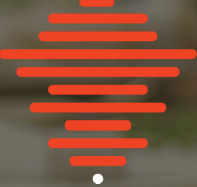


KANNA  FITNESS

# Holiday Survival Guide

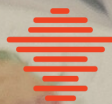
Mindset | Holiday Recipes | Portion Control | Tips





# GIVE THANKS

What are you **most** thankful for this holiday season?





# SHIFT YOUR FOCUS

## **FAMILY & FRIENDS, NOT FOOD**

If you're like most, your response probably included gratitude for loved ones, your job, hobbies, health, etc. and likely didn't involve the word **FOOD** at all, Am I right?

So why is it then, that it seems that what we eat during this time of year is always such a major focus? Sure, food can be a vehicle for bringing people together to share memories, but the shared time is the important part.

The first step to a healthier holiday season is to shift your mindset from the cookie exchanges, the feasts & office candy bowls to something more meaningful and fulfilling - like what you're most thankful for, and we may be able to avoid all the excess calories and the guilt that ensues.





# BEFORE THE EVENT



- **Drink lots of water**
- **Exercise**
- **Eat a snack**
- **Make a plan**
- **Offer to bring a healthy dish to the party**
  - **Veggies + Greek yogurt**
  - **Hummus + raw veggies**
  - **Shrimp cocktail**
  - **Fruit plate**
  - **Roasted veggies**
    - **(frozen butternut squash, mashed cauliflower or sweet potatoes are all easy, inexpensive & delicious options!)**





HOLIDAY-RELATED  
MEALS ONLY  
ACCOUNT FOR  
**10-13**  
MEALS OUT OF  
**273**  
IN NOVEMBER & DECEMBER

DON'T LET ANOTHER HOLIDAY SEASON  
PASS YOU BY WITHOUT TAKING CONTROL.

**SCHEDULE YOUR FREE INTRO**  
**[WWW.KANNA.FIT/NUTRITION](http://WWW.KANNA.FIT/NUTRITION)**



Work with an expert nutrition coach to design a plan that will work for you! You walk away with meal plans, recipes, nutrition education and so much more. Ongoing nutrition coaching is provided to help you stay on track with your goals,



Your nutrition coach is with you every step of the way! We track progress through biometric testing on an Inbody scanner to ensure clients are achieving their goals. Your plan is tweaked along the way to ensure continued progress.



Our unique program is written and backed by a registered dietitian and has helped countless clients achieve their goals.





## DON'T SKIP THE GYM

Make sure to keep your workout routine going to help you mitigate the impact of extra calories. We know that trying to out-exercise your intake completely won't work, but sticking with your workout schedule will help to create structure.

## FOCUS ON YOUR NORM

Maintaining your normal eating habits outside of parties is key! Make the days that you don't have holiday events as consistent as possible. Whether you're tracking macros, calories -- whatever it is, just stick to it! Maintaining control over the things within your control is crucial.

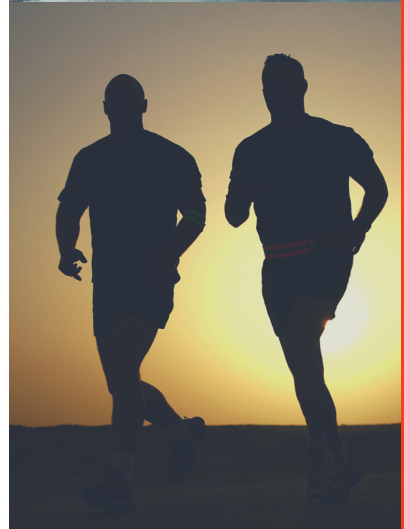
# OUTSIDE OF THE EVENTS

## STAY MOTIVATED

Many people lose motivation during this time of year due to their lack of consistency and accountability. If you're struggling to stay on track with your workout routine or eating habits, find a friend or better yet, a coach that you can check in with to help you stay on track.

