

A VERY FESTIVE EDITION OF

COACHED BY KELS



# Holiday Guide

The holiday season is about sharing time with loved ones, celebration, and happiness, don't stress yourself out and let food anxiety control your holidays!

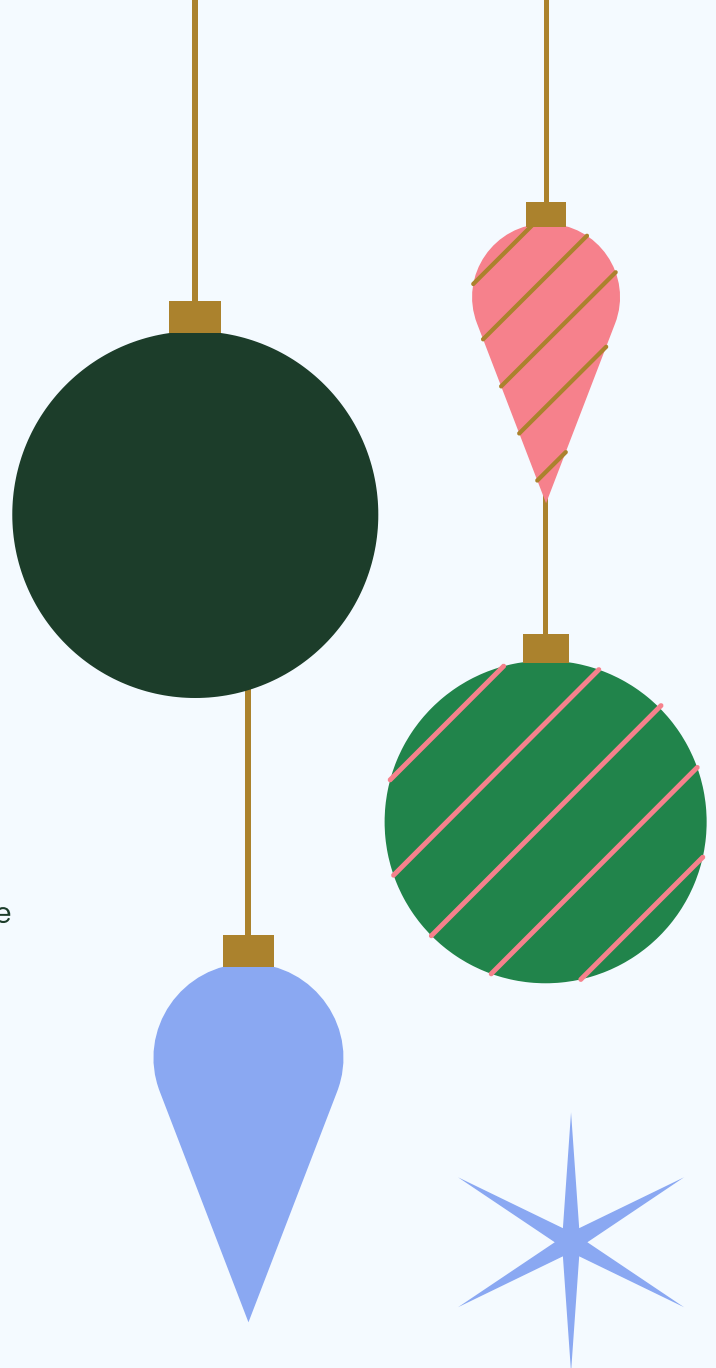
You've worked so hard for the progress you have and you don't want to lose it over the holidays, am I right?! Well, you don't have to!

This guide will help you navigate the holidays guilt free while still enjoying yourself and the yummy food!

Instead of obsessing over food this season, practice mindfulness and body movement. Do it because you want to not because you feel like you must or will feel guilty if you don't!

Enjoy your holiday and know that you don't have to lose your progress in order to have fun and eat well this year!

**What's your favorite holiday tradition?**



# Why are the Holidays so tough?

## **1: Family can be stressful, alcohol can fix that...**

- Find your trusted person! My husband and my aunt are my go-to's when I start feeling the stress! Who grounds you?
- Get sleep, this way you wake up rested and regulate your cortisol better.
- Always have a non-alcoholic drink ready for yourself!



