

A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Holiday Helpers

Tips and Recipe Revisions for the Holidays

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Who can benefit from these tips? Every single one of you!

No matter what you're attempting to accomplish in the coming months, how & what you eat will greatly affect the outcome. The holidays can be challenging times as well as emotional times. They're certainly not the easiest time for making food choices that will **enhance your productivity, mental acuity, energy, stamina & last, but not least, weight management**. And yet, this is precisely the time when you need and want those benefits the most. You want to feel your very best so you can enjoy whatever comes your way. Here are some *Tips and Recipe Revisions* to help you be successful in the coming months, both at work and at play.

Planning ahead is a way of "COPING"

Don't skip any meals! "Saves-ies" NEVER works! You ALWAYS end up starved and eating more! Try to maintain BALANCE in your life: 3 meals a day... a good night's sleep... adequate lean protein.

Eating at someone else's home?

Provide for yourself!

Offer to bring something that will provide you with ample complex carbohydrates, which you're not likely to find at the table. Bring a GIANT salad. Include high fiber foods like beans & chickpeas. Make it colorful. Add apples, grapes and olives.

Eating at your home?

Break tradition with "RECIPE REWRITES"

CORNBREAD

Replace cornbread with cranberry muffins. Substitute ½ butter with applesauce, ½ sugar with Splenda, ½ flour with oat flour. Increase the cranberries.

SWEET POTATOES

Variation of your "traditional" recipe

- ◆ Serve baked sweet potato halves sprinkled with cinnamon & Splenda. Sprinkle with dried cranberries.
- ◆ Switch from regular marshmallows to miniatures and cut the amount in 1/2.
- ◆ Reduce the butter and brown sugar by 1/2.
- ◆ Use baked sweet potatoes, rather than canned (no syrup... more fiber).

CRANBERRY SAUCE

- ◆ Prepare cranberry relish, instead. Coarsely chop fresh cranberries, oranges, apples and raw walnuts in food processor, **or...**
- ◆ Make a Jell-O mold with sugar free cranberry Jell-O, mandarin oranges, walnuts, ground fresh cranberries.

VEGETABLES — HARVEST MEDLEY

Trim fresh broccoli and fresh cauliflower down to just the crowns. Steam until semi-soft (approx. 4 min in microwave with 2 Tbsp water). Cook baby carrots the same way. Arrange in a decorative manner on large platter. Sprinkle slivered almonds and dried cranberries on top.

PUMPKIN PIE

- ◆ Substitute condensed evaporated skim milk.
- ◆ Reduce sugar by half, replace other half with Splenda.
- ◆ Use sugar free, fat free Reddi-Whip on top.
- ◆ *Crust variation:* Spray glass pie pan with cooking spray. Sprinkle graham cracker crumbs to coat pan. Add filling mixture and bake.



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