## MAINTENANCE IS MANAGEABLE

Calorie restriction just isn't realistic for everyone over the holidays. Temptations are high and defenses are low. Instead of worrying about weight loss over the holidays, focus on **maintaining** *and not gaining*.







### **CRANBERRY SAUCE**

**=440 calories/cup**

**\*LOADED w/ sugar (50g carbs!)**



### **PUMPKIN PIE + WHIPPED CREAM**

**= 570 calories/slice**

**\*69g carbs + 28g fat!!**

# **DON'T UNDERESTIMATE THANKSGIVING**

**THE AVERAGE AMERICAN CONSUMES 5000-7000 CALORIES ON  
THANKSGIVING DAY, WITH DINNER ALONE CONTRIBUTING 3000.**

### **STUFFING**

**= 425 calories/cup**

**\*53g carbs + 19g fat**



### **SWEET POTATO CASSEROLE**

**= 320 calories/cup**

**\*lower-fat option but has 64g carbs!!!**





# TRIM THE FAT

- Use spray oil when cooking
- Use lower fat ingredients
- Replace oil with applesauce
- Use skim or 1% milk
- Sub egg whites (1 egg = 2 whites)
- Sub turkey or Canadian bacon for traditional
- Sub ground turkey or "extra lean" option for beef



## CHEESY HASH BROWN POTATOES

- 2 cans reduced fat cream of chicken soup
- 1 bag of 2% sharp cheddar
- 1 bag of 30oz frozen shredded hash browns
- 116oz container of 1% fat cottage cheese
- 500g shredded sweet potato
- garlic & sea salt

Blend cottage cheese until creamy.  
Shred sweet potato & combine all ingredients into a big bowl.  
Add salt & garlic as desired.  
Spread into a 9x13 pan.  
Bake at 375 degrees until bubbly

**Serves 10 - Cal 271 | Fat 7g | Carbs 33.5g | Protein 15.8g |**





# SLOW DOWN ON SUGAR



## CARBOHYDRATES = SUGAR

Our body processes all types of sugar in the same way, so don't be fooled. Whether it's coconut sugar, powdered sugar, cane sugar, etc. it will still cause an inflammatory response and can lead to disease.

- Cut 1/4 the amount of sugar from recipe (you won't notice much taste difference)
- Swap frosting for cinnamon
- Use cacao nibs for sugary chocolate chips (0g sugar, still have richness & crunch)
- Sweeten with agave -still contains sugar, but has lower glycemic index (won't raise blood glucose levels as much)

## Mini Apple Baked Crumble

- 1 apple - gala preferred
- 2 tbs. old fashioned oats
- 1/2 tbs. butter melted
- 2 tsp. whole wheat flour
- 1 tsp maple syrup
- 1/2 tsp. cinnamon

Preheat oven to 350

Combine apples and cinnamon and distribute between two ramekins

Combine oats, flour, maple syrup, & melted butter

Evenly crumble on top of each ramekin

Place in oven for 30 mins

**Serves 2 - Cal 100 | Fat 3.5g | Carbs 18g | Protein 1g |**





# HEALTHY HACKS

- Use low-fat cooking methods (grilling, baking, steaming, roasting)
- Remove skin from turkey
- Prepare gravy in advance, chill & skim fat from top
- Thicken gravy with cornstarch instead of a roux
- Add vegetables to sauces
- Dip fork in dressing vs. pouring over food
- Replace ingredients with low or reduced-fat options
- Replace half of white flour with wheat flour



## Bacon Brussel Sprouts

- 2 slices cooked, uncured bacon
- 1lb brussels sprouts, cut in half
- 2tbsp shallot, minced
- 1tbsp avocado oil
- 1tbsp bourbon
- 1tbsp maple syrup
- 1tbsp balsamic vinegar
- 1/2tsp black pepper & sea salt
- 1/2c dried cranberries
- 1/4c walnuts
- 

Preheat oven to 425; line baking sheet with parchment paper  
Combine avocado oil, bourbon, maple syrup, vinegar, salt & **pepper**.  
Pour over sprouts and toss to coat.  
Spread evenly on baking sheet.  
Roast 15 minutes, stirring halfway through.  
Remove sprouts from oven and add crumbled bacon, cranberries & walnuts.  
Roast an additional 5 minutes until walnuts are toasted and bacon is crisp.

