

Plan for the holidays

Stay on plan with these steps to bounce back from overeating when you need it—and avoid it next time.

Recover quickly

- Track what you ate. Fight the instinct to hide from your overeating episode. Track it and keep going.
- Plan your next meal. Get back to your routine now.
- Get rid of problem food.

Plan ahead

- Check your calendar for the next big event and assess how food will feature in it.
- Write down the strategies you'll use. Will you plan your meals for the rest of the day?

Follow up

Get back on track by using the steps and strategies you wrote down.

Classic sugar cookie

Cook Time: 12 min | Prep Time: 30 min | Servings: 45

3 cups all-purpose flour	1 tsp vanilla extract
2 tsp baking powder	1 large egg
1 tsp baking soda	½ cup fat-free milk
½ tsp ground nutmeg	1 tsp all-purpose flour, for rolling out dough
¼ cup salted butter	⅓ cup colored sugar (for decorating)
¼ cup Neufchâtel cheese	
1 cup granulated sugar	

- 1 Preheat oven to 350°F. In a medium bowl, combine flour, baking powder, baking soda, and nutmeg; set aside.
- 2 Place butter and cheese in a large bowl; cream using an electric mixer. Add granulated sugar and beat until batter is pale yellow; beat in vanilla extract and egg.
- 3 Add about ⅓ of flour mixture and ⅓ of milk to cheese mixture; mix batter on low speed until just combined. Repeat 2 more times with remaining flour mixture and milk, until thoroughly combined. Shape dough into a ball and loosely cover with plastic wrap. Using your palms, press down on plastic wrap to flatten dough into a hamburger shape; refrigerate for at least 30 minutes and up to 2 days.
- 4 Sprinkle a teaspoon of flour on a flat work surface. Pull off about ⅓ of dough and, using a rolling pin, roll out dough to ⅛-inch thickness. Using a 3-inch circular cookie cutter, cut cookies out of dough and place on ungreased baking sheets. Roll up dough scraps and add back to dough ball. Pull off another ⅓ of dough and repeat process until all dough is used—recipe will make approximately 45 cookies. Sprinkle cookies with colored sugar and bake until edges just start to turn golden, about 10 to 12 minutes. Remove cookies to wire racks and cool completely.

Serving size: 1 cookie

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