIKE YOU HAVE TO EAT IT ALL!

If you notice you're feeling satisfied, don't feel like you have to finish what's on your plate. No one is forcing you to eat it all.

Remember to enjoy your time, most importantly. The last thing you want to do is be full of regrets (uh, never tastes good!) by either restricting yourself or over-analyzing your choices, or by completely over eating. Take it slow, there's no rush.

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