



## *Tips for avoiding the seasonal 7!*

The holidays are coming! The holidays are coming! We hope you will enjoy the next two months but have a plan to stay fit! You don't want to waste your progress with your weight loss & fat loss by eating too much and exercising too little during the next 2 months!

There's plenty of ways to enjoy the holidays and still "get in" your exercise. And, you can "reasonably follow" your meal plan (at least 90% of the time) and still indulge enough of holiday goodies not to feel denied! How? Here are our tips to help you navigate through the holiday minefield:

1. Get the heart pumping! Do some type of cardio exercise daily. If you can't make it to the gym, take a brisk 20-30 minute walk. As a matter of fact, walk as much as you can all the time. Take the stairs instead of the elevator. Keep yourself as active as you can by being conscious of your choices.
2. Take advantage of the holiday season and use heart-healthy spices like cinnamon, peppermint and ginger to flavor food (instead of high-calorie, fattening sauces and dips). We've got some great holiday recipes that are low in calories and high on flavor to share with you!
3. Keep your regular workout schedule at least 90% of the time during the holidays. If you skip too many workouts, your "downslide" starts to happen fast and the weight can pile on in a hurry! Don't let a good year of workouts "go to pot" during this 2-month holiday stretch! You can easily put on 10-12 pounds if you're not careful, (the average holiday weight gain in a whopping 7.7 lbs)....or, you could maintain the weight loss and fat loss you've worked so hard to attain. Good workouts can cover a lot of eating mishaps!
4. Be sure to keep your daily food journal during the holidays---don't let November and December become one long eating binge.

5. Stay in contact with your coach during the holidays. Accountability is key! That's why we're taking an extra focus on planning ahead for the season! Knowledge is power- but powerless without implementation!
6. Remember, alcohol has calories too---7 calories per gram to be exact. Those liquid calories are just as fattening as that fudge, so take care to be mindful of every glass of wine or hot toddy you down!
7. Drink lots of water and drinks like unsweetened tea. Limit sugary drinks! The more hydrated we are the less hungry. Fill up on fluids and keep drinking throughout the day!
8. Go easy on the food condiments and other sauces. Many of these condiments are loaded with unhealthy fats and calories!
9. This rule always applies to any day---if it's fried, let it slide!



**Plan ahead for the  
Party Season!**

### **1. Never Arrive Hungry**

This is rule #1. Too many times we try to “save up” for those parties by eating less during the day. Skipping meals will only leave you ravenous at the buffet. Combine that with a drink and the rationalization that you “saved up” for the event and you’ll most likely store enough calories to feed yourself for the winter. Storage isn’t pretty.

### **2. Divert Your Attention**

Too many of us forget that there's more to a holiday party than food. Don't look at the party

as just a food event; enjoy your friends' company or dancing. Focus on something other than food. Chatting is a great diversion. Take your mind off of food and focus on the conversation.

### 3. Pace Yourself

Have you ever tried telling yourself you'll only eat during the first half hour of a party? This strategy could be a mistake. If you cram in as much as you can in half an hour, you chew faster. Chewing more slowly will fill you up with less food. Try munching at a leisurely pace, this puts you in control.

### 4. Count Your Helpings

When there are great treats, it's easy to lose count of how many you eat. Keep track by stashing a toothpick in your pocket for each one. Set a limit and stick to it.

### 5. Outsmart the Buffet

When dinner is served buffet-style, use the smallest plate available and don't stack your food; limit your helpings to a single story. Go for the simplest foods on the buffet. Fresh fruits and vegetables and shrimp cocktail are good choices. Watch out for sauces and dips.

### 6. Be Choosy About Sweets

When it comes to dessert, be very selective. Limit your indulgences to small portions and only what is very sensual to you. If it's going to have calories, it has to be what you like most. For me, it's cheesecake or chocolate. Make sure that what you're eating tastes really good and is "worth it" to you. Don't eat dessert or extra servings just because they're there, and don't eat things you can eat anytime.

What about sampling several desserts? What if you only take a tiny bite of each one? You have to know yourself. Some people can eat one bite of something and stop. I am not good at that myself. If you know you're the type who can't stop at one bite, you're better off taking a small portion of a single dessert than piling your plate with several treats you plan to "try."

### 7. Limit Alcohol

Here we go again. Avoid drinking too much alcohol at holiday parties. It's not just about - calories but about control. If you drink a lot you, won't have as much control over what you eat.

If you feel out of place without a drink, try sipping water or club soda, so you have something to carry like everyone else.

The bottom line during the holidays is to do it one meal at a time, one day at a time ... even one hour at a time. **And celebrate every minute you stay on track.**



**Give yourself a gift. Stay focused.**

#### **Put things into perspective.**

Take out a calendar and circle the days you think might present extraordinary challenges, and you'll see that there are a lot more opportunities to be on track than there are obstacles. With that in mind, it will feel more reasonable to expect success.

#### **Identify your expectations.**

Ask yourself what you want to achieve. **Would you like to continue to lose weight?** Would you be happy to maintain? Or were you expecting to sit on the sidelines and start things up again in January? If you know what you're aiming for, you'll be better able to set a clear path.

