



*the*  
*Holiday*  
**SURVIVAL**  
**GUIDE**



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# Introduction

Let's face it: It is hard to stick to a healthy eating and exercise plan during the holidays. Everywhere we turn, there are tempting foods and drinks, from treats at office parties to our own traditional family favorites. When you add in a busy, stressful schedule filled with shopping and get-togethers that make it tough to squeeze in exercise, you have a recipe for disaster as far as our scales are concerned.



The good news is that you really can get through the holidays without gaining weight. It will take some effort, but you will thank yourself a thousand times when January 1 rolls around and you have no regrets!

There are 3 main components to surviving the holidays and emerging a healthier, happier person in the New Year:

1. **Workouts:** We know you don't want to waste your holidays spending endless hours in a gym. That's why we've assembled 4 effective workouts that take about 20 minutes to complete and burn fat hours after you've finished the final exercise. The best part? These can be done at home with minimal equipment!
2. **Nutrition:** Eating supportively during the holidays is a struggle for most. Between ever-present holiday sweets and the seemingly weekly holiday feast, keeping your calories in check becomes a monumental challenge. In this guide, we present a simple but effective system to help you control the holiday binges and get you on track to a slimmer and healthier body.
3. **Stress Management:** Finally, what are the holidays if not stressful? As much as we'd like to avoid it (or ignore it), the last-minute gift-buying and preparations for parties, not to mention less daylight and opportunities to get outside, makes the end of the year potentially extremely stressful. But there is another way! We share some very effective techniques for managing stress and enjoying your holidays.

# Fat-Blasting Holiday Workouts

## Why It's Important

Winter is the hardest time to stay in shape! Just because the sun sets before you get off work and the weather is less than pleasant doesn't mean your body gets to take a vacation from moving.

In addition, the extra calories that you are sure to ingest and the stress that is hard to avoid make for a dire situation if you are not active.

## What You Need

Below are 4 workouts that you can do anywhere, anytime. All the workouts are designed to take 15-20 minutes and will burn fat long after the workout has ended.

We recommend buying a set of resistance bands to complete these workouts. This will improve your results by revving up your metabolism. The Single Red Resistance Band (click [HERE](#)) is ideal for most ladies and a Single Black Resistance Band for the guys (click [HERE](#)). But I personally recommend everyone get the **Core Activation Package** for the most cost effective home training system: [Core Activation Package](#)

## How to Do It

Perform the following exercises in a circuit format. This means moving from the first to the second exercise, then to the third, with minimal rest. When you finish the final exercise, rest as normal, then return to the first exercise. Repeat for the total number of rounds indicated.

Each workout has a prescribed work-to-rest ratio, appearing as two numbers (e.g., "30/30"). This means you perform each exercise for 30 seconds (or whatever the first number is), then you rest for 30 seconds (or whatever the second number is) before moving onto the next exercise.

Finally, each workout has progressions listed (typically less rest or additional rounds) as a way to ensure you continue making progress. Follow the prescribed progressions each week.

## Holiday Survival Workout A

- 30-30 Intervals: 30 sec of work followed by 30 sec of rest and repeat
- Start with 4 rounds
- Watch The Instructional Video Below:

### Progressions

- Week 1—Perform all four rounds in the 30-30 interval protocol
- Week 2—30-25 Intervals: Reduce rest by 5 seconds
- Week 3—30-20 Intervals: Reduce rest by 5 seconds PLUS Add 1 round

Order	Exercise
1	Jump Squat Variation
2	Pledge Push-up Variation
3	Split Squat Variation
4	Seated Band Rows Variation
5	Jumping Jacks Variation

**Watch The Instructional Video For Workout A:**



## Holiday Survival Workout B

- 40-20 Intervals: 40 seconds of work followed by 20 seconds of rest
- Repeat for three rounds

### Progressions

- Week 1—Add a round
- Week 2—Reduce rest by 5 seconds
- Week 3—Reduce rest by 5 seconds
- Week 4—Add a round

Order	Exercise
1	In and Out Squat Variation
2	Band Push-up Variation
3	Alternating Lunges Variation
4	Band Swings Variation
5	Burpee Variation

