

Holiday Survival Guide

Mindset | Holiday Recipes | Portion Control | Tips

FIT ONE FIVE



GIVE THANKS

What are you **most** thankful for this holiday season?

SHIFT YOUR FOCUS

FAMILY & FRIENDS, NOT FOOD

If you're like most, you're probably all-in for your loved ones, your job, hobbies, health, etc.

So why is it then, that it seems that what we eat during this time of year is always such a major focus? Sure, food can be a vehicle for bringing people together to share memories, but the shared time is the important part.

The first step to a healthier holiday season is to shift your mindset from the cookie exchanges, the feasts & office candy bowls to something more meaningful and fulfilling - like what you're most thankful for, and we may be able to avoid all the excess calories and the guilt that ensues.



BEFORE THE EVENT



- **Drink lots of water**
- **Exercise**
- **Eat a snack**
- **Make a plan**
- **Offer to bring a healthy dish to the party**
 - **Veggies + Greek yogurt**
 - **Hummus + raw veggies**
 - **Shrimp cocktail**
 - **Fruit plate**
 - **Roasted veggies**
 - **(frozen butternut squash, mashed cauliflower or sweet potatoes are all easy, inexpensive & delicious options!)**



CRANBERRY SAUCE

=440 calories/cup

*LOADED w/ sugar (50g carbs!)



PUMPKIN PIE + WHIPPED CREAM

= 570 calories/slice

*69g carbs + 28g fat!!

DON'T UNDERESTIMATE CHRISTMAS

THE AVERAGE PERSON CONSUMES 5000-7000 CALORIES ON CHRISTMAS DAY, WITH DINNER ALONE CONTRIBUTING 3000.

STUFFING

= 425 calories/cup

*53g carbs + 19g fat



SWEET POTATO CASSEROLE

= 320 calories/cup

*lower-fat option but have 64g carbs!!!

