

Being Thankful

Recipes and tips to be
thankful for!





Healthy Holidays Survival Guide

We often hear that this time of year is frustrating and disheartening because of how often get-togethers with family and friends also come with buffets full of unhealthy foods and well-meaning family members encouraging us to indulge in piles of desserts. Even for the members of our community thriving in Ultrahealth, these can be difficult situations.

It is possible to enjoy the holidays for what they are meant to be—a time to create memories with our loved ones—without compromising your goals or your Habits of Health.

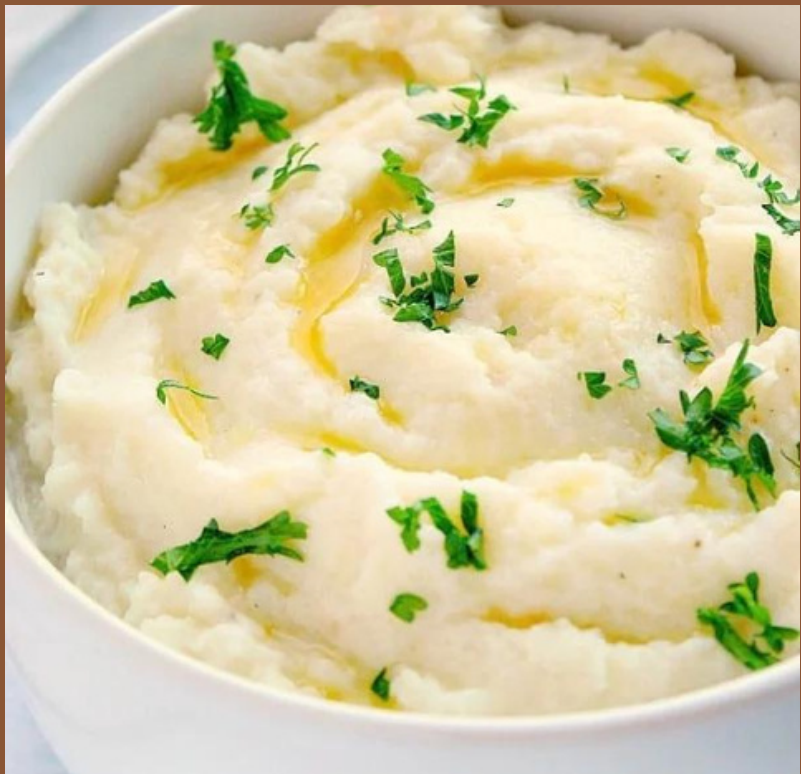
Here's how:

- **Talk to your health coach.** Your health coach has been in your shoes, and he or she will have insights into what might work best for you. This kind of support is invaluable, and you should take advantage of it.
- **Talk to your loved ones beforehand.** When grandma encourages you to have a big helping of pumpkin pie, she means well and is using food to express her love. Instead of waiting until that moment to talk to her about your health journey, reach out to her (and other members of your family) to explain what you are aiming to accomplish and why it is important to you. If you do this ahead of time, you can prevent difficult conversations in the moment.
- **Rely on the buddy system.** If you know you will be tempted to overeat or to break from your health plan, ask someone you respect to hold you accountable. When you have someone there to remind you of your goals, making the healthy choice can become easier.
- **Rehearse and visualize.** You can likely predict the kinds of challenges you will face over the holidays, so imagine the situations ahead of time and act out in your mind how you will respond. Don't feel silly (no one will ever know you did this exercise). This little bit of practice can help you to overcome the momentum of the moment.
- **Eat ahead of time and drink lots of water.** If you eat ahead of time and enter an event already feeling full, you will find it easier to say no to unhealthy foods. As the event progresses, drink lots of water, and if you have to eat more of something, eat healthy vegetables (not casseroles or veggie trays covered in dressings and cheeses).
- **Give yourself a reward for sticking to your Habits of Health.** Before you attend your first event, think of a reward you can give yourself for doing the right thing. Make it personal and meaningful. Maybe you treat yourself to a day at the spa or pick up a new outfit. What it is does not matter as long as it gives you something to look forward to.

