

The Celebration

Diet

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Karmic Courage Press

Distributed by Lulu

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First Edition March 2010

Acknowledgements

Kate Chaplin would like to thank her friends and family for their love and support along the way. An extra special thanks Vicki Lastovich, the Rulon Family as well as Katie & Jason Harris.

Introduction

Every January, I make a resolution to lose weight. The year starts with great progress; I am eating healthy and exercising. There are a few holidays and birthdays of long distance friends and relatives, but no parties or triple-layered chocolate cakes to dodge. Then BAMB! We are in February through June, otherwise known as my “weight gaining season”.

Valentine’s Day is the warm up. Some flowers and a few chocolates but I am still on track. What I do not realize is that the Ides of March are fast approaching. In which lies my father’s birthday and my birthday. Somewhere in March, there will be cake and ice cream. I think to myself, “It’s my birthday, I deserve a treat.”

No sooner do I reward myself than my anniversary approaches. “We have to celebrate our anniversary at a nice restaurant” I say. A few glasses of wine later the power to resist the sweets, fats and carbs are fading away.

May comes along with my husband, daughter, and brother’s birthday and they will definitely want cake and why not they each weigh a buck-twenty. Soon Mother’s Day approaches which inevitably will be a repeat of Valentine’s Day filled with flowers and candy. Before I know it, swimsuit season is upon us and I have gained at least ten pounds. It’s the celebrations that kill me. I knew I had discovered my Achilles heel and I had to come up with a way to celebrate without food.

I think a big part of it has to do with the fact that we know that the dinner is the primary celebration of the event. If you have a good meal, you have had a

good birthday. Now we all have to eat, but what if the *primary event* did not involve food?

What about those little celebrations that sometimes come out of the blue? Picture this: you are sitting at home counting up your carbs in your Dr. Atkins journal (okay no one does this but stick with me) when you notice that you have enough room to add in a special high carb treat. As you are munching down on a small handful of cookies that have the same amount of carbs you ate total last week, when your husband bursts in the door shouting “I got the promotion! Let’s go out to eat to celebrate!”

A few years back I accomplished my weight loss goal by losing more than a hundred pounds. My husband was so proud, “Let’s go out to eat to celeb--” he said stopping himself mid-sentence. “I’m guessing that celebrating weight loss by going out to eat is like inviting an alcoholic to have a drink after a year of sobriety. So let’s find something else to do.” he said. That was the inspiration for this book. There has to be something more memorable than just eating.

When you accomplish something monumental it is important to mark the occasion with something positive that you can look back on. When we remember the times that we worked the hardest, we fill our spirits and give ourselves hope for the future.

Celebrations do not have to add to your waistline or destroy your weight loss goals. Do not let celebrations cause you to feel as though you have failed yourself by giving into temptations for one day. Instead, put the focus on non-food related activities that you will remember much longer than what restaurant you ate at on your silver anniversary. When celebrations are not centered *around* food you soon find that everyday can be a celebration without food!

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Drive a lot during the week? Hire a chauffeur for the day

Lost weight or completed a major goal? Create a scrapbook showing your journey and how hard you worked to get there

Lug around kids or equipment all day? Pamper yourself with a massage



Is there something you want to remember forever? Get a tattoo

Feeling adventurous? Check out your local zoo and schedule to swim with the dolphins



Big birthday coming up? Sign yourself up for a marathon and start training

Graduation day? Take a picture and set it as your desktop to remind yourself of your accomplishment

Someone you love stuck at work on their birthday? Surprise them with an impromptu celebration

Wondering what to do for your wedding anniversary? Take a cruise



Need a girl's night? Rent out a spa and invite the girls

Accomplish something monumental? Have a trophy made

Need a night out? Buy tickets to opening night at your local community theater

Got a new job? Get a new outfit from head to toe

Birthday plans in the slow lane? Take a lap around the local racetrack

Sweetest Day? Surprise her with a room filled entirely with sweet-smelling flowers



Birthday girl or boy have a crush on a certain celebrity? Hire a celebrity impersonator

