



CHRISTMAS

GUIDE

STAYING ON TRACK DURING THE FESTIVE PERIOD

INTRODUCTION



Alcohol often plays a role in celebrations and social gatherings across many cultures. Got married? A toast to the happy couple! Catching up with friends? Drinks are often part of the fun.

Occasions often include alcohol, and that's totally fine! Enjoying a drink now and then doesn't have to derail your health goals or stop you from achieving the physique you're aiming for.

While regular drinking might slow progress somewhat, you can still make smart choices that allow you to stay on track. This isn't a green light for heavy drinking every weekend, but rather an invitation to enjoy your lifestyle without feeling restricted.

This guide is here to show you how to balance your goals with a social life that includes alcohol, so you can stay on course and feel your best!

CALORIES

Alcohol is made through the fermentation and distilling of sugar or starch so unfortunately - it does contain calories. That's right, that beer or glass of wine you're sipping at the end of a tough week isn't calorie-free.

Alcohol doesn't fit into any of the other macronutrients we consume (Protein, Fat & Carbs) and serves no real nutritional benefit to us.

Alcohol should be limited when planning your weekly calories.



You also need to consider the amount of alcohol you're consuming when prioritising your recovery. Recovery is a very important aspect of your health and fitness. If you've trained hard through the week, and are using the weekend to recover, using all of your calories on alcohol won't exactly repair and re-fuel your body ready for the week ahead.

Don't expect your body to recover without feeding it the nutrients it needs!



PLANNING

YOU'VE STAYED CONSISTENT ALL WEEK BUT HAVE A PARTY COMING UP ON SATURDAY, WHAT DO YOU DO?

OPTION A

**HIT THE PANIC
BUTTON, STARVE
YOURSELF THE DAY
BEFORE, FEEL GUILTY,
OR AVOID IT
COMPLETELY.**

OPTION B

**PLAN CORRECTLY,
MAKE SMART
CHOICES, STICK TO
YOUR MACROS,
TRAIN WELL AND
THEN GO HAVE FUN.**

THERE ARE DIFFERENT WAYS TO TACKLE AN OCCASION YOU HAVE COMING UP:

1 CALORIE BANKING

Save 100-200 calories a day to have a chunk of calories banked for you to enjoy at a special occasion, whilst keeping your weekly average calories on target.

2 INCREASE ACTIVITY

Look to increase your NEAT (Non-exercise activity thermogenesis) where possible. Increase steps, and train with intensity to maximise expenditure.



CHEAT SHEET

Below is a guide to alcohol to use and help you plan your alcohol consumption. All values within this guide are correct as of August 2020. Please refer to the serving sizes noted, and use your calorie-tracking app accordingly.

I have added an asterix (*) next to the items which will be less-impactive from an energy balance perspective.

If looking for spirits, I would always suggest mixing with diet mixers to again limit calorie consumption.



“At Limitless, we've helped thousands of clients achieve their fitness goals without sacrificing their social lives. We understand that life is full of celebrations and events, so we focus on strategies that allow clients to enjoy these moments while staying on track. It's about balance, smart choices, and building a lifestyle that works all year round.”

- Sam Shortall
Founder of Limitless Coaching



BOTTLED LAGERS		
BRAND	QUANTITY	KCAL
Birra Moretti	330ml Bottle	122kcal*
Heineken	330ml Bottle	138kcal
Budweiser	300ml Bottle	116kcal*
Budweiser Light	300ml Bottle	80kcal*
Corona Extra	330ml Bottle	135kcal
Skinny Brands Lager	330ml Bottle	89kcal*
Peroni Nastro Azzurro	330ml Bottle	138kcal
Estrella Damm	330ml Bottle	165kcal
Becks	275ml Bottle	92kcal*
Camden Hells	330ml Bottle	129kcal



IPA		
BRAND	QUANTITY	KCAL
Brewdog Punk IPA	330ml Bottle	158kcal
Brewdog Pale Ale	330ml Bottle	145kcal*
Beavertown Neck Oil	300ml Bottle	122kcal*
Goose Island IPA	355ml Bottle	206kcal
Shipyard American IPA	500ml Bottle	210kcal
Hobgoblin IPA	500ml Bottle	240kcal



STOUTS/BITTERS

BRAND	QUANTITY	KCAL
Guinness	1 Pint	210kcal
John Smiths Extra Smooth	440ml can	136kcal
Boddingtons Bitter	1 Pint	165kcal
Tetleys Bitter	1 Pint	184kcal



CIDERS



BRAND	QUANTITY	KCAL
Magners Original	1 Pint	235kcal
Kopparberg Mixed Fruits	1 Pint	240kcal
Rekorderling Strawberry and Lime	1 Pint	239kcal
Strongbow Original	1 Pint	207kcal
Strongbow Dark Fruit	1 Pint	229kcal
Thatchers Gold	1 Pint	210kcal

CANNED LAGERS

BRAND	QUANTITY	KCAL
Carling	440ml can	140kcal
San Miguel	440ml can	198kcal
Kronenbourg	440ml can	193kcal
Amstel	440ml can	136kcal*
Stella Artois	440ml can	176kcal
Carlsberg	440ml can	162kcal





SPIRITS		
BRAND	QUANTITY	KCAL
Port	25ml	40kcal
Martini Bianco (vermouth)	50ml	54kcal
Southern Comfort	50ml	48kcal

SPIRITS - GIN		
BRAND	QUANTITY	KCAL
Bombay Sapphire	25ml	56kcal
Gordons Special Dry Gin	25ml	52kcal*
Gordons Pink Gin	25ml	61kcal
Tanqueray London Gin	25ml	60kcal
Sipsmiths Gin	25ml	52kcal*
Opihr Gin	25ml	50kcal*
Malfy Lemon	25ml	65kcal



SPIRITS - RUM		
BRAND	QUANTITY	KCAL
Malibu Original White Rum	25ml	50kcal
Captain Morgans Spiced Rum	25ml	48kcal
Bacardi Dark Rum	25ml	58kcal



SPIRITS - WHISKEY

BRAND	QUANTITY	KCAL
Jack Daniels Whisky	25ml	65kcal
Bells Original Original Whisky	25ml	65kcal
Jonny Walker Black Label	25ml	65kcal
Jim Beam Bourbon Whiskey	25ml	65kcal



SPIRITS - VODKA

BRAND	QUANTITY	KCAL
Smirnoff Vodka	25ml	54kcal*
Grey Goose Vodka	25ml	69kcal
Absolut Vodka	25ml	69kcal
Russian Standard Vodka	25ml	64kcal



WINE

BRAND	QUANTITY	KCAL
Red Wine	175ml	100-130kcal
White Wine	175ml	120-130kcal
Rose Wine	175ml	120-140kcal
Moet & Chandon	150ml	92kcal
Prosecco	175ml	110-140kcal
Asti	150ml	125kcal
Bucks Fizz	150ml	89kcal