Remember, our goal here is for you to enjoy what really matters—time with loved ones. Holidays do not have to be about food and drink, and you have the power and the ability to make that shift in your own life.

From our family to yours, Happy Thanksgiving.

Recipes you can give thanks for



We dare you to eat just one!

Ingredients

- 1 1/2 cups before cooked (3 Greens)
- 1 teaspoon olive oil (1 Healthy Fat)
- 1/8 tsp sea salt (1/4 Condiment)

Makes 1 servings: 1 1/2 cups or 3 greens, 1 healthy fat and 1/4 Condiment

Baked Zucchini Chips



Directions

1. Preheat oven to 200 degrees.
2. Line a large baking sheet or two small baking sheets with parchment paper.
3. Spray lightly with cooking spray.
4. Place zucchini slices in a single layer on parchment paper.
5. Bake for 3 1/2 to 4 hours until desired crispness, turning zucchini slices occasionally.
6. Eat and enjoy!

Hold the bread, not the flavors



Cauliflower Breadsticks

Ingredients

- 1 cup raw grated cauliflower or 100 grams (2 Greens)
- 1/4 cup egg substitute *you are able to add up to 2 oz of additional protein per Nutrition Support 1 cup shredded or 4 oz 2% light mozzarella, divided (1 Lean)*
- Garlic salt and Italian seasonings, to taste
- Marinara Sauce
- 1/2 cup Italian diced tomatoes - less than 5 g of carbs per serving (1 Green)
- You can also use Walden Farms Marinara Sauce, but 1/4 cup is considered to be 2 condiments and is not a vegetable.

Makes 1 servings. 1

Complete Lean and Green Meal, No Healthy Fat Required

Directions

1. Puree Italian diced tomatoes in a small chopper. Set aside.
2. Preheat oven to 350.
3. Mix cauliflower, 1/4 cup egg substitute, and 3 oz or 3/4 cup shredded mozzarella together in a bowl until combined.
4. Line a 9 x5 loaf pan with parchment and lightly spray with Pam.
5. Pour mixture into pan about 1 -1/2 inch deep. (It is okay if the mixture does not cover the entire pan).
6. Bake at 350 for 30 min or until set.
7. Lift the edges of the parchment and place bread with parchment on to cookie sheet.
8. Carefully use a spatula to lift the edges of the dough off the parchment.
9. Take out of oven and with a pizza cutter, slice strips through set dough. Separate slightly.
10. Sprinkle with garlic salt, Italian seasonings and 1 oz or 1/4 cup 2% reduced fat mozzarella or three cheese blend.
11. Continue baking at 450 degrees for about 10 more minutes until cheese is melted.
12. Serve with marinara sauce.

Potato, Potatoe? Its all cauliflower anyway

Ingredients

- 1 ½ cup cooked cauliflower (3 greens)
- 2 Light Laughing Cow Cheese Wedges (1 Healthy Fat)
- 1/16 tsp salt (1/4 condiment)
- 1/8 tsp pepper (1/4 condiment)

Directions

1. Combine all ingredients in a bowl and use a hand mixer and mix until creamy.
2. You can also use a food processor for this.
3. Eat and enjoy!

*You can substitute 1 Tablespoon reduced fat cream cheese for the laughing cow cheese-1 condiment. All your greens and ½ condiment and 1 Healthy Fat. If desired you can use McCormick Brown Gravy 30% less sodium packet.

1 teaspoon dry mix is 1 condiment and 1 Tablespoon of dry mix is 3 condiments.



**Mashed
Cauliflowers**

Can't have Thanksgiving without the turkey

Herb-roasted Turkey



Ingredients

- 1 lb (16 oz) boneless turkey breast, raw - 2 cups celery, chopped
- 1 cup sliced mushrooms
- 2 Tbsp onion, diced
- 1 tsp poultry seasoning
- 1/2 tsp ground black pepper
- 1/2 cup low-sodium chicken broth
- 1/2 tsp onion & garlic powder
- 2 tsp canola oil, butter, or trans fat-free margarine

Per serving: (3) Green (vegetable) servings, and one (1) Healthy Fat serving) and two (2) optional condiments.

