



They were small, very delicious and usually an example of the culture of the port we were visiting and I really wanted to try them.

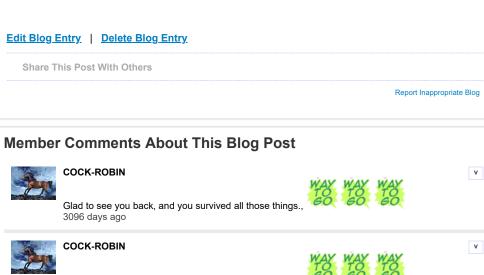
Then there was "Afternoon Tea!" Fortunately, the trays of local cookies were heavy on the gingerbread, not a favorite of mine so I was OK trying just a few. Sometimes we were in port and DH and I spent "tea time" there. That was a different challenge since the Christmas Markets include LOTS of food. More on that tomorrow.

But one day we were sailing during the afternoon and I was confronted with this.



OK, I give up. I ate THREE of these.

Still, as I wrote yesterday, I came home only 2 pounds heavier and that is gradually going down. So I'm happy to report that it is very possible to cruise, not feel deprived and maintain.

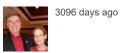


Glad to see you back, and you survived all those things., 3096 days ago

CELIAMINER

Brooklyn, so glad you are back! The desserts look heavenly, especially the size! I love just a taste, but if someone puts a big hunk of cake in front of me...I'll eat it, unfortunately. Hope you had a blast on the cruise!

v



0.2	DEBBY4576 There is no one on earth, okay well on Sparks, that would have resisted those yummy things. You did well on your portion control obvioulsy, since you came home with only 2 extra pounds. 3096 days ago	v
	WATERMELLEN I'd call 2 pounds up stupendous success in the face of THOSE temptations!! 3096 days ago	v
	BOILHAM Moderation is one of my favorite words.Deprivation is not such a good word. Good for you. 3096 days ago	v
	CD13136117 Welcome home! And, two pounds is not bad for having temptations like that. Way to make it happen. 3096 days ago	v
	SUZYMOBILE Lesson learned! I don't think I had a single dessert on our cruise. Maybe I would have had a lot better time if I had! 3096 days ago	v
	CD11026554 The desserts look lovely and you have to try the local food when travellingI think you did a great job! 3096 days ago	v
	MISCHAKEO Those deserts look amazing. Two pounds up from a cruise was great. YOu will lose them quickly! I think you did a great job of enjoying yourself and staying healthy. 3096 days ago	V
	CD8113065 With all that dessert available, the only thing that would save me is jumping overboard and swimming down the river behind the ship.	v
	3096 days ago	
	WILSONWR Great job! I'm glad you had an enjoyable cruise without all of excess calories! Two pounds is "nothing." 3096 days ago	v
	FITFOODIE806 Sounds like fun! Nice work. Enjoying the local treats without overdoing it! 3096 days ago	v
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.