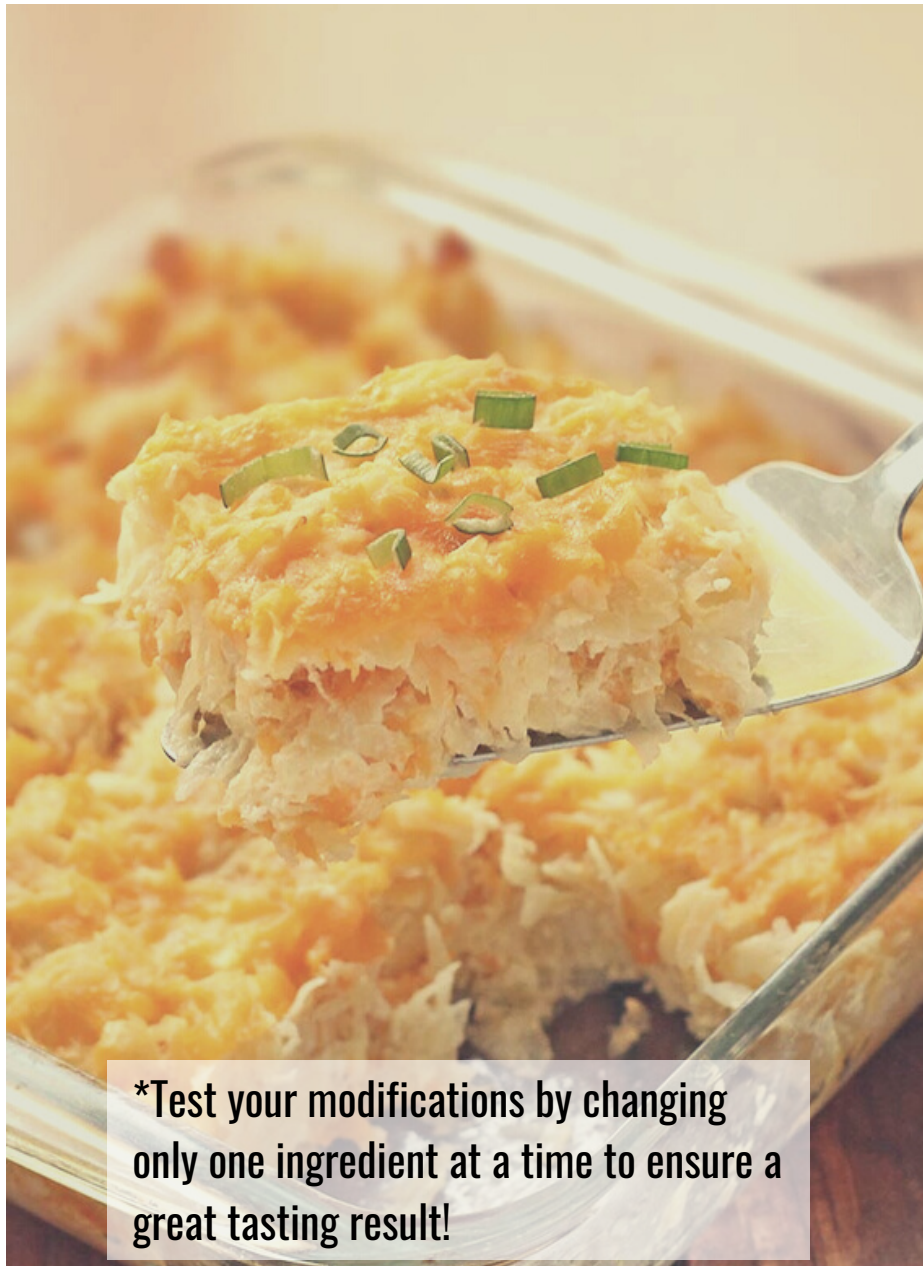


TRIM THE FAT

- Use spray oil when cooking
- Use "low-fat" ingredients
- Replace oil with applesauce
- Use skim or 1% milk
- Sub egg whites (1 egg = 2 whites)
- Sub turkey or Canadian bacon for traditional
- Sub ground turkey or "extra lean" option for beef

CHEESY HASH BROWN POTATOES

- 2 cans reduced fat cream of chicken soup
- 1 bag of 2% sharp cheddar
- 1 bag of 30oz frozen shredded hash browns
- 116oz container of 1% fat cottage cheese
- 500g shredded sweet potato
- garlic & sea salt



Blend cottage cheese until creamy.
Shred sweet potato & combine all ingredients into a big bowl.
Add salt & garlic as desired.
Spread into a 9x13 pan.
Bake at 375 degrees until bubbly

Serves 10 - Cal 271 | Fat 7g | Carbs 33.5g | Protein 15.8g |

SLOW DOWN ON SUGAR



CARBOHYDRATES = SUGAR

Our body processes all types of sugar in the same way, so don't be fooled. Whether it's coconut sugar, powdered sugar, cane sugar, etc. it will still cause an inflammatory response and can lead to disease.

- Cut 1/4 the amount of sugar from recipe (you won't notice much taste difference)
- Swap frosting for cinnamon
- Use cacao nibs for sugary chocolate chips (0g sugar, still have richness & crunch)
- Sweeten with agave -still contains sugar, but has lower glycemic index (won't raise blood glucose levels as much)

Mini Apple Baked Crumble

- 1 apple gala preferred
- 2 tbs. old fashioned oats
- 1/2 tbs. butter melted
- 2 tsp. whole wheat flour
- 1 tsp maple syrup
- 1/2 tsp. cinnamon

Preheat oven to 350

Combine apples and cinnamon and distribute between two ramekins

Combine oats, flour, maple syrup, & melted butter

Evenly crumble on top of each ramekin

Place in oven for 30 mins

Serves 2 - Cal 100 | Fat 3.5g | Carbs 18g | Protein 1g |

HEALTHY HACKS

- Use low-fat cooking methods (grilling, baking, steaming, roasting)
- Remove skin from turkey
- Prepare gravy in advance, chill & skim fat from top
- Thicken gravy with cornstarch instead of a roux
- Add vegetables to sauces
- Dip fork in dressing vs. pouring over food
- Replace ingredients with low or reduced-fat options
- Replace half of white flour with wheat flour



Bacon Brussel Sprouts

- 2 slices cooked, uncured bacon
- 1lb brussels sprouts, cut in half
- 2tbsp shallot, minced
- 1tbsp avocado oil
- 1tbsp bourbon
- 1tbsp maple syrup
- 1tbsp balsamic vinegar
- 1/2tsp black pepper & sea salt
- 1/2c dried cranberries
- 1/4c walnuts

Preheat oven to 425; line baking sheet with parchment paper
Combine avocado oil, bourbon, maple syrup, vinegar, salt & pepper.
Pour over sprouts and toss to coat.
Spread evenly on baking sheet.
Roast 15 minutes, stirring halfway through.
Remove sprouts from oven and add crumbled bacon, cranberries & walnuts.
Roast an additional 5 minutes until walnuts are toasted and bacon is crisp.

