

ULTIMATE HOLIDAY HEALTH GUIDE

How to enjoy the food, and stay on track!

**Navigating Festivities
Simple Tips & Tricks
Holiday Recipes
Resources**

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EAT WELL

Eating Around the Holidays

While it may seem like the holidays start on November 1 and end on January 1, when it comes to meals, there are only 2-4 big meals that you may change your nutrition for.

You should be able to enjoy Thanksgiving and Christmas dinner and a couple of sweets at a holiday party or two. Still, there are many opportunities to make good meal choices in these 2 months (about 168, actually).

That's right! You'll eat about 168 meals in those 2 months, so even if 2-3 meals aren't perfect, you can still do your best at the other 165!

I like to call these your foundation meals or quick go-to's that you know how to make like to eat and fit your goals. These healthy meals will fill in the blanks between holiday parties and dinners.

Check out some meal prep recipes linked on the last page for seasonal ideas to add to your foundation.

Tips To Stay On Track With Your Meals

So, 165 meals to hit your goals. But how?

1. Take it one meal at a time

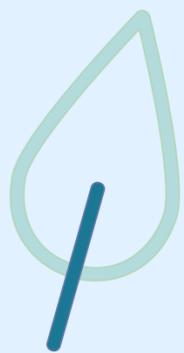
- Not every meal will be perfect but try to do your best at each one
- Don't worry about what you had or what you're having next. Just focus on the present meal.

2. Meal Prep and Plan Ahead

- Meal prep will be your best friend during the holidays!
- Get quick and simple ingredients and meals ready to have on hand.

3. Just because it's a special time, that doesn't mean you must have special food

- Did you know one form of emotional eating is celebrating or eating from positive emotions?
- The holidays can be either fun or stressful time depending on the person, but this is an excellent chance to practice eating mindfully and not allowing food to be your way to cope.



HOLIDAY DINNERS

How To Handle Big Holiday Dinners

Okay, so you've got your foundation down. Now it's time for the big day! Here are some tips to prepare for big holiday dinners with your loved ones.

1. Go for Balance

- When building your plate, go for the basics, then add around it
- Add things like protein, starch, and produce to your plate first
- Then add extras like your favorite stuffing or gravy

2. Don't Save Up

- Do not bank your calories for the day- this will set you up for failure.
- Instead, stick to simple foundation meals throughout the day, so you don't arrive starving.

3. Get Your Favorites First

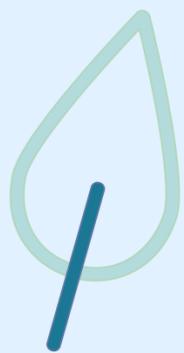
- We often think, "Well, I'll swap out lots of green beans instead of the sweet potato casserole," but then we end up eating the casserole anyway.
- With that thinking, you'll probably end up overeating green beans when you didn't want them.
- Instead, go for what you really want in moderation.

5. Eat Mindfully

- Slow down, and don't worry! The food on your plate isn't going anywhere.
- Eat these holiday meals in a way that is respectful to your body.
- You don't want to go to bed feeling sick afterward.

6. Advocate for Yourself

- One of the most complex parts of eating a family meal can be pressure from the family!
- Either encouraging you to eat, not to eat or just judgment overall.
- Remember, do what's best for you and advocate for your needs!



HOLIDAY PARTIES

Don't Pass On That Holiday Party Invite

Holiday parties can be tough to stay on track, but that doesn't mean you shouldn't go at all! Try some of these tips to enjoy the festivities:

1. Go for Balance

- When building your plate, go for the basics, then add around it
- Add things like protein, starch, and produce to your plate first
- Then add extras like your favorite stuffing or gravy

2. Don't Go Starving

- Do not show up to that party on an empty tank!
- Instead, eat a good meal or snack beforehand.
- That way, you can taste some holiday treats, but you won't need a meal.

3. Walk Away From the Grazing Table

- This is one of the biggest problems I see.
- Eating in front of the fridge or pantry is not recommended when you're at home, right? The same goes for food or grazing tables.
- Make yourself a plate and walk away. Feel free to go back for seconds if you'd like.

4. Drink With Respect To Your Body

- Holiday parties are a great time to practice drinking in a way that's respectful to your body
- Set an intention for how many drinks you will have and stick to it
- Think about the repercussions
- How you'll feel the next day
- Lack of control
- The impedance of workout recovery

5. Move On Afterwards

- If the holiday party didn't go as planned, it's okay!
- That doesn't mean the whole day, weekend, or week is ruined.
- Go back to your foundation as soon as possible and keep trucking forward.



FITTING IN EXERCISE

1 TIP

Set a realistic goal for the duration of the holiday period.

