

A woman with long blonde hair, wearing a pink tank top and plaid shorts, is kneeling in front of a fireplace. She is smiling and holding a small cookie with a face on it. In her other hand, she holds a tray with a glass of milk, two carrots, and a small pie. A sign on the tray says "For Santa". The background is decorated for Christmas with a tree, lights, and stockings.

When the
'party dress diet'
forces you to
steal from
Santa!

#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)!

#PlayYourCarbsRight