



25

Healthy Choices for Holiday Feasts

Holiday feasts can be tough when you have wellness goals you are trying to conquer or maintain. When I decided to get healthy, I did so during the holiday season. Between Thanksgiving and Christmas, I ate holiday feasts and STILL LOST MORE THAN 20 POUNDS!

Here are some of my secrets I followed that holiday and beyond. They are perfect tips for those big Thanksgiving, Christmas, Easter and Independence Day feasts. I hope by sharing my healthy holiday feasting tips it can help you enjoy holiday eating without regrets!

- > **1.** Prior to a holiday feast, do an 8-day jumpstart* or 4-day reset* to gear up for the holiday feast being your “cheat day.”
- > **2.** Wake up and eat a healthy PROTEIN breakfast so you won’t be as hungry.
- > **3.** Drink an entire glass of water before the meal.
- > **4.** Wear tighter fitting clothes and a belt. Stop eating before your clothes feel uncomfortable.
- > **5.** No GRAZING while cooking or before the meal. Forgo the appetizers, crackers, cheese, etc. In fact, stay out of the kitchen or away from the dining room table pre-meal as much as you can to take away the temptations.
- > **6.** Use a small dessert plate for your meal as it holds less food.
- > **7.** Take small, slow bites: You’ll fill up faster.
- > **8.** Watch what you drink. It’s easy to rack up the calories and carbs drinking holiday drinks, wine, soda, ciders, sweet tea, beers, etc. Instead, stick to water or unsweetened tea/coffee. If you are going to drink alcoholic beverages, limit yourself to just one drink or pick low calorie/carb ones like vodka and water (or try mixing with Complete Collagen* or Trimstix*).
- > **9.** If you are going to someone’s home, bring a dish that is a healthy alternative to something else that might be there ... (ex. broccoli salad for a side dish).
- > **10.** Consider healthy alternatives to some of your dishes ... cauliflower mashed potatoes instead of regular mashed potatoes, sugar substitute in broccoli salads, fat bombs or low-carb desserts instead of the traditional pecan pie, etc.
- > **11.** Think before you eat. Is there anything you can eliminate to save calories (like butter, condiments, sauces, etc.)
- > **12.** Eliminate some of the carbs you really don’t have to have. Can you skip the roll or that mac and cheese? Pick a favorite couple dishes that you really want and skip the rest. Pass on things you really don’t want. Just skip those calories.

- > **13.** Think small portion sizes. Get what you want but stick with just a few bites of each versus a "mound" of food.
- > **14.** Eat your protein (meat) and veggies (fiber) **FIRST** so you fill up on those things.
- > **15.** Eat the healthier options – pumpkin pie versus a pumpkin bread or cake. Forgo the crusts. Eat the pumpkin out of the pie and leave the crust.
- > **16.** Limit yourself to one or two of your favorite desserts. Don't try them all.
- > **17.** Forgo seconds. Just fill up one plate then stop. You don't need second helpings.
- > **18.** When you are done eating, leave the kitchen and/or dining area. Don't stay in those places and graze.
- > **19.** Move around and talk to people. Stay busy doing things other than eating.
- > **20.** Talk to people about your wellness goals. If you talk about your healthy lifestyle, you are more likely to stick with it.
- > **21.** Make time after the feast to exercise. Go for a walk with family rather than nap in front of the TV.
- > **22.** Don't take leftovers. If you cooked, give them away. If you are at someone else's house and they offer you leftovers, politely decline. This will help get back on track the next day.
- > **23.** If you do have leftovers that aren't taken, freeze them so you won't be tempted to eat them the following day when you get back on track (especially those desserts). Then, take them out of the freezer and use sparingly as a reward when you hit milestones to celebrate or when you are traveling to help feed your family while you are away.
- > **24.** When you get unhealthy gifts this holiday season as snacks (fruit cakes, homemade candies, cookies, etc.) **REGIFT** them. Make someone else happy and stick to your own healthy habits.
- > **25.** Immediately after a holiday feast, do an 8-day jumpstart* or at least a 4-day reset* to eliminate those unwanted pounds. Start back again the very next day with **NO CHEATING!**



Incorporate our products into your holiday feasts!

- > Before the feast, consider drinking a Lean* protein shake or Complete Collagen* so you'll fill up faster.
- > Take Xyng* and/or XR2* pre-meal to curb your appetite.
- > Use Cheat* and Resist* before your meal and take Complete Digestive Aid* with your meal.
- > Drink Trimstix* before a meal to help with cravings and appetite control and drink another one following the meal to help blood sugar levels.
- > If drinking alcoholic beverages, try mixing vodka with Spryng*, Trimstix*, Complete Collagen* or Cardio* to stay low carb but still have a yummy flavor.
- > Do **NOT** skip your Gut Collective* products during the holidays! These will help you so much!
- > Take Accelerate* after your meal to boost your metabolism.

*Refers to a program or product available with the eXcel Wellness health system. For more info, get back with the person who shared this with you or email teamexcel@excelwellness.com.



Making healthy substitutions

Save yourself 1,000 calories!

Instead of eating ...