**Watch The Instructional Video For Workout B:**



## Holiday Survival Workout C

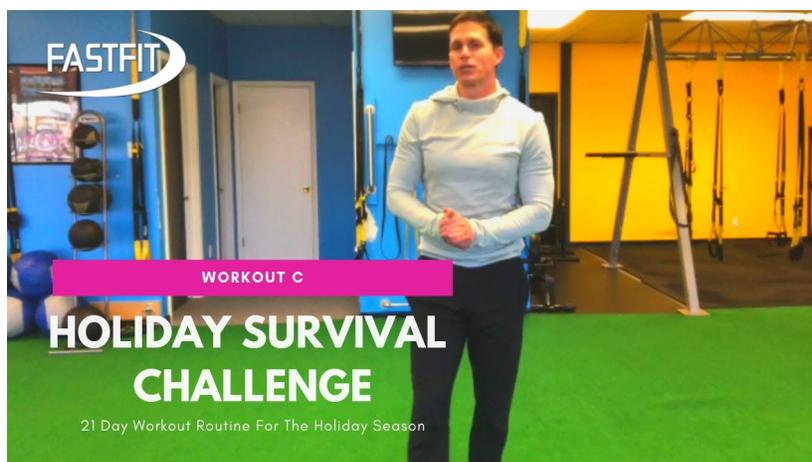
- 15-15 Tabata Intervals: 15 seconds of work plus 15 seconds of rest for all 8 exercises in the following circuit.
- Complete 1 entire circuit, rest 60 seconds, then repeat
- Start with 3 rounds

### Progressions

- Week 1—Add 1 round
- Week 2—No change
- Week 3—Move to 20/10 x 3 rounds
- Week 4—20/10 x 4 rounds

Order	Exercise
1	Band Front Squat Variation
2	Spider-man Plank Variation
3	Split Jumps Variation
4	Mountain Climbers Variation
5	Lateral Lunge Variation (L)
6	Lateral Lunge Variation(R)
7	Band T-Rotations Variation
8	Band Pull Apart Variation

**Watch The Instructional Video For Workout C:**



# Holiday Nutrition Guide

It goes without saying that the holidays serve up some of the tastiest and most memorable meals of the year—with summer barbecues a close second.

Of course, there are Thanksgiving favorites like turkey, mashed potatoes, stuffing, and gravy—not to mention unbeatable pumpkin pie. And then we get to repeat the feast for Christmas, this time with cookies to complete the meal.

But that's not all: Every holiday party you attend will likely be overflowing with holiday cocktails and calorie-dense hors d'oeuvres. And, if you work in an office setting, coworkers are bound to share with you their favorite treats.

If you aren't careful, this overload of caloric consumption will set you up for a rude awakening on January 1. Even before the end of the year, chronic overeating and a lack of nutritious foods can lead to inflammation, lethargy, and susceptibility to illness—of course in addition to tipping the scale more than you thought imaginable.

So what's the secret to having your holiday cake and eating it, too?

Moderation.

We don't expect you to eat salads and organic foods the entire winter; in fact, almost no one goes through the holidays without indulging here or there.

So we're going to focus on eating well the majority of meals throughout the holidays. That way, when it comes time to carve the turkey or enjoy dessert, you won't be regretting one of the most enjoyable parts of the holidays.

## 80/20 Rule

The 80/20 rule states that 80% of the time, you should eat well and according to sound nutritional guidelines, while the other 20% of the time, you can veer off the nutritious path.

If you find your nutritional habits changing as a result of this rule and the tips below, it likely will become easier to stick with a healthy eating plan during the 80% of your meals. This is a common outcome, where you begin to appreciate proper nutrition more. You might even start to crave healthy meals and the feeling of being in control of your eating.

Another great part about this strategy is that you begin to appreciate the 20% more. Each dessert or indulgence will have that much more significance. In fact, you'll likely find that you appreciate food in general much more!

