

# SIMPLE Approach to Holiday Events

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Set strategy and goals

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In advance, eat a small healthy snack

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Make healthy food to bring

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Prioritize protein, vegetables and water

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Limit alcohol and starches and watch portion sizes

E

Exercise daily (30 min walk or workout)

# HEALTHY Snack Ideas

- Small apple w/ 1 tbsp of natural nut butter or 1 slice of cheese
- Berries with 1/2 cup low fat plain Greek yogurt or cottage cheese
- Raw veggies with 1-2 Tbsp of hummus
- 2 boiled eggs and 1 rice cake
- 1 rice cake with 1 Tbsp nut butter
- 1 cup stovetop popcorn (use grape seed oil)
- Protein smoothie: water/almond milk + protein powder + frozen berries + 1 cup spinach
- Rice crackers with 1 slice of cheese or 1 Tbsp nut butter
- 1/4 cup rolled oats with cinnamon
- Small can of tuna with whole wheat crackers or celery
- Piece of fruit and 10-12 almonds

## **Sugar-Free Chocolate Dip**

*Ingredients:*

- 3/4 cup 0% plain greek yogurt
- 3 Tbsp cocoa powder
- 3 Tbsp chocolate protein powder
- 1/4 cup unsweetened almond milk (add more/less depending on the consistency you prefer)

Combine all ingredients in a bowl and mix together.  
Enjoy with fresh fruit!

## **Black Bean Brownies**

*Ingredients:*

- 1 1/2 cups black beans, rinsed
- 2 Tbsp cocoa powder
- 1/2 cup rolled (or quick) oats
- 1/4 tsp salt
- 1/2 tsp baking powder
- 2 tsp vanilla extract
- 1/4 cup maple syrup
- 1/2 cup unsweetened applesauce
- 1/2 cup semi-sweet chocolate chips

Preheat oven to 350.

Combine all ingredients in a food processor and blend until smooth.

Pour mixture into baking pan. Optional: add a few chocolate chips on the top.

Bake for around 20 minutes.

Remove from oven and let sit for 15 minutes before cutting.