

SIMPLE Approach to the Holidays

S Set strategy and goals

What is your goal? Long-term? For the holidays? For event?

Strategy/Options: Allow yourself one cheat meal over holidays but stick to regular eating rest of the time; Eat many items but choose smaller portions sizes and saying no to certain things.

Decide in advance and stick to your strategy

I In advance, eat a small healthy snack

Don't show up starving because that leads to over-eating

To help with over-eating, eat a small healthy snack before you attend your event (1-2 hours)

M Make healthy food to bring

Offer to bring a healthy side dish or dessert, such as: salad (variety of different kinds), fruit tray with sugar-free chocolate dip, veggie tray, black bean brownies
Recipes for sugar-free chocolate dip and brownies included

P Prioritize protein, vegetables and water

Choose Protein (beef, chicken, fish etc) 1 portion = palm size

Vegetables 1 portion = fist -> Aim for 3 different colors

Watch out for salad dressings, creamy sauces

Avoid going for seconds (it takes 20 min to feel full)

L Limit alcohol and starches and watch portion sizes

If drinking alcohol, eat less starches/carbs

Alternate alcohol with water so you drink less

Watch out for large portion sizes - use a smaller plate and fill at least half of plate with vegetables

E Exercise daily (30 min walk or workout)

Go for a walk after dinner/meal

View exercise a privilege not a punishment

Avoid thinking of "exchanging" food and exercise

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 20-25 minutes.

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