How do you apply the 80/20 rule? Stick to a sound meal plan without indulgences for 4 days in a row, then on the 5<sup>th</sup> day, you can have a treat. This will yield far better results than sticking to the plan for 20 hours and splurging the final 4, so to speak.

## Proper Nutrition in Practice

Below are 9 tips to help you stay on track with your nutrition during the holidays. Read them over and put the first 3 into practice immediately. Then, once you have completed those 3, tackle the next one. Keep adding one habit at a time only after you have mastered the previous one. If you take on too much change at once, those changes are much less likely to stick than they are if you change 1 thing at a time.

Included at the end of this guide is a collection of healthy holiday recipes. If you need to make something for a party, or if you've run out of ideas for a healthy dinner option, peruse the list and choose one that fits. In addition to nutrition, these have been selected for being delicious and wholesome, so have no fear that what you whip up will be worth it!

- 1. Set Realistic Goals**—While it is a noble goal to lose 20 pounds by the end of the year, it is not realistic. In order to lose that kind of weight, you would have to make major changes to your lifestyle, including essentially starving yourself and exercising more than your body might be able to handle. This extreme of a goal is setting yourself up for failure and a very stressful holiday season.  
A more realistic goal might be to maintain your current weight, or to lose 2 pounds a month, which is 1 pound every other week. If you manage your expectations, you can find a goal that is challenging but very much doable, and when you reach your goal, you will be motivated to continue to the next stage.
- 2. Tell a Friend**—Social accountability is a great way to help you stay on track during the holidays. Friends can celebrate your wins and help you through the tough times. By sharing your goals with someone else, you are much more likely to succeed because your goals become concrete and you don't want to let your friends down.
- 3. Plan to Succeed**—Once you have set a realistic goal, planning is essential to your success. Without a plan, it becomes all too easy to revert to your old habits. This is more important than ever during the holiday season. Make grocery lists and use them to make healthy meals. Never show up to a holiday party hungry. Plan when, where, and with whom you will work out. Taking a few minutes to make sure you won't give in to temptation and will get in your workouts will go a long way to reaching your goals.
- 4. Build Your Meals Around Protein and Produce**—This is the primary principle of supportive nutrition. Protein will fill you up and help repair your muscles, while produce will add plenty of nutrition and bulk to your meals, allowing you to feel full and your body to have more energy. Follow the portion control guidelines on the next few pages to include enough protein, veggies, and carbs or fat at each meal.
- 5. Eat Until You Are 80% Full**—When you notice you are 80% full, put down the fork and put away the food. It takes our stomachs 30 minutes to signal to our brains that we are full, so eating until 80% full will ensure you don't overeat. It helps to eat slowly, which is a challenge during this busy time of year, but as you will see, eating

slowly can calm your nerves and help you relax—all while helping you reach your goals faster.

Again, follow the portion control guidelines on the following pages to build a solid foundation for portion size at each meal. If you reach 80% fullness before all the food is gone, stop eating. If you are still hungry after you have portioned out your meals as shown, eat more protein or produce until you become 80% full.

6. **Eat Breakfast**—Those who eat breakfast consume fewer calories throughout the day than those who skip it. Our self-control is weakest at the end of the day, so skipping breakfast will lead to a calorie deficit that our tired brains won't be able to fight, resulting in whole plates of cookies disappearing. Make sure your breakfast includes high quality protein, such as eggs or meat, and vegetables like peppers, onions, tomatoes, spinach, etc. (veggie omelets are a great choice!)
7. **Keep a Food Diary**—Write down everything you eat—even if it is only one bite of shrimp cocktail. It has been proven that keeping a food journal results in better weight control than not keeping one.
8. **Drink Water**—Water helps maintain energy levels, facilitate digestion, and control hunger. Of course, it also has no calories. With increased calories coming from our meals and snacks, skip the sugar-laden drinks and choose water instead. Aim for 8-10 glasses of water per day, and cut out all calorie-containing beverages (sweetened coffee/tea, soda, juice, energy drinks, etc.).
9. **Limit Alcohol**—Alcohol is high in calories, and since it is in tasty liquid form, those calories can add up quickly. It's also a depressant, meaning your mental and physical performance (and self-control) will be decreased and your stress levels will go up. Limit yourself to 2 drinks at parties and 1 drink throughout the week.

