

Healthy Holiday Guide



FESTIVE FACTS TO FEAST ON

- 1** *Holiday Turkey:* A 3-ounce serving (the size of your palm) of roasted turkey breast provides about 26 grams of protein and less than 3 grams of fat.
- 2** *Cranberry Power:* Cranberries are packed with antioxidants and vitamin C, making them a nutritious addition to your holiday feast.
- 3** *Fig-Tastic Wellness:* Figs, both dried and fresh, are a great source of fiber and are full of vitamins and minerals.
- 4** *Nutmeg Delight:* Nutmeg, a common holiday spice, is rich in essential minerals like potassium, calcium, and iron.
- 5** *Gingerbread Goodness:* Gingerbread cookies made with real ginger can help soothe digestion and may reduce inflammation.
- 6** *Pomegranate Perks:* Pomegranates are not only delicious but also loaded with antioxidants and vitamin K.
- 7** *Sweet Potato Strength:* Sweet potatoes are high in fiber and vitamin A, promoting healthy vision and skin.
- 8** *Pumpkin Paradise:* Pumpkin, a superfood, rich in antioxidants, Vitamin A and C. Add into soups, main courses, or healthy desserts.
- 9** *Cinnamon Benefits:* Cinnamon has been linked to improved blood sugar control and adds warmth to holiday dishes.
- 10** *Dark Chocolate Bliss:* Dark chocolate contains antioxidants and may have heart-healthy benefits when enjoyed in moderation.
- 11** *Festive Nuts:* Almonds and walnuts are great sources of healthy fats and protein for holiday snacking.
- 12** *Citrus Cheer:* Oranges and clementines are in season during the holidays, providing a burst of vitamin C to boost your immune system.



Staying on track with your health during the holidays can be a challenge, but it's definitely possible. Here are some strategies to help you maintain your health and wellness:

- Plan Ahead:* Outline your health goals for the holiday season, whether it's maintaining your weight, staying active, or eating mindfully.
- Stay Active:* Continue with your regular exercise routine or find fun holiday-themed workouts to keep moving.
- Mindful Eating:* Enjoy holiday treats in moderation. Savor each bite and pay attention to your body's hunger cues.
- Hydration:* Drink plenty of water to stay hydrated, especially if you're consuming more salt or alcohol than usual.
- Healthy Cooking:* If you're hosting holiday meals, prepare healthier versions of traditional dishes with less sugar, salt, and saturated fats.
- Portion Control:* Use smaller plates and utensils to help control portion sizes and avoid overeating.
- Limit Alcohol:* If you choose to drink, do so in moderation and consider alternating with water or a non-alcoholic beverage.
- Stay Connected:* Share your health goals with friends and family, so they can support you in making healthier choices.
- Prioritize Sleep:* Aim for 7-9 hours of quality sleep each night to help manage stress and cravings.
- Mindfulness Practices:* Practice stress-reduction techniques like deep breathing, meditation, or yoga to manage holiday stress.
- Healthy Snacking:* Keep nutritious snacks like fruits, veggies, and nuts on hand to curb unhealthy cravings.
- Set Realistic Expectations:* Understand that it's okay to indulge occasionally but try to balance it with healthier choices.
- Stay Accountable:* Consider using a food journal or health app to track your progress and hold yourself accountable.
- Enjoy Non-Food Activities:* Make holiday memories by engaging in non-food-related activities like caroling, sledding, or playing games.
- Avoid Excessive Hunger:* Going into holiday meals ravenous often leads to overeating and a larger caloric intake than if you have a nutritious, balanced meal or snack beforehand.
- Practice Gratitude:* Take time to reflect on the positive aspects of the holiday season and the things you're grateful for.

Remember, the holidays are a time to enjoy and celebrate, so find a balance that works for you, and don't be too hard on yourself if you slip up occasionally. The key is to stay mindful and make choices that align with your health goals whenever possible.



