



SoulScale

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Eating Healthy For 4th of July



by [Dominique Martin](#) on June 29th, 2018

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The 4th of July is a glorious time for getting together with family and friends over good food, fireworks, and enjoying the summertime festivities. We've all attended those family cookouts where breads, chips, dips, and barbecued meats are in constant rotation, so it can be a challenge to stick to any weight loss plan.

Although holidays can present us with an array of temptations, it is possible to indulge in low carb, unprocessed dishes made from fresh ingredients that won't leave you feeling deprived.

The following tips can be used as a guideline so that you can celebrate the 4th of July with ease while being mindful of your health goals and feeding your body foods that will keep it thriving.

3 Tips For Eating Healthy During 4th of July

1. **Stick To Grilled Veggies:** Vegetable platters are a great alternative for keeping your plate free of processed foods and ensuring that you have the healthiest options available to you. Bell peppers, broccoli, zucchini, asparagus, and mushrooms are delicious low carb veggies that can be thrown on the grill and paired with a lean protein such as grilled salmon.
2. **BYOD (Bring Your Own Dish):** When you're celebrating at someone else's home, there's no guarantee that they'll be serving foods that support your healthy lifestyle. This is the perfect opportunity to share a wholesome dish that will allow you engage in the social aspect of eating without sacrificing your health goals.
3. **Downgrade Plate Size:** Using a smaller plate is a mindful trick that can help you practice portion control. Studies have revealed that downgrading your plate size can reduce consumption by 30% and assist individuals in being more conscious of the body's natural signals of fullness.

SoulScale takes pride in helping our patients formulate a plan that not only keeps their body in the ketosis state, but regenerates the entire body system to achieve complete wellness, vitality, and balance. Whether you're a current patient or simply interested in shedding weight, we want to support you on your journey of transforming your body from the inside out.