# Calorie Control: A Simple Guide

## FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped hands of carb dense foods if extra carbs are to be included



2 entire thumbs of fat dense foods if extra fats are to be included

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

# Calorie Control: A Simple Guide

## FOR WOMEN

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1 entire thumb of fat dense foods if extra fats are to be included

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

# Managing Holiday Stress

With the average American gaining nearly 10 pounds throughout the holiday season, there is a clear need to fight this weight gain. However, a second foe lurks in each holiday party, work deadline, and last minute shopping sessions: Stress.

Our minds are on high alert during the holidays, as there are more tasks to complete and more events to plan. Mental and physical fatigue go hand in hand, though we are quick to blame it on our bodies and refuse to believe that we might need a mental break more than anything.

To get the most out of the holidays, it is essential to keep our minds sharp and refreshed. Add these tips into your daily routine to help reduce stress and add enjoyment to “the most wonderful time of the year.”

1. **Plan Your Day**—As mentioned in the nutrition section, planning can dramatically reduce stress and mental fatigue. Take 15 minutes each night and plan the next day. Start by writing everything down that you'd like to get done. Then rank them in order of importance. Finally, map out when you will complete everything. This is especially important if you have a workout to do because if you don't make time for it, you likely will miss the workout.  
Planning our day like this allows us to spend time how we want to and ensures we are taking care of what needs to get done. Also, getting things off your mind before bed can result in more restful sleep.
2. **Focus**—Multitasking is an attractive idea, but it fails in practice. In reality, trying to do too much at once prevents you from completing any one thing well. Your thoughts, too, can become scattered, which can easily overwhelm and create stress. Stay focused on one item at a time, and you will accomplish more and be in control.
3. **Ready...Break!**—When we're in the middle of a project or a complex task, it's easy to get caught up and not stop until we finish. However, this can take longer than expected, and eventually, your productivity and creativity diminish. Taking short, periodic breaks (a 5-minute break every 30-45 minutes works well) can recharge your

mind and ensure you are spending your time in the best way possible.

4. **Take Time to Get Away**—Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner calm.
5. **Get Your Shopping Done Early**—This one is easier said than done. However, by making a list of all those you want to shop for, then deciding ahead of time what to get them, you can reduce one of the biggest stressors of the holidays. If you are in doubt about what to get someone, ask them what they want. There is no sense in wasting hours of your time (and loads of your energy) trying to find the perfect gift when asking them could provide an effective shortcut.
6. **Eat Slowly**—The stresses of daily life are enough on their own to make us on edge. Take control of what you can to relax and improve your quality of life. One aspect you have total control over is how you eat your meals. Not only are meals on the go poor choices in terms of nutrition, but they also encourage you to eat more quickly, which can lead to digestion problems and overeating. Take time to savor eat bite and think about what you are eating. When you notice yourself being 80% full, put down the fork. Being in control of your eating can empower you to approach the rest of life's challenges with a better sense of control.
7. **Unwind Before Bed**—Just as you can't go from 0 to 100 first thing in the morning, you can't do the reverse at night, going from "on" to "off" in a few minutes. Your body needs transition time and environmental cues to wind down. Create a nighttime routine that tells your body that you are preparing to go to sleep. Turn off the TV and computer an hour before bed, begin dimming the lights, and allow yourself to relax. Over time, if you're consistent, your body will start the process of gearing down automatically.
8. **Get Some Sleep**—No matter how much we'd like to deny it, sleep is essential to high mental and physical performance. Less sleep can

result in a foggy mind, dependence on caffeine, and increased stress hormones, which can lead to increased fat storage and compound your stress from daily life. 7-9 hours is essential for optimal mental function and wellbeing.

To get more sleep, make it a priority. Limit caffeine intake after 2 pm, and cut out alcohol. Set a time where you begin to wind down and stick to it for at least a full week. Establishing a consistent schedule for sleep is one of the most powerful ways to “trick” your body into getting higher quality sleep.