Eat ...

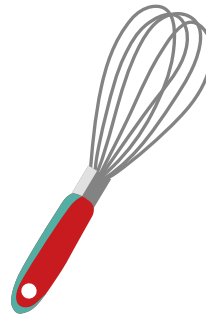
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| > 6 oz. of white & dark meat turkey | 3 oz. white turkey without skin |
| > 1/2 c. gravy | 1/4 c. gravy |
| > Green bean casserole | Steamed green beans with olive oil & garlic |
| > Candied yams with brown sugar, butter & marshmallows | Yams with less brown sugar & butter & no marshmallows |
| > 1 c. stuffing | 1/2 c. stuffing |
| > Mashed potatoes with whole milk & butter | Mashed cauliflower |
| > 1/4 c. cranberry sauce | 2 Tbls. cranberry sauce |
| > Two small dinner rolls with butter | Small dinner roll with no butter |
| > Pumpkin pie & whipped cream | Pumpkin pie with no whipped cream |



Pumpkin Pie Fat Bombs

- 1 cup coconut oil, melted
- 1/2 cup canned pumpkin
- 1/2 tsp maple extract
- 30 drops liquid stevia
- 1 tsp pumpkin pie spice
- pinch of salt
- 1/3 cup almond flour
- 2 Tbsp coconut flour
- 1/4 cup pecan pieces

1. For the topping: melted coconut oil, 1/4 cup pecan pieces. Toast in oil.
2. Mix all ingredients together.
3. Put in ice cube trays or cupcake liners and top with the toasted pecans.
4. Freeze for one hour or keep in the refrigerator.



Source: youtube.com/jacquelinewheeler

- 1 lb green beans
- 2 Tbsp butter/oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 8 oz package mushrooms, chopped
- 1 cup broth
- 1/2 cup heavy cream
- salt and black pepper to taste
- 1 tsp thyme
- 1 Tbsp coconut aminos or soy sauce
- crushed pork rinds (optional for topping)

Green Bean Casserole

1. Steam green beans.
2. Add onions, garlic and mushrooms to oil in a pan and saute for 5-7 minutes. Add broth and spices. Cover and simmer on medium low heat for 10 minutes.
3. Add cream and dump in a blender (or use immersion blender). Blend for 30 seconds to 1 minute until creamy.
4. Pour into casserole dish with green beans (you only need half the mushroom soup if only doing 1 lb green beans) and stir.
5. Bake at 350 degrees for 45 minutes. Top with crushed pork rinds if desired.

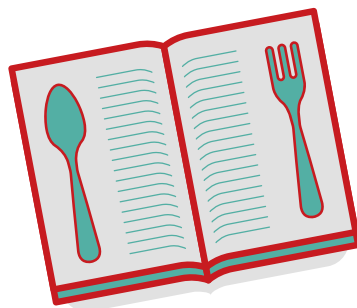


Source: Amish365.com

- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 1 cup mayonnaise
- 1 cup sour cream
- 1/2 cup erythritol
- 1/2 teaspoon salt
- 1/2 pound bacon, fried and crumbled
- 1 cup shredded cheddar cheese

Amish Broccoli Salad

1. Combine the chopped broccoli and cauliflower in a large bowl.
2. In a separate bowl, combine the mayonnaise, sour cream, erythritol and salt to make a creamy dressing.
3. Add the dressing to the broccoli-cauliflower mix, stirring to evenly coat the vegetables.
4. Stir in the bacon and the cheese, reserving a small amount to sprinkle on top of the salad just before serving.



'Sweet Potato' Casserole

- 1 large head cauliflower
- 1 cup 100% pumpkin puree
- 2 large eggs
- 4 Tbsp butter, melted
- 6 Tbsp erythritol
- 1 tsp pink salt
- 1/2 tsp vanilla extract

1. Preheat the oven to 400 degrees.
2. Chop the head of cauliflower into florets and put inside a large saucepan. Add water to submerge all the cauliflower and bring to a boil. Cook through for 20 minutes in total, until the cauliflower is fork tender.
3. Drain the cauliflower and add it to a processor. If your processor is small, you might need to puree it in batches. As you pulse, the cauliflower will work its way up the sides at which point you should stop, take off the lid and push it back down using a spatula. Do this 2-3 times until smooth.
4. Once all the cauliflower is smooth, add in the pumpkin and pulse until combined and uniform in color and consistency.
5. Add the eggs, melted butter, erythritol, salt and vanilla extract and pulse until smooth and everything is combined.
6. Pour all the mixture into a 9x13 casserole dish and bake for 20 minutes.



Source: KetoConnect.net

- 1/2 cup coconut oil
 - 1/2 Tbsp ground cinnamon
 - 1/2 cup ground pecans
 - 40 drops liquid stevia
1. Make the sauce: Add the coconut oil to a small saucepan over medium heat.
 2. Once melted, add the cinnamon, ground pecans and stevia. Combine using a spatula.
 3. Serve immediately while still hot. Note: If you don't have already pre-ground pecans, you can pulse them in a grinder or a blender or you can chop them up to your desired size.

Get in touch with us!



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