Directions

1. Preheat oven to 350° F.
2. Place turkey breasts in medium roasting pan. Sprinkle equal amounts of poultry seasoning, black pepper, onion powder, and garlic powder on turkey breasts.
3. Place celery, onions, and sliced mushrooms around turkey breasts.
4. Pour chicken broth and oil (or butter/trans fat-free margarine) into roasting pan.
5. Roast for 45-60 minutes or until internal temperature of turkey breasts reaches 170° F.
6. If cooking turkey breasts with skin on, remove skin prior to eating.

Don't get stuffed on the stuffing!

Ingredients

- 2 tbsp. oil (or 3 tbsp. butter)
- ½ cup green onion chopped
- ½ cup celery, chopped or thinly sliced
- 2 ½ cups cauliflower, chopped
- 1 cup chopped mushrooms
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper - ¼ cup freshly chopped parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage
- ½ cup vegetable or chicken broth

Makes 3 servings. Per servings: 2 healthy fats, 2 condiments

Directions

1. In a large skillet over medium heat, melt butter.
2. Add onion, and celery and sauté until soft, 7 to 8 minutes.
3. Add cauliflower and mushrooms and season with salt and pepper.
4. Cook until tender, 8 to 10 minutes more.
5. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid.
6. Cover until totally tender and liquid is absorbed, 15 minutes.
7. Serve.



**Cauliflower
Stuffing**

Green Beans for the win!



**Green Beans
Almondine**

Ingredients

- 1-1/2 pounds raw green beans, trimmed
- 4 Tbsp almonds, slivered
- 2 Tbsp butter
- Salt and pepper to taste

Serves 4. Each serving counts as three (3) Green servings and two (2) Healthy Fat servings.

Per serving, (approximately 1-1/2 cups each): 1 Serving with 3 Greens, 1.5 Condiments, 1 Healthy Fat and 1 Optional Snack Serve with a Leaner (no additional Healthy Fat required) or Leanest Lean (1 additional Healthy Fat required)

Directions

1. Sauté almonds in butter until lightly browned; be careful not to burn.
2. Steam green beans.
3. Toss with almonds and season with salt and pepper before serving.

A complete meal for everyone!

Ingredients

- **Turkey**
 - 2 ½ -3 lb. bone-in turkey breast
 - 4 tsp canola oil
 - ¼ tsp paprika
 - 1 tsp fresh thyme leaves
 - ¼ tsp each or less: salt & pepper
 - 1 cup chicken broth
- **Mushroom Gravy & Green Beans**
 - 2 oz. cremini mushrooms, sliced thin
 - 1-2 sprigs thyme
 - 1 tsp psyllium husk powder
 - ¼ cup chicken broth
 - 2 cups green beans
- **Cauliflower Stuffing**
 - 2 cups cauliflower florets
 - 2 scallions, trimmed and minced
 - ½ cup diced celery 1 tsp poultry seasoning
 - 1 tsp fresh thyme leaves, chopped
 - 1 tbsp fresh sage leaves, chopped
 - ¼ cup fresh parsley, chopped

Yield: 4 servings Complete Lean & Green Meal: 1 leaner, 1 healthy fat, 3 green, 3 condiments Total
Time: 45 minutes