- Many people are coming out of summer training blocks, race season, or a fall sprint since they took the summer off.
 - This might be a time to slow down but not let it go off the rails. (Think recovery and strengthening your core muscles and stabilizers).
 - Having a realistic goal can help with expectations, drive you to achieve what is within your control, and allow you to focus on the holidays.
 - If none apply, you are rested/ready to go with high aspirations. Using the downtime is an opportunity to get ahead before the New Year rush. (Don't set the goal too outside of what your lifestyle/habits can produce.)

Goal Examples:

- 3 workouts per week
- 100 miles in 30 days
- 210k steps in 30 days
- 50 push-ups per day
- 50 kettlebell swings per day
- Maintain weight or tell yourself it's okay to gain 4 lbs.



KEEP IT SIMPLE

2 TIPS

Have 5-10 favorite workouts at the ready.

Exercise as early as possible!

Workouts At The Ready

- These are your all-time favorite workouts that get you sweating and feeling fantastic! Your unicorn workouts.
 - I love EMOM-style workouts for this exact purpose.
 - Every Minute On The Minute
 - At the start of the minute, begin your exercise for the number of reps called in the plan.
 - When you finish the reps, rest the remaining portion of that minute.
 - Start again at the top of the next minute.
 - 10, 15, 20, 25, and 30-minute EMOMs are all awesome!

Workout Early

- The holidays are fun! *hopefully*
- Lots of family and events happening that can take over your schedule/routine.
- Make a plan and let everyone know that you are doing "me-time" in the morning, and encourage friends and family to take part!



SIMPLE HOLIDAY RECIPES



NUTRITION

per serving - approx.

463 calories

8g carbs

24g fats

55g protein

Prep Time 10 Mins

Cook Time 60 Mins

Total Time 70 Mins

Makes 4 Servings

Citrus Herb Roasted Turkey Breast

INGREDIENTS

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin On (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (finely chopped)
- 1 tbsp Fresh Sage (finely chopped)
- 1 tbsp Rosemary (finely chopped)
- 2/3 cup Water

INSTRUCTIONS

1. Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
2. Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
3. In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
4. Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
5. Let the turkey rest for at least 10 minutes before slicing. Enjoy.



NUTRITION

per serving - approx.

110 calories

20g carbs

4g fats

2g protein

Prep Time 10 Mins

Cook Time 15 Mins

Total Time 25 Mins

Makes 18 Servings

Pumpkin Snickerdoodle Cookies

INGREDIENTS

- 2 cups All Purpose Gluten-Free Flour
- 1 tsp Baking Powder
- 2/3 cup Coconut Sugar
- 2 tbsps Pumpkin Pie Spice (divided)
- 1 1/4 cups Pureed Pumpkin
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Blackstrap Molasses
- 1 tsp Vanilla Extract

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C). In a large bowl, combine the flour, baking powder, coconut sugar, and half of the pumpkin pie spice. Mix well to combine.
2. Mix the pureed pumpkin, melted coconut oil, molasses, and vanilla in a separate bowl. Whisk until combined.
3. Pour the wet ingredients into the dry and mix until a dough is formed. Fill a small bowl with the remaining pumpkin pie spice. For each cookie, scoop approximately two tablespoons of batter into your hands and roll it into a ball. Roll the ball in the pumpkin pie spice until completely coated.
4. Transfer the dough balls to the baking sheet and lightly press down on each with the palm of your hand until the cookie is approximately two and a half inches in diameter.
5. Bake for 15 minutes. Remove from the oven and allow them to cool for at least 10 minutes. Enjoy!



NUTRITION

per serving - approx.

128 calories

8g carbs

0g fats

0g protein

Prep Time 5 Mins

Cook Time 0 Mins

Total Time 5 Mins

Makes 1 Serving

Holiday Cranberry Spritz

INGREDIENTS

- 4 cranberries
- 1 1/2 ounces vodka
- 3 ounces soda water
- 1 ounce sparkling cider or champagne
- Garnish: 1 orange slice

INSTRUCTIONS

1. Muddle the cranberries in a shaker.
2. Add the vodka, fill with ice, and shake until well-chilled.
3. Pour (unstrained) into a glass with ice and top with the soda water and sparkling cider.
4. Garnish with an orange slice.



RESOURCES

Navigating the Holidays

[Check out the article.](#)

30 Minute Autumn Meal Prep Recipes

[Check out the article.](#)

Ultimate Holiday Health Guide Collective

[Find the presentation here.](#)

Alcohol and Your Goals

[Find the collective video here.](#)



**We are available all season if
you need anything at all!**

Happy Holidays!



Eric Champ Coach



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