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Desserts – My biggest challenge when cruising

Saturday, December 22, 2012

Although you're never hungry, river cruising is more about the sights and touring than the 24/7 food of ocean cruises.

Lunch and dinner is ordered from the menu with an occasional lunch buffet exception to accommodate tour schedules. So you actually have to make an effort to overeat. The wait staff will bring you additional servings if you request it.

This is what dessert usually looked like.



or



Occasionally I did order two.

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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.

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COCK-ROBIN



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



COCK-ROBIN



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!





3096 days ago



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 obviously, since you came home with only 2 extra pounds.
3096 days ago



WATERMELLEN

I'd call 2 pounds up stupendous success in the face of THOSE temptations!!
3096 days ago



BOILHAM

Moderation is one of my favorite words. Deprivation is not such a good word. Good for you.
3096 days ago



CD13136117

Welcome home! And, two pounds is not bad for having temptations like that. Way to make it happen.
3096 days ago



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



CD11026554

The desserts look lovely and you have to try the local food when travelling....I think you did a great job!
3096 days ago



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



CD8113065

With all that dessert available, the only thing that would save me is jumping overboard and swimming down the river behind the ship.



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



FITFOODIE806

Sounds like fun! Nice work. Enjoying the local treats without overdoing it!
3096 days ago



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