Cranberry Rosemary

ONE PAN CHICKEN 6 SERVINGS



EQUIPMENT

Food processor or blender, 9x13 baking dish with lid or plastic wrap to cover, Large spoon or silicone spatula, Basting Brush, Internal meat thermometer

INGREDIENTS

FOR THE CRANBERRY ROSEMARY MARINADE

- 1/3 cup fresh cranberries
- 2 tbsp olive oil or avocado oil
- 2 tbsp coconut aminos or soy sauce
- 2 tbsp maple syrup
- 3 cloves garlic
- 1 tsp fresh rosemary leaves
- 1/4 cup dry white wine

FOR THE CHICKEN THIGHS

- 3 pounds bone-in, skin-on chicken thighs approximately 6 chicken thighs
- 1 tbsp olive oil or avocado oil
- Salt to taste
- 1/2 cup fresh cranberries
- 4 sprigs fresh rosemary plus more for garnish, if desired

INSTRUCTIONS:

1. Preheat oven to 375° Fahrenheit. Scrape marinade off of chicken thighs and into baking dish.
2. Brush skins of chicken thighs with 1 tbsp olive oil and season with plenty of salt. Sprinkle 1/2 cup of fresh cranberries and 4 sprigs of rosemary into baking dish around chicken thighs.
3. Place baking dish in preheated oven. Bake, uncovered, 25 to 35 minutes, or until internal temperature of chicken thighs reads 160° Fahrenheit.
4. When chicken reaches desired temperature, remove dish from oven. Preheat broiler to High. Remove rosemary sprigs from baking dish and discard.
5. Brush 1 tbsp maple syrup over skin of chicken thighs. Place baking dish under broiler, about 10" from heating element. Broil until skin of thighs is crispy but not burnt, approximately 4 to 7 minutes depending on broiler. *Note: Do not broil dish unattended, as chicken can burn quickly.* Move dish around periodically to brown chicken evenly if necessary.
6. Remove baking dish from oven. Spoon cranberries and sauce from baking dish onto tops of chicken thighs. Garnish with fresh rosemary sprigs and serve immediately with plenty of sauce from baking dish.



NO BAKE Pecan Pie Bars

SERVINGS: 16 BARS

VEGAN + GLUTEN FREE

TIME: 30 MIN

INGREDIENTS

PECAN PIE CRUST

- 1 cup rolled oats
- 1 cup pecans
- 1/2 cup blanched almond flour
- 1 tbsp ground cinnamon
- 1/4 tsp salt
- 7-8 large medjool dates, pitted
- 1-2 tbsp water, only as needed

SALTED CARAMEL

- 20 large medjool dates, pitted
- 1/4 cup water
- 1/2 tsp vanilla extract
- 1/4 tsp salt

TOPPINGS

- 1 cup crushed pecans

INSTRUCTIONS:

1. **Line the dish:** Line a 7x7 or 8x8 square dish with parchment paper.
2. **Prepare the crust:** Combine rolled oats, pecans, almond flour, cinnamon, and salt in a food processor. Process ingredients until a crumbled, flour-like mixture is formed. Add medjool dates and process again until a sticky, crumbled mixture is formed. If needed, add water and process again until the ingredients start to come together. You should be able to pinch the dough together with your hands.
3. **Press the crust:** Transfer mixture to the square dish and press it across the base in an even layer.
4. **Prepare the salted caramel:** Combine medjool dates, water, vanilla, and salt in the food processor. Process until a caramel-like consistency forms. Scrape down the sides of the food processor between pulses, as needed, until smooth.
5. **Add the salted caramel and pecans:** Spread the caramel over the crust in an even layer. Toss crushed pecans on top and gently press them into the caramel.



Holiday

HONEYCRISP SALAD

SERVINGS: 8-10 SERVINGS

CALORIES: 280 CALORIES

TIME: 20 MIN

INGREDIENTS

- 1/2 cup light vegetable oil such as sunflower or safflower OR extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup unsweetened apple juice OR apple cider
- 2 to 3 tbsp honey
- 1 tbsp lemon juice
- 1/2 tsp salt
- Freshly ground black pepper to taste
- 3 medium Honeycrisp apples (about 1 pound) thinly sliced
- Juice of 1/2 lemon
- 12 ounces salad greens spring mix, baby spinach, arugula baby romaine, OR a combo of your favorites
- 1 cup pecan halves toasted or candied
- 3/4 cup dried cranberries or dried cherries
- 4 ounces crumbled blue cheese

INSTRUCTIONS:

1. To prepare Apple Cider Vinaigrette, measure oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt, and pepper into a mason jar. Tightly screw on lid and shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl, or blend them in a blender or mini food processor.

2. Place apples slices in a large plastic baggies and squeeze the fresh lemon juice (from the lemon half) over them. Close bag and shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of Apple Cider Vinaigrette and toss until salad ingredients are evenly coated.