Serves 6 - Cal 110 | Fat 5.5g | Carbs 10.6g | Protein 4.5g |



OVERCOME TEMPTATION DURING THE PARTY

DON'T DEPRIVE YOURSELF

A healthy lifestyle is one that you can stick with, not a restrictive diet. Restricting yourself this time of year can lead to bingeing later on!

Nothing is off limits when enjoyed in smaller portions.

- Walk through the entire spread before you make your choices so you can see all that is offered and choose what you really want
- Make your must-have selection then build your balanced plate by filling up on veggies first, some lean protein, and your tempting treat will likely be your carb. By the time you fill up on veggies+protein, you'll be too full to eat the entire serving
- Use a smaller plate. Even if you fill it up, you'll still consume less

MITIGATE MINDLESS EATING

You can still be part of holiday gatherings without gorging yourself.

- Count to 10 before you pick up a cookie or finger food - ask yourself if it's something that you really want, or if it is merely convenient
- Put your fork down between bites
- Engage in conversation and don't speak with your mouth full
- Keep a water in your hand & sip after every few bites to keep your belly full
- Chew slowly & completely before swallowing, and wait to refill your fork until you've completely swallowed so that you may taste things fully
- Throw your plate away and take a 15 minute break. This will give you enough time to decide whether or not you're still hungry for seconds.

ADD UP THE ALCOHOL

ONE SERVING

- 12oz beer
 - 145 cal (regular)
 - 110 cal (light)
- 5oz wine:
 - 110 cal (merlot)
 - 120 cal (chardonnay)
- 1.5oz liquor (1 shot)

COMMON DRINKS

- Martini (155 cal)
- Sangria (180 cal)
- Rum Punch (210 cal)

DONT FORGET!

- Filling up your wine glass all the way = 2 servings
- Cocktails loaded with juice = LOTS of calories + sugar
- Drink a glass of water between alcoholic beverages to stay hydrated

"FAKE IT 'TIL YOU MAKE IT" MOCKTAIL

DISGUISE YOUR NON-ALCOHOLIC BEVERAGE WITH CARBONATED WATER + A SPLASH OF CRANBERRY JUICE!



AFTER YOU EAT

- If hosting, make doggy bags for your guests with leftovers so you're not left with tons of tempting foods
 - Put all food away
 - Clean up & wash dishes
 - Drink plenty of water
 - Resist the couch!
 - Take a walk
 - Play outside
 - Play cards or games
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- A couple is walking away from the camera on a dirt path in a park. The man is wearing a red plaid shirt and the woman is wearing a light blue denim jacket. They are holding hands and walking a small, fluffy dog on a leash. The background is a blurred green forest.

DON'T SKIP THE GYM

There is little standing in the way of your fitness routine during this challenging time of eating. Make sure to keep your workout routine going to help you mitigate the impact of extra calories. We know that trying to out-exercise your intake completely won't work, but sticking with your workout schedule will help to create structure.

FOCUS ON YOUR NORM

Maintain your normal eating habits outside of parties is key! Make the days that you're home with no one to see and no where to go as consistent as possible. Whether you're tracking macros, calories, paleo, keto, IF-- whatever it is, just stick to it! Maintaining control over the things within your control is crucial.

OUTSIDE OF THE EVENTS

STAY MOTIVATED

Many people lose motivation during this time of year due to their lack of consistency and accountability. If you're struggling to stay on track with your workout routine or eating habits, find a friend or better yet, a coach that you can check in with to help you stay on track.

MAINTENANCE IS MANAGEABLE

Calorie restriction just isn't realistic for everyone over the holidays. Temptations are high and defenses are low. Instead of worrying about weight loss over the holidays, focus on **maintaining** *and not gaining*.