## **2: SO many options of all your favorite foods!**

- Browse all options before fixing a plate, what do you really want to enjoy?
- Prioritize lean proteins and veggies on your plate first.
- Take small portions of foods and realize you can go back for seconds... if you want.
- Wait 15 minutes and drink some water before going back for seconds.
- Don't track? If it causes an excessive amount of anxiety then follow the above steps and don't track. Remember holidays are about connection and time together not hitting your macros perfectly!

## **3. No one in my family exercises when we're all together and we spend most of our time sitting around together and not moving!**

- Prioritize your steps! Walk 30 min a day, take the dogs out or find someone you want to connect with!
- Make a plan to workout x amount of times per week! It may be less than normal but that's okay, going in with a plan gives you a higher chance of sticking with it.
- Do at home workouts! This can be a good break for your body anyway from the gym. Body weight circuits are effective, require no equipment, and can be done ANYWHERE!





# 8 At Home Circuits



## 1: Yes We Cran

- 1/2 Mile Jog
- 50 Air Squats  
x 4 Rounds



## 2: I Pecan't Even

- 100m Sprint  
x 10 Rounds



## 3: Oh, deer.

- 30 Air Squats
- 20 Push-ups
- 15 Lunges/Leg
- 1 Minute Plank Hold
- 1 Minute Rest  
x 6 Rounds



## 4: Sleigh Queen, Sleigh

- 1 Pushup, 1 Air Squat, 1 Crunch
- 2 Pushups, 2 Air Squats, 2 Crunches
- 3 Pushups, 3 Air Squats, 3 Crunches

Continue going up one each round until you reach 20 of each



## 5: Resting Grinch Face

- 30sec Max Burpees
- 15sec Rest  
x 8 Rounds



## 6: Yule Be Tired

- 30 Sec Side Plank/Side
- 15 Air Squat
- 15 Mountain Climbers/Side
- 15 Leg Lifts  
x 4 Rounds

## 7: Elf Tricks

- Chair Dips
- Glute Bridge
- Close Arm Push-Up
- Kang Squats



## 8: Around the World

- 300m Run
- 100m Walking Lunge  
x 4 Rounds



:45 Sec Work, 15: Sec Rest  
x 4 Rounds



# Macro Friendly Recipes

## Roasted Veggies: 6 Servings

- 2 Cups Broccoli
- 1/2 lb Cups Brussel Sprouts, halved
- 2 Carrots, peeled, sliced
- 2 Cups Cremini Mushrooms
- 1 Red Onion, quartered
- 1 Bell Pepper, large diced
- 2 tbsp Olive Oil

Roast at 425 degrees F, for 40 min flipping halfway through

Per Serving: 88 Cal, 11g Carb, 2g Pro, 5g Fat

## Green Beans & Almonds: 6 Servings

- 1lb Green Beans
- 6 Garlic Cloves, chopped
- 1/4C Slivered Almonds
- 1 tsp Salt
- 1/4 tsp Pepper
- 1 tbsp Olive Oil

Heat olive oil in skillet over medium heat. Add the almonds and garlic, cook for 2 min, then add the green beans and cook for 10-12 min until soft. Add the salt and pepper, stir, and then serve.

Per Serving: 77 Cal, 6g Carb, 2g Pro, 5g Fat

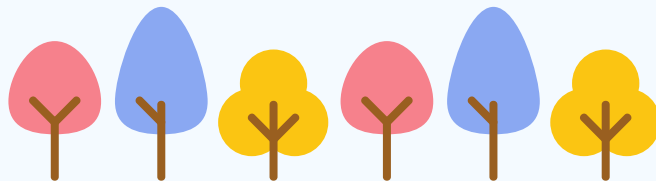
# Macro Friendly Recipes

## **Mashed Cauliflower: 6 Servings**

- 6 Cups of Kale (~170g)
- 4 Cups of Butternut Squash (~400g)
- 1/3
- Salt & Pepper to taste

Peel and cube the butternut squash. Preheat the oven to 400 degrees, toss the squash, honey, cinnamon, salt and pepper together. Spray sheet with non-stick spray and roast the squash for 25-30 min. Mix greens, pomegranate, and feta together. Top with squash and serve!