#### **Say goodbye to guilt.**

If you're ready to maintain, or even prepared that you may gain a little, don't feel guilty. Instead, take contro. If you outline your limits, you won't feel like you're starting over in January.

#### **Find ways to make it work.**

There are lots of options for overcoming obstacles while staying on plan, and you practice them all year long. So why not use them during the holidays? Most of us will eat some not-so-great items. But as long as you counterbalance with exercise and keep an eye out for over-indulgence, you should be good.

#### **Don't avoid the scale.**

Even if you feel like there's been a major slip-up, don't say, 'I'll clean it up and weigh myself next week. Stay aware of your stats, and you'll be able to make adjustments so you meet your goals.

#### **Ask for help.**

You're not the only one heading toward the holidays with weight loss in mind. We're here as a community to help you navigate this time. You are not alone!

## Tina's Favorite Autumn Recipes (all from Weight Watchers)

### Butternut Squash Soup

Nice and simple: a puree of squash and apples with just a hint of fall spice. Serve hot, chilled or at room temperature.



#### Ingredients

- 4 cups vegetable stock
- 12 oz butternut squash, peeled and cut into 1 -1 ½ inch cubes
- ½ large vidalia onion, cut into 2 inch cubes
- 1 small apple peeled and cut into 2 inch cubes
- ½ tsp salt or to taste
- ½ tbs black pepper or to taste
- ½ tsp ground nutmeg or to taste

**POINTS® Value: 0**  
Servings: **12**  
Preparation Time: **10 min**  
Cooking Time: **10 min**  
Level of Difficulty: **Easy**

#### Directions

In a large stock pot, combine broth, squash, onion and apple; cover pot and bring to a boil over high heat. Uncover pot and reduce heat to low; gently simmer until squash is very tender, about 10 minutes.

Puree soup in pot using an immersion blender (or puree in a regular blender in batches, careful not to splatter hot liquid). Season with salt, pepper and nutmeg; serve. Yields about 1/2 cup per serving. Garnish with chopped mint.

### Butternut Squash Fries

A great alternative to deep-fried potatoes. These fries are slightly sweet, slightly spicy and oven-baked for a nice roasted flavor.



#### Ingredients

- 3 sprays olive cooking spray
- 1 lb long neck butternut squash, peeled and seeded, cut into 16 ¾ inch strips
- 1 tbs salt or to taste
- ½ teasp chili powder or to taste

**POINTS® Value: 1**  
Servings: **4**  
Preparation Time: **10 min**  
Cooking Time: **18 min**  
Level of Difficulty: **Easy**

#### Directions

Preheat oven to 450°F. Coat a baking sheet with cooking spray. Arrange squash fries on prepared baking sheet and sprinkle with salt and chili powder; liberally coat with cooking spray. Roast, turning until desired crispness, about 14 to 18 minutes.

## Individual Pumpkin Custards

### Ingredients

1 lb canned pumpkin (not pureed)

### Custard Seasoning

4 lg eggs

4 lg egg whites

½ cup fat free milk

½ cup fat free evaporated milk

2 tsp splenda or truvia sweetener

2 tsp vanilla extract

1 tsp ground cinammon

### Topping

2 cups fat free yogurt (Greek preferred)

2 tsp splenda or truvia sweetener

½ tsp vanilla extract

½ tsp ground nutmeg

½ tsp ground cinammon

½ tsp ground cloves

### Directions

Preheat oven to 325°F.

To make custard, spoon pumpkin into a large bowl; whisk in custard seasonings.

Place eight 4-ounce ramekins on a rimmed baking sheet; fill each ramekin about 3/4 full with custard. Bake for 20 minutes. Check for doneness by inserting a knife in center of a custard – if it comes out clean, custards are finished. If not, bake for 5 minutes more and check for doneness again; repeat until cooked through. Remove from oven and let cool on a wire rack.

Meanwhile, combine topping ingredients in a medium bowl; mix well and set aside.

When custards are cool, top each with about 1/4 cup of yogurt mixture; serve. Yields 1 custard per serving.

*You can make the custards one day in advance and store them in the refrigerator. Top with yogurt mixture just before serving.*



**POINTS® Value: 2**

**Servings: 8**

**Preparation Time: 10 min**

**Cooking Time: 20 min**

**Level of Difficulty: Easy**

# TIPS FROM YOUR COACHES

## Lisa

*“Eat your dinner before heading to the office or family holiday parties! Those gingerbread cookies & fudge won't be quite so irresistible if you are full before you get there! And while you are mingling, munch on raw veggies (easy on the dip) instead of the chips and sweets. Most parties include a veggie plate. You won't feel totally deprived, and you won't derail your eating plan. And, you will feel so proud of yourself the next morning because you didn't blow it and stayed strong!!”*

## Matreena

### Low Fat Cream of Pumpkin Soup

#### Ingredients:

- 1 tbsp olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 1 tsp cumin
- 3 cups fat-free, low sodium chicken or vegetable broth
- 1 15-ounce can pumpkin
- 1 12-ounce can evaporated fat-free milk
- Freshly ground Black pepper to taste

#### Preparation:

Heat oil in a large saucepan over a medium heat. Add onion and garlic and cook until softened. Stir in curry powder and cumin and cook for 1 minute. Add chicken broth and pumpkin. Reduce heat to low and simmer for 20 minutes. Add evaporated fat-free milk and cook for 2 minutes.

