

EAT ANYTHING



SCENARIO	SOLUTION (how I'll deal with the scenario)
Visiting the in-laws for dinner. They've made a massive meal and will want me to eat it all. However, doing so will put me over my daily calorie limit.	
My husband/wife loves to cook a high calorie meal for me at the weekend. If I don't eat it they'll probably be offended, but if I do eat it I'll go over my daily calorie limit.	
Someone at work is critical of my weight loss plan. They say it's a waste of time and that I'll never succeed. This make me feels down and causes me to doubt myself.	
My family don't think I need to lose weight and don't understand why I want to start a weight loss plan. They are trying to convince me to give up plans.	