Per Serving: 115 Cal, 20g Carb, 5g Pro, 3g Fat

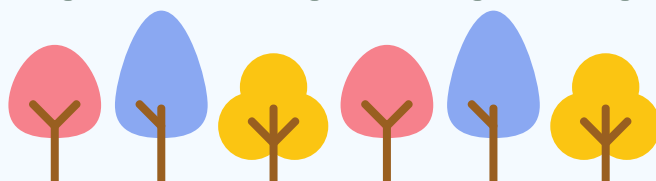


## **Sweet Potato Casserole: 6 Servings**

- 2 Large Sweet Potatoes (~665g)
- 1/2C Almond Milk
- 1 tsp Cinnamon
- 1tsp Vanilla
- 1/2tsp Salt
- 2tsp Ghee

Peel and cube the sweet potatoes. Boil potatoes for approx. 30 min or until fork tender. In a small pot place all other ingredients in a small skillet and heat until warm. Add everything to a blender or use a masher until combined. Place in serving dish sprinkle with more cinnamon!

Per Serving: 130 Cal, 27g Carb, 1g Pro, 2g Fat



# Macro Friendly Recipes

## **Fall Squash Salad: 6 Servings**

- 6 Cups of Kale (~170g)
- 4 Cups of Butternut Squash (~400g)
- 1/3 Cup Diced Apple
- 1/2 Cup Feta Cheese (~60g)
- 2 tbsp Honey (~30g)
- 1/4tsp Cinnamon
- Salt & Pepper to taste

Peel and cube the butternut squash. Preheat the oven to 400 degrees, toss the squash, honey, cinnamon, salt and pepper together. Spray sheet with non-stick spray and roast the squash for 25-30 min. Mix greens, pomegranate, and feta together. Top with squash and serve!

Per Serving: 115 Cal, 20g Carb, 5g Pro, 3g Fat

## **Deviled Eggs: 6 Servings (2 halves)**

- 6 Eggs
- 1/2 tsp Mustard Powder
- 1/4 Cup Non-Fat Greek Yogurt
- 2tbsp Mayonnaise
- 1/2tbsp Dijon Mustard
- Salt and Pepper to taste
- Paprika for garnish



Hard boil the eggs then peel them. Cut the eggs in half and place the yolks in a bowl. Combine other ingredients (besides the paprika) and mix thoroughly. Divide the filling evenly between egg whites and sprinkle the paprika on top as garnish.

Per Serving: 96 Cal, 2g Carb, 6g Pro, 7g Fat

# Macro Friendly Recipes

## Pumpkin Pie Bars: 12 Servings

### Crust

- 2 Cups Almond Flour
- 1 Cup Pecans
- 2 tbsp Coconut Sugar
- 4 tbsp Coconut Oil

### Filling

- 15 Oz Canned Pumpkin
- 2 Eggs
- 1/3 Cup Coconut Sugar
- 1/4 Cup Maple Syrup
- 1 1/4 Cup Canned Coconut Milk
- 2 tsp Vanilla
- 2 tsp Pumpkin Pie Spice
- 1 1/2 tbsp Tapioca Flour
- 1 tsp Cinnamon
- 1/4 tsp Salt

Preheat the oven to 350 degrees and grease a 9x13 pan. Place pecans in a food processor and pulse until it's little pieces. Add the remaining crust ingredients and process until a dough forms.

Press it into the pan and bake for 12 min.

Mix together all filling ingredients and then pour onto the crust.

Bake for 35 min until the middle sets.

