

# HOLIDAY CLEAN EATING KIT

## WELCOME

Sometimes we can overdo it during the holidays. Even though you vow to keep things in moderation, it's sometimes impossible when you are hanging out with family and friends, eating (and drinking) pretty much during the whole month of December. It's totally cool to enjoy the holidays, but keep in mind to return to balance as quickly as possible. That way you'll be able to move through the holiday season happy, healthy and with a GLOW.



## 4 Simple Clean Eating Steps

**1. Hydrate.** Typically you will be dehydrated after a big celebration. Wake up to a room temperature glass of water with lemon. Also, make sure you drink half your body weight in ounces. I suggest filling up your water bottle and sipping it throughout the day.

**2. Get green the morning after.** If you overindulged the night before, you will probably wake up craving sugar and simple carbs. Your blood sugar level has dropped dramatically and your body wants another sugary treat. Fight the craving and fill up on healthy proteins and something green to cleanse. Greens will give your liver a rest and supercharge your system with antioxidants. Green powders like barley and wheat grass are effective detox tools for the day after. They help clean out the system. Mix the powder with water and down it twice during the day. Making a green smoothie can also help with hangovers. **Here's my go-to-after-party drink:**

### Banana Kale Smoothie

- 4-6 kale leaves (including stems), torn into pieces
- 1 frozen banana
- 1 Tbsp. raw almond butter
- 2 cups of unsweetened almond milk (plain)

Blend and drink up! (makes approx. 16 oz)

**3. Juice It Up!** You can also drink a fresh juice to give yourself a pick me up or to aid in recovery after a big night. **Here's one that is great for hangovers or feeling bloated:**

### Recovery Juice

- 2-3 carrots
- 1 apple (quartered)
- 1 orange (peeled)
- 1 Tbsp. fresh parsley (an effective diuretic and aids digestion)

Juice all ingredients. Drink up! (makes approx. 16 oz)

**4. Eat this cleansing breakfast to cure the "day after" simple carb craving:**

### Power Boost Cereal

**Ingredients:** If you double the ingredients, cereal keeps for up to 1 week in an airtight glass jar in the fridge.

- ½ cup cooked quinoa
- 1 Tbsp. coconut oil
- 1 tsp. ground cinnamon
- 1 ounce of sliced almonds
- 1 Tbsp. of flaxseed
- Dried fruit (cranberries)
- 1 cup coconut milk

**Directions:** Mix the ingredients in a bowl. Add coconut milk and cranberries if you wish.

Serves 2

**Prep:** Make the quinoa prior to assembly. Look at package directions for cooking and use rice cooker for no fuss.

## REMEMBER

Don't use the holiday season as an excuse to splurge on your eating habits and skip workouts. Be creative with your time and stick to your routine as much as possible. Make sure you enjoy your favorite foods, and don't waste time beating yourself up about it. Enjoy and strive for the 80/20 guideline: 80% of the time, eat healthy and clean and the rest, let go, enjoy and move forward.

Putting healthy practices in place will help you enjoy the holidays even more; less guilt, less stress, and more balance.

Here's to a happy, healthy and GLOWING holiday season!

# HOLIDAY CLEAN EATING KIT



## More Holiday Recipes (Clean + Sexy Style)

### Italian Stuffed Portobello Mushrooms

**Ingredients:**

1/2 cup extra virgin olive oil  
2 Tbsp. of balsamic vinegar  
2 garlic cloves, minced (2 tsp.)  
4 large Portobello mushroom caps

**Filling:**

2 Tbsp. breadcrumbs (Gillian's Gluten-Free brand)  
2 Tbsp. extra virgin olive oil  
1 yellow onion, chopped (1/2 cup)  
6 sun-dried tomatoes, sliced (get the oil-packed ones)  
2 garlic cloves, minced  
12 oz. of fresh spinach leaves  
2 oz. rice mozzarella, chopped

Serves 2-4.

**Directions:**

**Mushrooms:** Preheat oven to 350 degrees F. Whisk together oil, vinegar, and garlic in bowl. Brush mushroom caps with mixture and place on baking sheet. Roast for 20 minutes. Drain on a paper-towel lined plate.

**Filling:** Toast breadcrumbs on baking sheet for 2 minutes then set aside. Heat oil in skillet over medium heat. Add onion, saute for 5 minutes. Add sun-dried tomatoes plus garlic and sauté for 1 minute. Add spinach and cook for 3 minutes until spinach is wilted. Stir in "cheese" and cook for 2 minutes. Spoon filling into mushroom caps and top with toasted breadcrumbs. Serve.

