7 Tips for Maintaining Healthy Habits During the Weekend

1. **Eat a healthy breakfast.** Eating breakfast can help ward off cravings and reduce the chances of overeating at other meals during the day. Make sure to eat at least a bowl of oatmeal or a white-egg omelet to get your day off to a healthy start.

2. **Skip the buffet restaurant.** Lunch or dinner at a buffet are sure to put your healthy eating plans to the test, so it's best to avoid this venue of choice as often as possible. Buffet lines make it easy to eat more than you intended, and it's harder to track nutritional counts of all those favorite foods. If you do get stuck into going to a buffet, load up on steamed vegetables, lean proteins and plenty of fresh salads - without dressing.

3. **Split up restaurant portions.** Most restaurant meals are equivalent to two, even three portion sizes so make sure you know what really constitutes a 'meal.' You can always take half of the meal home with you and enjoy it at as another meal of the day.

4. **Log your calories.** It's easy to get caught up with activities on weekends and forget how much you're really eating throughout the day, so keep a log of calories just as you would during the week. A simple spreadsheet or just jotting down your food in a journal can help you stay on track even on the busiest days.

5. **Stay busy.** Avoid vegging out on the couch for hours on end as your 'relaxation' method of choice. Stay busy with healthy activities that you enjoy and keep you moving; try a new workout, get outdoors and take a walk, or just run a few errands that get you out of the house - giving you less of a chance to just sit home and eat.

6. **Cook at home.** If you want to enjoy gourmet food, try whipping up some healthy gourmet recipes and scale back the calories and fat content with ease. Eating out can make it hard to stick with your daily calorie intake and meet your nutritional needs, so try making a meal at home instead.

7. **Get enough sleep.** Missing out on necessary zzz’s can take its toll on your metabolism and leave you more hungry than usual throughout the day. Try and stick with a consistent sleep schedule so your metabolism is running at peak efficiency all day long.

If you do end up overindulging on the weekend, just make sure to stick with your workout routine and even squeeze in an extra workout, if you can.

Maintaining a steady schedule and focusing on healthy eating habits are the keys to success for any weight loss program. Avoid sabotaging your diet two out of seven days of the week with these effective strategies.