Even though Halloween only lasts one day, trick-or-treat candy surfaces early in the month and it can linger long after, tempting you for weeks. Play tricks on your cravings and follow these holiday survival tips to scare away temptation and stay focused.

1. **Don't let Halloween treats haunt you.**
The classic mini candy treats make it easy to overindulge, even before a single trick-or-treater knocks on your door. Play it safe and wait until October 30th to buy your candy. If it's not in the house, it can’t haunt your willpower.

2. **Play a trick on temptation.**
What’s the one kind of candy you hate? Make that your choice this year for trick-or-treaters so leftovers won’t entice you. Better yet, send the little ghosts and goblins off with non-candy alternatives, such as pencils or stickers.

3. **Halloween candy get the best of you?**
Don’t let all that added sugar and fat frighten you away from staying focused. Be proactive and scare away those extra, unwanted carbs and fats with the combined power of Carb Buster and Fat Buster. Together they help your body to metabolize the carbohydrates and fats before it has a chance to store them.

4. **Scare away your children's leftover loot.**
Keeping that candy around only makes it harder to say no so why take the risk? Allow your children to trade in their goodies for non-candy rewards, such as books or movies. Then, take the candy to work or donate it to a police troop, a nursing home or a neighborhood shelter (check your local news website for donation ideas).

5. **Cast a spell on your appetite.**
Eat a healthy meal full of fiber right before trick-or-treat so that hunger won’t increase your temptation. Take an LA Bar, LA Snacks or an LA SlimDown with you to feed your cravings in case they start howling.

**Monthly Menu Tip**

Got a craving for candy?
LA Bars can help with your cravings. Take your favorite LA Bar and cut it into eight pieces each (16 total). Throughout the day whenever you feel tempted by Halloween candy, grab one chunk of the LA Bar to satisfy the craving. It’s like eating 16 pieces of candy as part of your weight loss plan.

**Bounce Back Strategy**

If Halloween treats have tempted you off track and you’re finding it hard to give them up, bounce back with LA SnackBuster. This specially-formulated fiber blend helps you to feel fuller longer, so you can stay in control. This season, use LA SnackBuster to frighten off your temptations, because we all know the real way to beat cravings is to prevent them.
Recipe of the Month

Minestrone Soup

**Ingredients:**
- 2 cups (500 mL) onion, chopped
- 2 tbsp (30 mL) tomato paste, low-sodium
- ¼ cup (50 mL) fresh parsley, chopped
- 4 garlic cloves, chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 1 cup (250 mL) fresh spinach, chopped
- 1 cup (250 mL) lentils, rinsed
- 2 bay leaves
- 8 sprigs parsley and 6 sprigs fresh thyme, tied together
- 9 cups (2.25 L) vegetable broth, low-sodium
- 1 tomato, diced
- 2 cups (500 mL) pasta, cooked
- ½ cup (125 mL) Parmesan cheese, grated
- Lite salt and freshly ground pepper, to taste
- Non-fat cooking spray

**Instructions:**
1. In a large stock pot sprayed with non-fat cooking spray, sauté onions until brown.
2. Add tomato paste, chopped parsley, garlic, carrot, celery and spinach and cook for 3 minutes.
3. Add lentils, bay leaves, parsley-thyme sprigs and broth and bring to a boil.
4. Lower heat and simmer, partially covered, for 20 minutes.
5. Add tomato and season with pepper and salt.
6. Simmer for 10 minutes.
7. Remove bay leaves and parsley-thyme sprigs and discard.

Makes 8 servings. Serving size: 1 cup (250 mL)

Exchanges per serving
- 2 vegetables
- 1 starch
- 1 extra

**“In the first week I lost 8 lbs!**
It really helped my mindset seeing it come off so quickly,
I never turned back”

– Niki

Visit LAweightloss.com for more success stories.