Transfer soup to a blender and blend until smooth. A spoonful of plain low fat yogurt can be swirled in just before serving.

Serves 6      Per Serving: Calories 112    Calories from Fat 25    Total Fat 2,7g (sat 0.5g)  
Cholesterol 2mg    Sodium 101mg    Carbohydrate 15.6g,    Fiber 2.9    Protein 6.1g

## Sarah

*“The only thing I know what to do during the holidays is moderation! It is that simple, you eat like a pig you will look like a pig!”*

## KATHY

Take a tip from the Old South and eat something before you go to a holiday party so you don't overindulge while there (remember Scarlett O'Hara being forced to eat yams before the party?)

### LEMON RICE WITH PEPITAS AND PEPPERS

1/4 c minced shallots  
2T olive oil  
1 c basmati rice  
2 c chicken broth (may substitute vegetable broth)  
1 t lemon zest  
2 1/2 T lemon juice  
1/3 c chopped fresh cilantro, basil, mint, or a mix of all 3  
1 t finely minced garlic  
1/2 c diced red onion  
1/2 c diced red bell pepper  
1/3 c lightly toasted pepitas, pine nuts or cashews

Saute the shallots in 1 T olive oil until soft but not brown. Add the rice and continue to saute for about 2 - 3 minute more. Add the stock and bring to a boil. Reduce heat and cover and continue cooking until the liquid is absorbed (about 14 minutes). Remove from the heat and let stand, partially covered for 5 minutes. Gently fluff the rice and pour into large bowl. Add lemon zest, herbs, garlic, onion, pepper, pepitas or nuts and remaining olive oil. Stir together and serve immediately.

Only 110 calories per 1/2 cup serving and it's gluten free!

## KRIS TUCKER

Don't sit near buffet tables, candy dishes and cookie-laden platters. Excuse yourself from the dinner table when you've finished eating. Keep your mouth busy by talking with friends and family. Chew gum or suck on a sugarless breath mint to prevent picking. Enjoy club soda with a twist before/instead of a cocktail to limit alcohol consumption.

Here's a baked apple recipe for sweetness and nutrition at the same time:

### Baked apples with spiced honey

A slightly more elaborate variation, with a lovely fruity sauce.

#### Serves 4

Preheat the oven to 350F/180C/gas 4.

Put 300ml (1 ¼ cups) apple juice, 4 tbsp dark honey, 1 cinnamon stick, 4 cloves and 1 split cardamom pod into a small pan, bring to the boil, stir and simmer for 2 minutes.

Peel, halve and core 4 large eating apples, place cut side uppermost in an ovenproof dish and pour over the syrup.

Bake for about 30 minutes or until fruit is soft.

Serve with greek yogurt.

## KRIS PURVIS

Here is a GREAT recipe for an easy granola - it's awesome and easy to make!! I have sent it to all my LSS clients already. Also, suggest to people that they eat BEFORE going to a holiday party so they are not starving when they get there.

### Nutty Granola

Prep Time: 10 min

Inactive Prep Time: 30 min

Cook Time: 30 min

Serves 9 (1/2 cup) servings



#### *Ingredients*

- Cooking Spray
- 3 cups old-fashioned oats
- 1/2 cup chopped raw, unsalted walnuts
- 1/2 cup chopped unsalted almonds
- 1/2 cup chopped unsalted pecans
- 1/2 cup maple syrup
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/2 cup raisins, optional

#### *Directions*

Preheat the oven to 300 degrees F. Spray a large baking sheet with cooking spray.

In a medium bowl combine the oats, nuts, maple syrup, salt, cinnamon and the raisins, if using. Spread the mixture onto the baking sheet and bake until golden brown, stirring occasionally, about 30 minutes. Transfer the sheet to a cooling rack and let cool completely. Store in the refrigerator in an airtight container.

**Cara** “Wear snug fitting clothing, it keeps you from overeating.”

## Healthy Oatmeal Cookies

3 cups oat flour  
1/2 cup oatmeal  
1/2 cup whole wheat flour  
1 cup Sucanat (granulated cane juice)  
1 cup shredded coconut  
3 tsp baking powder  
1 tsp salt  
1 cup chopped walnuts  
1 cup raisins  
4 tbs water  
2 tsp vanilla extract  
1/2 cup raw honey  
1 16oz can pineapple

Preheat oven to 350 degrees F. In large bowl, combine all dry ingredients. In blender, mix water, vanilla, honey and pineapple. Add to above contents. Drop by spoonfuls on to non-stick baking sheet, bake for 10-12 minutes

**Remember the HALT strategy:** Before you eat, ask yourself whether you are eating because you are

**H** (hungry)

**A** (angry or anxious)

**L** (lonely)

**T** (tired)



If you are, pause and make a mindful decision about what you are doing. Our bodies reflect the choices we make. Good ones.

And... the other ones...

**Happy Holidays!**