# Healthy Holiday Recipes

*Delicious Substitutes for Traditional Favorites*

## Bacon and Chive Sweet Potato Biscuits

Prep Time: 30 minutes

Cook time: 30 minutes

Yields: 12 servings

### Ingredients

- 1 large sweet potato or yam (equivalent to 2 cups mashed)
- 3 Tbsp. Coconut Flour
- 3 eggs, whisked
- 6-8 strips of bacon, diced
- Leftover rendered fat from bacon
- 3-4 Tbsp. chives, thinly diced
- 1 tsp. baking powder
- ½ tsp. garlic powder
- Himalayan sea salt and pepper, to taste

### Directions

1. Preheat oven to 415 F.
2. Poke holes in your sweet potato with a fork.
3. Place in oven and bake for 30-40 minutes or until soft.
4. Once the sweet potato is done baking, turn over down to 375 F.
5. When your sweet potato is almost done cooking, place your diced bacon into a skillet and brown until crispy. Then place your cooked, crispy bacon on a plate covered with a paper towel to soak up the excess fat. The fat that is left behind in the pan, you will use in your biscuits.

6. When your sweet potato is done, peel and place in a bowl and mash with a fork.
7. Then add in your eggs and mix well. Add bacon fat and mix.
8. Add in your dry ingredients: coconut flour, baking powder, garlic powder, and salt and pepper.
9. Finally add your diced cooked bacon and chives. Mix thoroughly.
10. Now line a baking sheet with parchment paper and use a large spoon to drop your biscuits on the sheet, shaping them as needed. Try to make them all equal in size so they cook the same.
11. Place in oven and bake for 22-27 minutes.
12. Let rest.
13. Top with some melted grass fed butter or ghee.
14. Notes: if you don't use bacon/bacon fat, add ¼ cup coconut oil, melted.

*Original recipe from PaleoOMG*

## **Cauliflower Mashed Potatoes**

### **Ingredients**

- 1 head of cauliflower
- 1-2 Russet potatoes
- 2 Tbsp. butter
- ½ tsp. salt
- 1/8 tsp. white pepper
- 1 Tbsp. chives
- 1 container plain Greek yogurt (about 1 cup)

### **Directions**

1. Wash and peel potatoes. Cover potatoes with water in a large saucepan. Bring water to boil and then turn down to medium heat and cook for 10-15 minutes. Cook long enough that you can put a fork through them.

2. Put 2-3 inches of water in the bottom of your steamer pan. Bring water to a boil and then turn down to medium to high heat. Wash and then cut cauliflower in 2-3 inch pieces. Steam for 10-12 minutes.
3. Combine potatoes and cauliflower and mash. If you have a food processor, you can get a smoother consistency.
4. Add butter, salt, white pepper, chives, and Greek yogurt. Mix thoroughly.

## Christmas Cranberry Granola

Prep Time: 10 minutes

Cook Time: 1 hour 15 minutes

Yields: (24) ¼ c. Servings

### Ingredients

- 1 cup each, Coconut Flakes, Walnuts, Pecans, Hazelnuts, Almonds, Pepitas
- ¼ cup Chia Seeds
- ¼ cup Coconut Oil
- ½ cup Unsweetened Applesauce
- 2 tsp. Cinnamon
- ¾ tsp. Himalayan Sea Salt
- ¼ tsp. Stevia Extract Powder
- 1 tsp. Vanilla
- 1 Recipe Sugar-Free Dried Cranberries (see next page for recipe & directions)

### Directions

1. In a large bowl, mix together nuts & seeds.
2. In a separate small bowl, mix together coconut oil, unsweetened applesauce, cinnamon, Himalayan sea salt, stevia, and vanilla extract.
3. Add the sauce to the nuts & seeds and thoroughly mix.

4. Line a large baking pan with parchment paper and evenly spread out granola.
5. Bake at 250 F for 1 hour and 15 minutes, stirring in 15 minute intervals.
6. Rough chop cranberries and mix with granola once cooled.
7. Store in a sealed Mason jar or container.