Instant Pot Turkey with Mushroom Gravy & Cauliflower Stuffing

Directions

1. **Turkey:** Rinse and pat dry turkey breast. Combine oil, paprika, thyme, salt, and pepper. Rub herb mixture over turkey and set aside. Add 1 cup of chicken broth to Instant Pot with trivet. Place seasoned turkey in trivet, breast side up. Secure lid, push manual mode, and adjust time for 5 minutes at high pressure. When Instant Pot beeps, naturally release pressure. Open the lid and remove turkey. Carefully remove and discard skin on turkey.
2. **Mushroom Gravy & Green Beans:** Add the mushrooms, sprigs of thyme, psyllium husk powder, and chicken broth to Instant Pot. Before securing lid, place green beans in steamer basket and insert into Instant Pot. Push stew mode and adjust time for 10 minutes. When Instant Pot beeps, naturally release pressure.
3. **Cauliflower Stuffing:** Preheat oven to 425°F. Combine all stuffing ingredients and mix well. Spread cauliflower mixture evenly onto a lightly greased baking sheet, and roast 15 to 20 minutes or until caramelized yet tender.
4. **To serve:** Slice turkey and measure out six ounces per serving. Serve with mushroom gravy, stuffing, and green beans.

Who needs pumpkin anyway?



**Baked Kabocha (Crustless
"Pumpkin" Pie)**

Ingredients

- 2 cups roasted kabocha squash (4 Greens)
- 1/4 cup unsweetened cashew or almond milk (1/4 Condiment)
- 2 egg whites
- 1/2 tsp ground cinnamon (1 Condiment)
- 1/2 tsp pumpkin pie spice (1 Condiment)
- 1/2 tsp maple or vanilla extract (1/2 Condiment)
- 1 packet NuStevia (1 Condiment)
- 28 Walnut halves (4 Snacks)

4 Servings with 1 Green, 1 Condiment and 1 Snack (optional) per Serving

Directions

1. Prepare kabocha:

- a. Preheat oven to 400 degrees. Line a baking pan with non-stick foil. If the skin is too tough to cut place kabocha in the microwave for 1 to 2 minutes. Spoon out all the seeds. You can cut or peel the skin off before baking, but I found it easier to peel after baking. Do whatever you prefer. Cut the squash into wedges. Lay the wedges on the prepared pan. Spray the wedges with non-stick cooking spray. Bake for 30 minutes. Flip the squash over. Spray with cooking spray. Bake for 10 to 15 minutes or until it is cooked. Let cool. Once cooled, peel or cut off the skin with a knife. Normally I eat the skin when roasting but for this particular recipe, I like to remove the skin for a smoother richer taste. Measure out 2 cups of cooked squash, without the skin. Use the rest of the squash for another time.

2. To make pies:

- a. Preheat oven to 425 degrees. Spray 4 ramekins with non-stick cooking spray. Add 2 cups of squash, without the skin, and the rest of the ingredients, except walnuts to the blender. Blend until smooth. Pour mixture into ramekins. Bake for 15 minutes. Reduce heat to 350 degrees. Remove ramekins from oven and evenly distribute the walnuts on top of each ramekin. Bake for an additional 25 minutes.

These revolution rolls are a revelation!

Ingredients

- 3 eggs at room temp (1 Lean)
- 3 tablespoons light cream cheese at room temp (3 Condiments)
- A pinch or 1/16 tsp cream of tartar (you can use white vinegar or lemon juice as a substitute)
- 1 packet splenda (1 Condiment)

Makes 6 Rolls or 3 servings.
*** 2 Rolls is 1/3 Lean and 1.33 Condiments**

Revolution Rolls



Directions

1. Preheat oven to 350 degrees.
2. Separate egg whites from egg yolks, putting whites in one bowl and yolks in another bowl.
3. Add cream of tartar (or vinegar or lemon juice) to whites.
4. Beat whites on high until stiff peaks form. Set aside.
5. Add cream cheese and splenda to yolks. Whisk yolk mixture until blended. Gently whisk yolk mixture into whites being careful to not over mix and make the whites fall.
6. On a cookie sheet lined w parchment paper, make six equal sized blobs, not touching.
7. Bake at 350 for 30 to 35 minutes (Mine cooked in 25 minutes).
8. They are good warm, but awesome cold and can be toasted without problem! Freeze the leftovers in plastic wrap or individual sandwich bags or keep them in the fridge for up to 5 days in a large ziploc bag. Toast them to make them crispy again!