Per Serving: 288 Cal, 21g Carb, 6g Pro, 20g Fat



# Macro Friendly Recipes

## Apple Pie Bars: 8 Servings

### Filling

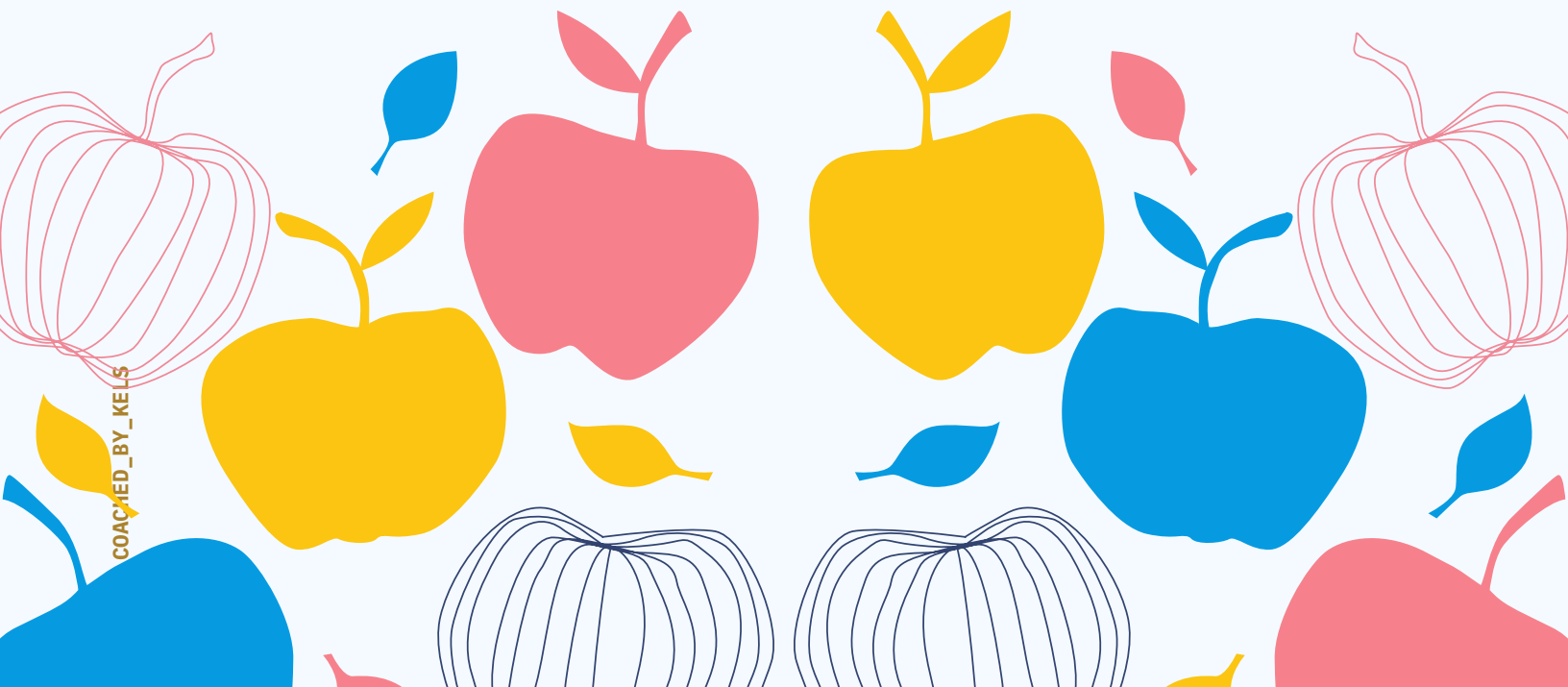
- 6 cups (~770g) - Granny Smith is the classic pie choice
- 2 tbsp Cornstarch
- 2tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4tsp Salt
- Squeeze of lemon juice

### Topping

- 1 Cup Old-Fashioned Oats
- 2 tbsp Flour
- 1 tsp Cinnamon
- 2 tbsp Maple Syrup
- 1 1/2 tbsp melted Unsalted butter

Preheat the oven to 350 degrees, spray and 8x8 pan with nonstick spray. Mix together oats, flour, and 1tsp cinnamon. Make a well in the middle and pour in the syrup and butter then mix. Dice and toss the apples with cornstarch, cinnamon, nutmeg, salt, and lemon. Spread the apples evenly in the pan, then sprinkle the topping over. Bake for 50 min and then cool for 3 hours before serving.

Per Serving: 139 Cal, 27g Carb, 1g Pro, 3g Fat





# Cooking Substitutes

## Instead of...

## Try...

- 1 Cup of Butter → • 1 Cup Avocado OR Applesauce
- 2 Eggs → • 1 Banana
- 1 Cup Oil → • 1 Cup Greek Yogurt
- Crackers/Crostinis → • Cucumbers
- Mashed Potatoes → • Mashed Cauliflower
- Pasta → • Spaghetti Squash OR Zucchini Noodles

