

**It's ok to eat
the whole buffet
because I only had
lettuce for lunch
right?**



#PlayYourCarbsRight



Merry Christmas!

My secret to feeling great this Christmas is staying on the right carbs. **Bread provides slow release energy** — ideal during party season when I want to party all night and not have a total blowout at the buffet table.

Love Georgia x

PS. Obvs I still enjoy a few mince pies but I make sure I have a sarnie before I go out (so I don't need the whole tray)!

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