



**Beyond Personal Training**  
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

**DEC 1ST – DEC 31<sup>ST</sup>**



**Facebook Challenge:**

Every day in December I will post a challenge on my fb page “Beyond Personal Training”. To participate you must post a picture or comment in the comments section. To be eligible to win you must participate all 31 days. A winner will be drawn to receive an all-expense paid weekends to one of my retreats or a month of free health coaching.

**10 Thanksgiving Health Facts**

1. A standard Thanksgiving meal will contain anywhere from 2,500 – 3,000 calories! That’s without the appetizers or snacks that you may eat earlier in the day.
2. Turkey is a great low-fat source of protein. A 4oz serving of turkey contains approximately 32 grams of protein. That’s 65% of your recommended daily protein intake.
3. Turkey is a healthy low-fat meat but make sure to choose an organic turkey or one from a local farmer. Supermarket turkeys have often been pumped full of antibiotics and injected with saline to plump up the meat!
4. Each year, Americans eat approximately 46 million turkeys at Thanksgiving, however meat-free alternatives are gaining in popularity. In 2011, half a million Tofurky’s were sold at Thanksgiving.
5. A recent study has shown that the proanthocyanins contained within cranberries improve oral health by preventing bacteria from binding to teeth!
6. It’s commonly thought that eating turkey causes drowsiness because of the tryptophan contained in the meat, but turkey actually has comparable levels to many other meats. Many cheeses contain more!
7. Sweet potatoes contain anthocyanin and other pigments that are thought to have anti-inflammatory health benefits. Eating these yummy vegetables may help with inflammation related health problems.
8. In 2010, 2.4 billion lbs. of sweet potatoes were grown in the United States with many consumed at Thanksgiving.
9. We don’t gain as much weight as you would expect at Thanksgiving. Studies have found that you only gain on average 1 lb. during the Thanksgiving period.
10. To burn off the calories from 1 slice of pecan pie with cream, you would have to walk approximately 5.5 miles.

November 19, 2018

**Healthy Holiday Tips**

- Get a good night sleep
- Eat a Healthy Breakfast
- Don’t skip meals beforehand
- Don’t go hungry to a holiday meal
- Modify your recipes
- Bring a health dish
- Keep plate size and portions small
- It’s ok to say no and stick to your plan
- Drink mostly water & limit alcohol
- Keep to your regular exercise routine
- Make ½ your plate veggies
- Eat slowly and mindfully
- Wait 20 minutes to have seconds
- Give away leftovers or pack them in single serving Tupperware
- Talk a walk after your meal
- Focus on family not food
- Enjoy desert you deserve it!



# Fall detox Salad



## INGREDIENTS

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- 4 c Brussels sprouts, washed and stems removed
- 2 medium carrots, washed and peeled
- 1 apple, diced
- 1 large celery, diced
- ½ cup sunflower seeds
- 4 -6 tablespoons raisins
- 4 tablespoons fresh lemon juice, to taste
- ¼ teaspoon fine grain sea salt
- 4 tablespoons maple syrup

## DIRECTIONS

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Add the grate/shred blade to food processor. Turn machine on and drop in the brussels sprouts to shred. Now drop in the carrots to shred. Alternatively, you can finely chop brussels and shred carrots with a hand-held grater. Transfer to a large mixing bowl.

Stir in the diced apple, celery, sunflower seeds, and raisins into the carrot and brussels sprout mixture.

Add pepper to taste.

NOTE: Add more Maple Syrup to taste. Add 2 Tablespoons of Apple Cider Vinegar in place of lemon juice.

## Nutrition Information Per Serving

6 Servings/serving size 2 cups: 156 Calories per serving, 5.6 g Fat, 25.7 g Carbs, 5.7 g Fiber, 15.4 g Sugar, 4.5 g Protein

# Sweet Potato Casserole with Crunchy Oat Topping



Serves 12 (serving size: about 1/2 cup)

## Ingredients

- 3 pounds sweet potatoes, peeled and chopped (about 8 cups)
- 1/2 cup 2% reduced-fat milk
- 2 tablespoons unsalted butter, melted and divided
- 1/2 teaspoon vanilla extract
- 3/4 teaspoon kosher salt, divided
- 1 large egg, beaten
- Cooking spray
- 1 cup old-fashioned rolled oats
- 2/3 cup pecans, chopped
- 3 tablespoons almond meal
- 3 tablespoons maple syrup, divided
- 1 tablespoon canola oil

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## How to Make It

**Step 1** Preheat oven to 375°F.

**Step 2** Place potatoes in a large saucepan; cover with water to 1 inch above potatoes. Bring to a boil; reduce heat and simmer 6 minutes or until potatoes are tender. Drain. Return potatoes to saucepan. Add milk, 1 tablespoon butter, and vanilla; mash to desired consistency. Stir in 1/2 teaspoon salt and egg. Spread potato mixture in the bottom of an 11- x 7-inch glass or ceramic baking dish coated with cooking spray.

**Step 3** Combine remaining 1/4 teaspoon salt, oats, pecans, almond meal, and 2 tablespoons syrup in a bowl. Add remaining 1 tablespoon butter and canola oil; toss to coat. Sprinkle oat mixture over potatoes. Bake at 375°F for 18 minutes or until surface is golden. Remove pan from oven; drizzle with remaining 1 tablespoon maple syrup.

**Nutritional Information: 232 Calories, 31g Carbs, 4g Protein, 10g Fat**

# Apple, Cranberry, and Pecan Stuffing

Serves 12 (serving size: about 2/3 cup)

## Ingredients

- 12 ounces whole-grain bread, cut into 3/4-in. cubes
- 2 tablespoons canola oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1 large Fuji apple, diced (about 2 cups)
- 1 cup pecan halves, toasted and coarsely chopped
- 1/2 cup dried cranberries
- 1/4 cup chopped fresh flat-leaf parsley
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 2 cups unsalted chicken stock (such as Swanson)
- 3 tablespoons unsalted butter, melted



## How to Make It

**Step 1** Preheat oven to 400°F.

**Step 2** Arrange bread cubes on a rimmed baking sheet. Bake at 400°F for 20 minutes, stirring after 10 minutes. Place bread in a large bowl.

**Step 3** Reduce oven temperature to 350°F.

**Step 4** Heat oil in a large skillet over medium-high. Add onion, celery, and carrot to pan; sauté 6 minutes. Add apple; cook 4 minutes. Stir in pecans, cranberries, parsley, salt, and pepper. Add apple mixture to bread; toss.

**Step 5** Combine stock, butter, and eggs in a bowl. Drizzle over bread mixture; toss. Let stand 15 minutes. Spoon into a 13- x 9-inch glass or ceramic baking dish coated with cooking spray. Bake at 350°F for 25 minutes

**Nutritional Information: 230 Calories, 23g Carbs, 7g Protein, 13g Fat**