Have something you need to say? Hire a skywriter



Need a change? Pick a color and paint a room

Fill your world with music and experience the symphony

Host a board game party

Want to move to a different beat? Learn to swing dance

Empty nest? Make a quilt of your children's baby clothes

Try something adventurous



Tough day? Crash it out in bumper cars

Need some fresh air? Watch a kayak race



Ready to roll the dice?
Venture to a casino

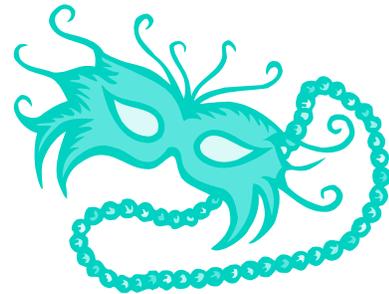
See the city from a different point of view.
Take a carriage ride

Dance the night away and
go clubbin'

Take a chance and buy a lottery ticket

Need to get away? Rent a RV
and explore the countryside

Throw a costume party



Need a change from the dinner table?
Pack a blanket, a basket full of
food, and head to the beach

Pick your pony and place your bets at a horse
race

Root, root, root for the home team
at a baseball game

Put caution to the wind and glide away in a
sailboat



Snow keeping you inside?
Go snowmobiling

Need to rekindle love? Find it at a tennis match



Enjoy life's up and downs by riding on the roller coasters

Know someone who loves to sing in the car?
Bring them to a karaoke bar

Need a new start? Buy new
perfume or cologne

Take a glide around an ice rink



Track down an old photo booth and have your pictures taken

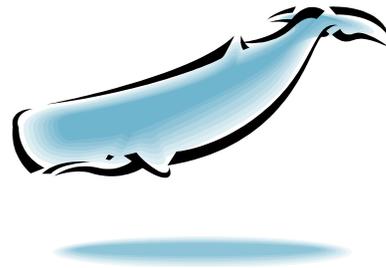
Not sure where to go on vacation? Pick a city with an interesting name like; Nirvana, MI, Pleasureville, PA or Experiment, GA

Make her soap with her favorite fragrance

Want to be inspired? Experience a poetry reading

Go hang gliding

Cozy up to bonfire

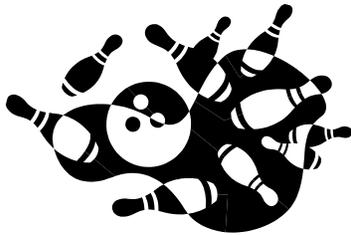


Nature lover? Go on a whale watching cruise

Blow off some steam in a sauna

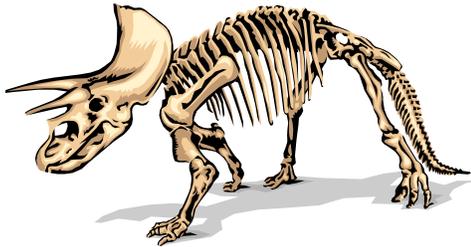
Go to the movie theater and let
the cashier pick what you see

Feeling creative? Create a masterpiece on canvas



Night owl? Go midnight bowling

Sign up for an archaeological dig



Feel the wind in your hair and
rent a convertible for the day

Have a contest. Who can find the weirdest thing
at a local flea market

Caught up in the corporate world?
See how the other half lives by
working on a ranch

CELEB8! Get a personalized license plate



Adventurous? Take flying lessons

Go back to yesteryear and see a silent film with a live orchestra accompaniment

See what conventions are coming to your town

Had a lot of help to get to where you are today?
Send a roll of lifesavers to those who've helped
you along the way

Adopt a pet

You can never go wrong when you buy flowers



Make a list of the bands you
would most want to see live.
Then, one special event at a
time, buy tickets

See what's in store for you and have your
palm read



Attend a football game

Catch the last ferry out of town

Get back to nature and paddle
a canoe for an afternoon

Experience the majesty of the opera

Limbo!

Need to slow down? Be
mindful of each step
through a Japanese garden

Get your motor running and ride a motorcycle



Ready to rumble?
Go to a boxing match

Are you a history buff? Visit a historical fort

Start a collection

Put your best foot forward and spend a day
picking out a new pair of shoes



Did you lose those last
few pounds? Have your
portrait painted

Plant an herb garden