## Sugar-Free Dried Cranberries

Prep Time: 10 minutes

Cook Time: 8 hours

Yields: 6 servings

### Ingredients

- 12 ounces Cranberries
- ½ cup Water
- Sugar-Free Sweetener

Sweetening Options (choose 1)

- ½ tsp. Stevia Extract Powder
- ¼ tsp. Stevia Extract Powder + 4 Tbsp. NOW Xylitol, Non-GMO
- ¼ tsp. Stevia Extract Powder + 6 Tbsp. NOW Erythritol Granular

### Directions

1. In a saucepan add ½ cup water + sugar-free sweetening option.
2. To the sweetened water add 12 ounces of cranberries.
3. Stir cranberries around to coat and turn heat to medium-high.
4. Cook cranberries for about 10 minutes until they have all popped. Use the back of a spoon to pop the cranberries that are stubborn.
5. Remove from heat and let cool for 10 minutes.
6. Line a sheet pan with doubled up paper towels and then lay a sheet of parchment paper over top.
7. Spread cranberries out and dry in oven at 170 for 7-8 hours.

8. After 4 hours take cranberries out of the oven and using spatula transfer them to a new sheet of parchment paper, spreading them out some.
9. Return to oven for another 3-4 hours.
10. The cranberries are done when they are no longer wet; you choose how chewy you want them. The longer you go the chewier they are.
11. Let cool, separate and store in a sealed container.

*Original Recipe by Healthy Living How To*

## **Ginger Spice Cookies**

Prep Time: 15 minutes

Cook Time: 20 minutes

Yields: 25 (2 ½ inch) cookies

### **Ingredients**

- 2 cups coconut flour
- 1 cup finely chopped pecans
- 3 Tbsp. unsweetened shredded coconut
- ½ tsp. Stevia Extract Powder
- 2 tsp. ground cinnamon
- 1 tsp. ground allspice
- 1 tsp. ground ginger
- 1 tsp. grated nutmeg
- 1 tsp. baking soda
- 1 cup coconut milk
- 1 cup melted coconut oil
- ½ cup sugar-free vanilla syrup (DaVinci and Torani make good ones)
- 3 large eggs, lightly beaten
- 1 Tbsp. grated lemon zest
- 1 tsp. pure almond extract

- Unsweetened almond milk (optional)

### **Directions**

1. Preheat oven to 325 F, grease a baking sheet or line sheet with parchment paper.
2. Stir together the coconut flour, walnuts, shredded coconut, sweetener, cinnamon, allspice, ginger, nutmeg, and baking soda in a large bowl.
3. Whisk together the sour cream or coconut milk, oil, vanilla syrup, eggs, lemon zest, and almond extract in a 4 cup measuring cup.
4. Add the egg mixture to the coconut flour mixture and stir just until incorporated. (If the mixture is too thick to stir easily, add the unsweetened almond milk, 1 Tbsp. at a time until the consistency of cake batter.)
5. Drop 1-inch mounds onto the baking sheet and flatten. Bake for 20 minutes, or until a toothpick comes out clean. Cool on racks.

*Original Recipe from Wheat Belly*

## **Green Beans with Almonds**

### **Ingredients**

- 1 lb. green beans
- 1/4 cup slivered almonds
- 1 Tbsp. ghee

### **Directions**

1. Wash the green beans and trim ends.
2. Boil 2 cups of water in steamer pan.
3. Steam green beans for 12-15 minutes or until tender.
4. Mix cooked green beans, almonds, and ghee.

# Pumpkin Pie Smoothie Recipe

## Ingredients

- Ice
- ½ cup unsweetened, vanilla almond milk
- ½ cup pumpkin puree
- ½ banana
- 1 scoop Prograde Vanilla Protein
- Pumpkin Pie Spice – to taste

## Directions

1. Combine all ingredients and blend. Enjoy!

*Original Recipe by Fit Yummy Mummy*

# Carnival Squash

## Ingredients

- 2 Carnival squash
- 4 tsp. Ghee or Organic Butter
- Himalayan Sea Salt

## Directions

2. Cut squash in half.
3. With a spoon, scoop out seeds.
4. Add 1 tsp. of ghee or butter to each squash half.
5. Sprinkle with sea salt.
6. Roast; cut side up, on a baking sheet covered in parchment paper at 400 F for 50-60 minutes.
7. Cool and then eat from the squash bowl or scoop out contents.

