

Chanukah Guidelines



I kept to my plan. Maybe it was my regular plan, maybe it was a contingency plan with extra allowances special for Chanukah, but I kept to a plan. I did not eat spontaneously.



I did not keep to a plan. I thought I could "kind of" wing it, but I failed miserably. I am not a wimp, so I went on the scale at my post Chanukah appointment even though I didn't feel like it.



I did not keep to a plan. I didn't feel like going on the scale at my appointment after Chanukah and seeing my weight, so I didn't.



*I went on the scale at my appointment after Chanukah. Why shouldn't I? I was great! You should've seen all the food I **didn't** eat! You should have seen all the food **everyone else** was eating! Hey! Why did I gain weight? There's something wrong with the scale. (Had I known I gained weight I obviously would not have gone on the scale).*

People who do not plan Chanukah properly, can easily gain up to 5 lbs. without even eating so much. (More if completely letting loose). Dieters need to take Chanukah very seriously.

Do not go to a party unless you have to.

Regarding to parties that you are obligated to go to, the following tips can help you avoid or at least minimize the weight gain.

1. Offer to bring food to the event
2. Eat before you go
3. Come late and/or leave early
4. Drink a lot of seltzer/water/coffee
5. Don't spend a lot of time by the table/food area.
6. Help with the serving and clearing during the event.
7. If you feel you must eat, choose protein, vegetables, and fruit over the other options.

8. Weigh yourself daily. That will prevent you from gaining weight.

Note: whatever recipe you use for latkes, if you just use PAM oil spray instead of oil, you are eliminating 95% of the problem.

BAKED POTATO ZUCHINI LATKES

Prep time: 15 min.

Cook Time: 15 min.

Yields: 8

INGREDIENTS

- 4 medium zucchinis, peeled and seeded
- 2 large potatoes (for Lean Protein Diet use 2 additional zucchinis)
- 1 medium onion
- 1 whole egg
- 2 egg whites
- Salt & pepper to taste
- 1/3 cup matzo meal (For Lean Protein Diet, use oat bran)
- Pam

INSTRUCTIONS

Shred the zucchini, potatoes and onions in a food processor. Place the shredded vegetables in a clean dish towel and wring firmly to remove all excess moisture

Place the shredded vegetables in a large bowl. Stir in the egg, egg whites, and salt and pepper until well combined. Add 1/3 cup matzo meal and blend well

Coat a baking pan with 8 seconds of pam. Divide the batter into 8 separate latkes and flatten to form pancakes. Spray another 4 seconds of pam on top of the latkes. Bake in a preheated oven at 400 for 15 minutes or until the latkes are golden brown and the centers are cooked through. Serve hot.

Makes 8 latkes

Each latke count as 1 dinner side or 1 snack.