Don't forget the jicama



**Baked Cinnamon Jicama
(Apples)**

Ingredients

- 1 cups jicama peeled and cubed or you could slice them thin (6 Greens)
- 3 tbsp light Land O' Lakes Butter with Canola Oil, melted (3 Healthy Fats)
- 1/4 tsp apple pie spice (1/2 Condiment)
- 1/4 tsp ground cinnamon (1/2 Condiment)
- 3 packets stevia in the raw (3 Condiments)
- Toppings:
- 1 tbsp Walden Farms caramel syrup (1/2 Condiment) 2 tbsp Fat Free Reddi Whip (1 Condiment)

3 (1 cup) servings with 2 Greens (still need 1 more Green such as 1/2 cup broccoli or 1 cup lettuce), 1.8 Condiments and 1 Healthy Fat per serving

Directions

1. Preheat oven to 350 degrees.
2. Line a cookie sheet or baking pan with non-stick foil.
3. Mix jicama with melted butter in a medium sized bowl.
4. Add cinnamon, apple pie spice, and stevia stirring until combined.
5. Pour on to foil lined pan.
6. Cover with foil. Bake for 20 minutes.
7. Uncover and bake an additional 15 minutes.
8. The jicama will not get completely soft when baking. Expect to have a slight crisp center when eating and a slightly sweetened taste. Enjoy!

Just like grandma used to make, minus all the butter

Ingredients

- ¼ C. Reduced Fat Shredded Cheddar Cheese (1/4 Lean) - 9.52 oz. Green Beans, I used Frozen (2 greens)
- 5.5 oz. White Button Mushrooms sliced, I used Fresh (1 green)
- 4 Tbsp. Reduced Fat Sour Cream (1 cond)
- 1 Tsp. Fresh Minced Garlic (1/2 cond)
- 3 Tbsp. Non-Fat Plain Greek Yogurt (1/2 cond) - 2 Tbsp. Grated Parmesan Cheese (1 cond)
- Cooking Spray (healthy fat)

Makes 2 servings with: 1/4 Leaner, 3 Greens, 3 Condiments, 1/2 Healthy Fat

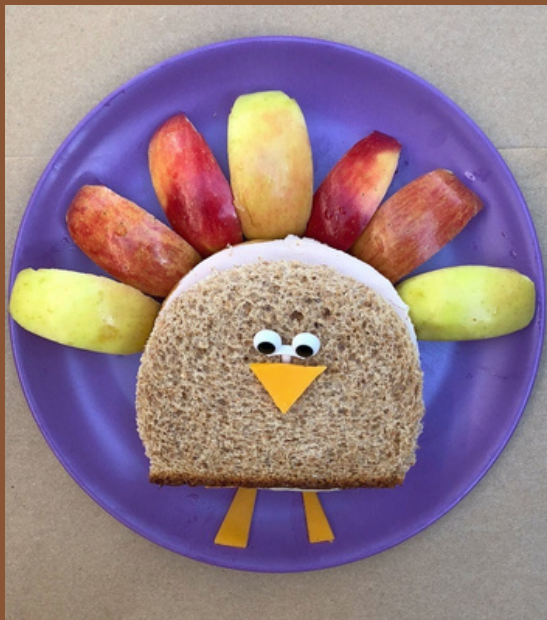
Healthier Green Bean Casserole



Directions

1. Preheat oven to 350.
2. Microwave green beans according to package directions and let them cool.
3. In a lightly greased skillet at medium heat cook the mushrooms and garlic until tender or brownish (about 3-5 minutes) once cooked let them cool.
4. Meanwhile, combine greek yogurt and light sour cream in a small bowl.
5. Toss gently the cooled vegetables with the mixture until evenly coated.
6. Add the cheddar cheese and toss again until well combined.
7. Spread veggies into a lightly greased baking dish, top with parmesan cheese and bake until topping is golden brown (30-35 minutes).
8. Enjoy!!!

Tinkerbean



**Fun Snacks
For the Kids!**



Appetizer Ideas for Adults





Can you add 10 minutes of standing to your day?