## Delicata Squash

### Ingredients

- 1-2 Delicata squash
- 1-2 tsp. ghee or Organic butter per squash half
- Himalayan sea salt

### Directions

1. Wash the squash and cut in half lengthwise.
2. Scoop out the seeds with a spoon.
3. Lay the squash halves cut side down in a glass-baking dish.
4. Bake at 400 F for 25 minutes or until you can easily put a fork through it.
5. Once cooled scoop squash out and mix with ghee or butter and sprinkle with salt.

## Pumpkin Pie with Nut Crust

Yields: 6-8 Servings

### Nut Crust

Prep Time: 5 minutes

Cook Time: 15 minutes

### Ingredients

- 1 cup Almond Flour/Meal
- ½ cup Bob's Red Mill Hazelnut Meal/Flour
- ¼ cup Extra Light Olive Oil or Coconut Oil
- Pinch of Himalayan Sea Salt

### Directions

1. With a fork, mix oil with nut flour and salt until you have a "crumble-like" texture.

2. With fingers, pat crust into bottom and halfway up the sides of a 9-inch pie plate.
3. Bake at 350 F for 15 minutes or until lightly brown.
4. Must be completely cool before filling.

## Pumpkin Pie

Prep Time: 3 minutes

Cook Time: 50 minutes

### Ingredients

- 15 oz. Can Farmer's Market Organic Pumpkin
- 5 oz. Can Native Forest Organic Coconut Milk
- $\frac{3}{4}$  tsp. Ground Cinnamon
- $\frac{1}{2}$  tsp. Ground Nutmeg
- $\frac{1}{4}$  tsp. Ground Ginger
- $\frac{1}{4}$  tsp. Ground Cloves
- $\frac{1}{2}$  tsp. Himalayan Sea Salt
- $\frac{1}{8}$  tsp. Stevia Extract Powder
- 2 Large Organic Eggs
- 1 Nut Crust

### Directions

1. Mix pumpkin, coconut milk, spices and stevia together.
2. Add eggs and mix slowly just until thoroughly mixed.
3. Pour pie filling into nut crust.
4. Bake at 425 F for 15 minutes, then reduce temperature to 350 F for an additional 35 minutes.
5. Thoroughly cool and chill before serving.

*Original Recipe by Healthy Living How To*

# Raw Cookie Dough Bites

Prep Time: 15 minutes

Yields: 15 bites

## Ingredients

- 2 cups blanched almond flour
- ½ tsp. baking soda
- ¼ tsp. sea salt
- ¼ cup coconut oil (solid but soft)
- 1 Tbsp. honey
- 2 Tbsp. almond butter
- 2 tsp. pure vanilla extract
- mini dark chocolate chips
- stevia to taste, if additional sweetener is needed

## Directions

1. Whisk together the flour, baking soda, and salt in a medium bowl.
2. Combine the oil, honey, almond butter, and vanilla in a separate, smaller bowl.
3. Pour wet mixture into the dry mixture and combine well. Your own two hands do the best job of getting it all combined. If you find the mixture is too dry and crumbly, add a tablespoon of water at a time until you reach cookie dough consistency.
4. Taste, and add stevia if you prefer the dough sweeter.
5. Mix in the desired amount of chocolate chips and roll into 1 to 1 ½ inch balls.
6. Store in the refrigerator. They should keep for several days, although they tend to dry out the longer they are stored.

Notes: The more you work the dough, the more the coconut oil will melt, resulting in the balls getting greasy. Return the dough to the freezer to re-harden if this bothers you. This recipe doubles well. You can even make

these in a food processor. Just process the dry ingredients and add the wet ones once you've mixed them together.

