

# Summer Social Survival Guide



Pacific Coast Naturopathic Health  
Dr. Helene Pulnik ND

Enjoy every BBQ, cookout & party — without the guilt

## BEFORE YOU GO

- Eat a protein snack first**  
Boiled egg, Greek yogurt, or a handful of nuts
- Drink a full glass of water**  
Thirst is often mistaken for hunger
- Pick your one "fun thing" in advance**  
Decide it on purpose — then truly enjoy it

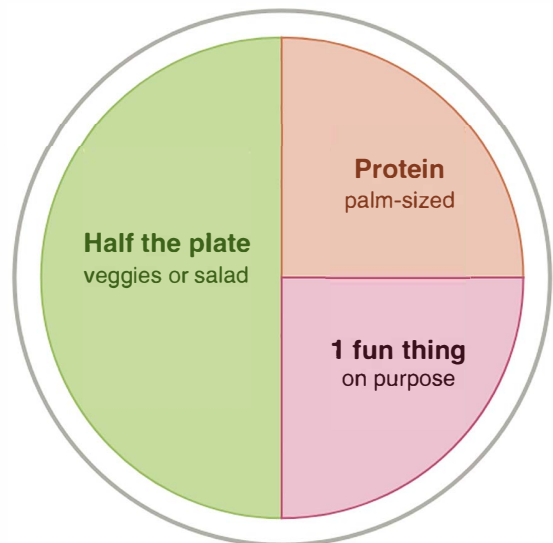
## SIP SMART

- Choose lighter drinks**  
Sparkling water + lime, spritzer, or a mocktail
- One glass of water between drinks**  
Keeps hydration steady all evening
- Skip sugary cocktails & sodas**  
They add up faster than you notice

## AT THE PARTY

- Build your plate with the formula**  
See the plate on the right
- Put your fork down between bites**  
Let conversation set the pace
- Stand away from the snack table**  
Out of reach = out of mind

## The simple plate formula



1/2 veggies

+ palm protein

+ 1 fun thing

### Remember

One meal will never define your progress.  
What you do most of the time matters far more than any single plate.

Relax, connect, and enjoy — guilt-free.

### PRO TIP

Eat slowly— fullness signals take time to arrive. Meals savored slowly satisfy more, not less.

Want personalized support this summer?  
To book your Summer Weight Loss Consultation, text us at 949-203-7572