**Serves 6 - Cal 110 | Fat 5.5g | Carbs 10.6g | Protein 4.5g |**







# OVERCOME TEMPTATION DURING THE PARTY

## DON'T DEPRIVE YOURSELF

**A healthy lifestyle is one that you can stick with, not a restrictive diet. Restricting yourself this time of year can lead to binge eating later on!**

Nothing is off limits when enjoyed in smaller portions.

- Walk through the entire spread before you make your choices so you can see all that is offered and choose what you really want
- Make your must-have selection then build your balanced plate by filling up on veggies first, some lean protein, and your tempting treat will likely be your carb. By the time you fill up on veggies+protein, you'll be too full to eat the entire serving
- Use a smaller plate. Even if you fill it up, you'll still consume less

## MITIGATE MINDLESS EATING

**You can still be part of holiday gatherings without gorging yourself.**

- Count to 10 before you pick up a cookie or finger food - ask yourself if it's something that you really want, or if it is merely convenient
- Put your fork down between bites
- Engage in conversation and don't speak with your mouth full
- Keep a water in your hand & sip after every few bites to keep your belly full
- Chew slowly & completely before swallowing, and wait to refill your fork until you've completely swallowed so that you may taste things fully
- Throw your plate away and take a 15 minute break. This will give you enough time to decide whether or not you're still hungry for seconds.





# ADD UP THE ALCOHOL

## ONE SERVING

- 12oz beer
  - 145 cal (regular)
  - 110 cal (light)
- 5oz wine:
  - 110 cal (merlot)
  - 120 cal (chardonnay)
- 1.5oz liquor (1 shot)

## COMMON DRINKS

- Martini (155 cal)
- Sangria (180 cal)
- Rum Punch (210 cal)

## DON'T FORGET!

- Filling up your wine glass all the way = 2 servings
- Cocktails loaded with juice = LOTS of calories + sugar
- Drink a glass of water between alcoholic beverages to stay hydrated

## "FAKE IT 'TIL YOU MAKE IT" MOCKTAIL

DISGUISE YOUR NON-  
ALCOHOLIC BEVERAGE WITH  
CARBONATED WATER +  
A SPLASH OF CRANBERRY  
JUICE!





# AFTER YOU EAT

- If hosting, make doggy bags for your guests with leftovers so you're not left with tons of tempting foods
- Put all food away
- Clean up & wash dishes
- Drink plenty of water
- Resist the couch!
  - Take a walk
  - Play outside
  - Play cards or games





# Enjoy The Holidays

Keep Moving

Make Your Other Meals Count

Drink Lots of Water

Try Something New

Keep Healthy Snacks on Hand

The Bennett Family Residence  
December 23, 2015 at 7:00 P







# KANNA FITNESS

Our expert coaching staff is here to help you stay on track during and after the holidays.

Schedule your free intro at:  
[www.kanna.fit/nutrition](http://www.kanna.fit/nutrition)

We look forward to meeting you!

**I LOST**  
↓ 13 POUNDS OF BODY FAT!  
**WE GAINED**  
↑ 5 POUNDS OF MUSCLE!  
**IN 6 MONTHS**



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**I LOST**  
↓ 4% BODY FAT!  
**I GAINED**  
↑ 5LBS OF MUSCLE  
**IN 9 MONTHS!**



KANNA  FITNESS

**I LOST**  
↓ 3LBS OF BODY FAT!  
**I GAINED**  
↑ KNOWLEDGE THAT LOSING WEIGHT DOESN'T REALLY MATTER AS MUCH AS LOSING BODY FAT!  
**IN 1 MONTH!**



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