## Sausage & Apple Stuffing

### Bread Cubes

#### Ingredients

- ¼ cup Bob's Red Mill Hazelnut Meal/Flour
- ¼ cup Bob's Red Mill Almond Meal/Flour
- ¼ cup Bob's Red Mill Flaxseed Meal
- 1 tsp. Rumford Baking Powder
- 2 pinches Himalayan Sea Salt
- 2 Large Organic Eggs

#### Directions

1. In a small bowl, scramble eggs with a whisk.
2. In a separate bowl mix dry ingredients.
3. Add eggs to dry ingredients and mix.
4. Pour into a mini-loaf pan sprayed with non-stick spray.
5. Bake at 350 F for 22 minutes.
6. Remove from oven and cool on a wire rack.
7. Slice bread into 9 slices and then each slice into 12 cubes.
8. Return to oven for 15 minutes to dry and crisp.

### Stuffing

Prep Time: 15 minutes

Cook Time: 40 minutes

Yields: 4-6 servings

#### Ingredients

- 1 lb. Fresh Ground Pork Sausage (Mild)

- 4 Stalks Organic Celery, Chopped
- ¼ cup Organic Onion, Chopped
- ½ Medium Organic Fuji Apple, Chopped
- 1 Recipe of Bread Cubes
- 2 tsp. Poultry Seasoning
- 1 tsp. Himalayan sea salt
- 4 Tbsp. Unsalted Organic Butter, Melted
- 2 Large Organic Eggs
- 1/3 cup Organic Chicken Broth

### Directions

1. Brown pork sausage with celery and onion. Drain.
2. In mixing bowl, add bread cubes, sausage, apple, poultry seasoning and salt.
3. Whisk together eggs, butter and broth then pour over stuffing. Gently mix.
4. Bake stuffing in covered casserole dish at 350 F for 30 minutes. Uncover and bake for an additional 10 minutes.

*Original Recipe from Healthy Living How To*

## Spinach & Crab Dip

Prep/Total Time: 25 min.

Yields: 16 servings

### Ingredients

- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1 package (8 ounces) cream cheese, cubed
- 1-cup (8 ounces) plain yogurt
- ½ cup grated Parmesan cheese
- ½ cup Earth Balance Olive Oil mayo

- 2 garlic cloves, minced
- 1 tsp. crushed red pepper flakes
- ¼ tsp. Himalayan sea salt
- 1 can (6 ounces) lump crabmeat, drained
- Assorted vegetables and Mary's Gone Crackers

### Directions

1. In a large saucepan over low heat, combine the first nine ingredients. Cook and stir until cream cheese is melted. Stir in crab; heat through.
2. Transfer to a serving bowl; serve with vegetables and crackers. Refrigerate leftovers.

*Original Recipe by Taste of Home, Healthy Cooking*

## Roasted Vegetable "Chips"

Potato chips are a popular salty snack and a classic favorite of many, but a typical serving of potato chips runs around 250 calories, 20 grams of fat and only 1 gram of dietary fiber. This dish combines the benefits of high-fiber vegetables while satisfying a salty, crispy craving at the same time. For only 40 calories, 0.5 grams of fat and more than 2 grams of waist-slimming fiber, you can still enjoy a salty and tasty snack without excess calories. Serve this dish in bowls during a family get together or party to give your guests a guilt-free, tasty snack to enjoy.

Yields: 6 servings

### Ingredients

- Cooking spray
- 2 medium zucchini, sliced crosswise into 1/8-inch thick slices
- 2 medium yellow summer squash, sliced crosswise in 1/8-inch thick slices
- 3 large carrots, peeled and sliced diagonally into 1/8-inch thick slices
- 1 teaspoon salt, or to taste

- 1 tablespoon oregano, or to taste

### **Directions**

1. Preheat oven to 200 F. Coat 2 large baking sheets with cooking spray.
2. Place zucchini and squash in a single layer on one baking sheet.
3. Place carrots on other sheet in a single layer.
4. Coat vegetables with cooking spray and season tops of vegetables with salt and oregano.
5. Roast for 1 hour, then rotate trays. Roast until vegetables are crisp and dry, about 30 to 60 minutes more.