Most estimates suggest that the average American spends 12 hours a day sitting, which means if you are getting your recommended 8 hours of sleep—and I hope you are—you might be spending more than 20 hours a day completely sedentary. Similar studies suggest that a sedentary lifestyle is the fourth leading cause of mortality, accounting for up to 3.2 million deaths per year (Learn more at JustStand.Org and check out their sources).

If you think about what a person's day might consist of: A long commute (sitting), a desk-based job (sitting), a long commute home (sitting), an exhausted few hours on the couch to de-stress from the day (sitting) before going to sleep. Even if you have scheduled time for exercise, such as an hour in the evening to hit the gym, your day is still largely spent almost entirely immobile.

Some physicians have gone as far as to call sitting the new smoking because of how many health problems a life spent mostly sitting can create. In the Habits of Health world, however, we focus on what you stand to gain by adopting a Habit of Health to replace this Habit of Disease. In short, if you can stand more and sit less, you can potentially add years of vibrant health to your life, enjoy a more energetic lifestyle, and move toward a healthy weight.

The simple act of standing burns more calories by activating more muscles, promotes better posture, and can improve circulation.

Here are some ideas for finding more opportunities to stand:

- **Fix your commute.** If you can adjust your schedule to miss traffic (perhaps by going in earlier or later), you can cut back on your drivetime. Many members of our health community have gone as far as to entirely reframe their careers with their new view on health, finding jobs closer to home in part to reduce their commutes.
- **Set an alarm to stand for 10 minutes each hour.** Instead of sitting at your desk for hours on end, set a reminder to get up and move. If you can, take a brief walk to the water cooler or stand as you take a few phone calls. These minutes add up, and each one counts.
- **Consider a standing desk.** Some workplaces are now providing standing desks as an optional benefit, making what used to be a significant investment more accessible. If you aren't able to purchase a standing desk for yourself, ask your boss if the company can provide assistance in getting you one.
- **Adjust your leisure time at home.** There is nothing wrong with enjoying a movie or a television show, but when sitting on the couch is your primary leisure activity, something is wrong. Look into more active hobbies—even a simple walking routine is a big boost for your health—or mix activity into your television viewing by walking on a treadmill or doing yoga while you enjoy your shows.
- **Start small and work your way up.** Though I'd like to see you add a few hours of standing to your daily routine eventually, if you can begin by adding an extra 10 minutes each day, you can continue growing that number steadily over time.

Remember, every bit of activity counts, and this straightforward adjustment to your lifestyle could be the beginning to a vibrant lifestyle change. Stand up, and start to stand out.



Holidays are for Family

Many of us—living our hectic 9-to-5 lives, racing from the office to soccer practice and crashing into our couches for another sleepless night of television when the day is finally over—are lost in the frantic momentum of modern life. Deep down, we want to do the right things for ourselves and for our loved ones, but all too often we are influenced by advertising and by pop culture.

It is not hard to see how we might end up believing that the holidays are about gorging on food and getting mountains of gifts. In fact, this phenomenon is so powerful, that every year we hear from clients about how their friends or family members were offended that they were eating healthy during the holidays.

In any other context, an argument over not eating pumpkin pie would sound silly, but the holidays have become so intertwined with the idea of overeating that these spats have become completely normal, so normal in fact that we write holiday survival guides (you're reading one) to help people cope with the challenges of making healthy choices during this season.

Holidays are for family, and we practice the Habits of Health so that we can enjoy as many of these moments with our loved ones as possible. That's what drives me, and I know that the same feelings drive the coaches and clients I work with.

The change starts with you. If you have reorganized your life around what matters most to you, you can share that experience with those close to you. You don't go to Christmas dinner for the food. You go to Christmas dinner to connect and reminisce and make memories. You go to Christmas dinner to be with the ones you love because no amount of food or gifts can fill you with a sense of purpose or contentment the way that they can.

Your actions can do much of the talking for you, but sometimes verbalizing it is equally powerful: "Gram, I appreciate that you made this for me, but I'm working on my health because I love you and want to share as many of these holidays with you as I possibly can. I'm here because I was to spend time with you."

STAY THANKFUL



***FOR ACHIEVING
YOUR GOALS!***