### Festive Avocado Bruschetta

**Ingredients:**

1 Tbsp. lemon juice  
1 Tbsp. red wine vinegar  
1 clove garlic, minced  
1/4 tsp. sea salt  
1/2 tsp. red pepper flakes  
1/2 tsp. dried oregano  
1/4 tsp. pepper  
1 Tbsp. extra virgin olive oil  
1/2 Tbsp. dried cilantro  
1/4 cup chopped fresh parsley  
2 avocados, peeled, pitted and cubed  
6 -12 1/2 inch slices of gluten free bread (Udi's brand)

**Directions:**

Combine lemon juice, red wine vinegar, garlic, salt, red pepper flakes, oregano, and black pepper in a small bowl. Whisk in olive oil, and then add cilantro and parsley. Fold in avocados. Spoon avocado mixture onto toast slices and serve.

Serves 4-6.

### Tangy Cranberry Sauce

**Ingredients:**

1 1/2 cups of fresh cranberries  
1 apple (a sweeter one will be best), peeled, cored, and chopped  
1 small orange, peeled and chopped  
1/2 Tbsp. of raw honey  
1/4 tsp. sea salt

**Directions:**

Pulse all ingredients in a food processor until combined but a little chunky.

Serves 4-6

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## More Holiday Recipes (Clean + Sexy Style)

### Holiday Stuffing Recipe

#### Ingredients:

1 loaf of gluten-free bread, cut into 1-inch cubes (4 cups)  
1/2 cup pecan halves  
4 Tbsp. extra virgin olive oil  
1 medium-sized yellow onion, diced  
2 cloves of garlic, diced  
3 fresh sage leaves, chopped  
1 tsp. fresh rosemary leaves, chopped finely  
2 stalks celery, chopped  
2 tsp. sea salt  
1 tsp. freshly ground black pepper  
1 1/2 cups vegetable stock  
1 red apple, chopped into cubes  
Sea salt and pepper to taste

#### Directions:

Preheat oven to 350 degrees. Spread bread cubes evenly on a large cookie sheet. Toast until the bread cubes have browned, about 15 minutes, using a spatula to flip the cubes halfway through. Remove from oven and set aside to cool.

In a large skillet, toast pecan halves over medium heat for 2 minutes. Pecans are done when they have turned a darker shade of brown. Remove from heat and set aside.

Over medium heat, warm olive oil in a large skillet. Add onions and saute for 3 minutes. Add garlic, sage, rosemary, and celery, and saute for an additional 3 minutes.

Add sea salt, pepper and bread cubes and mix well. Pour in vegetable stock mixing until bread cubes are coated. Remove from heat and allow to soak for 5 minutes. You can mix to stir in more absorption.

Next fold in apple chunks and toasted pecans. Pour the stuffing mixture into a 9-by-13-inch pan. Bake uncovered for 30 minutes. Sea salt and pepper to taste. Serve.

Serves 6-8.

### Gluten-Free Gravy with Herbs

#### Ingredients:

2 Idaho potatoes, peeled and quartered  
8-10 button mushrooms  
2 carrots, cut into chunks  
2 celery stalks, cut into chunks  
1 medium-sized onion, cut into eighths  
1 garlic clove, minced  
1 Tbsp. extra virgin olive oil  
1 Tbsp. tomato paste (organic) 1/2 tsp. dried parsley  
1/2 tsp. dried thyme  
1/2 tsp. dried rosemary  
1 bay leaf  
1 tsp. freshly ground pepper

#### Directions:

Preheat oven to 400 degrees F. Place 1 quartered potato in a Dutch oven with mushrooms, carrots, celery, onion, and garlic. Toss with olive oil. Roast for 25 minutes. Transfer Dutch oven to stove top and stir in tomato paste and 6 cups of water. Add the herbs, bay leaf, and pepper. Bring to a boil. Simmer uncovered for 20 minutes.

Strain liquid and put the solid scraps aside. (You can use them for future stews and soups. Just put in container and freeze for when you are ready). Put broth and the remaining potato in a pot and simmer for 20 minutes or until potato is super soft and liquid is reduced to 2 cups. Blend liquid with potato and strain the gravy through a fine-meshed strainer. Season with sea salt and pepper.

Makes 2 cups. If you are having a party of 4 or more double the recipe.

It also reheats well so you can make it a few days ahead of time.

\*I like to use fresh herbs so try for 2 sprigs of each one instead of dried.

\*If you wish to skip making the homemade vegetable broth, buy a healthy organic one at the natural food store.

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## More Holiday Recipes (Clean + Sexy Style)

### Gingerbread Cookies

**Ingredients:**

1 cup Earth Balance butter  
1 cup maple sugar (granulated)  
Egg replacer equivalent to one egg (do not add water, just the powder)  
1 cup molasses  
4 cups flour (gluten free all purpose flour; Bob's Red Mill brand)  
1Tbsp. ground ginger  
1 tsp. ground cinnamon  
1 tsp. ground cloves  
2 Tbsp. coconut oil

**Directions:**

In a large bowl, cream the "butter" and sugar. Mix in the egg replacer and molasses. Set aside. In a bowl, mix the dry ingredients. Add the dry to the wet ingredients and place in refrigerator overnight.

Preheat the oven to 375 degrees F. Coat cookie sheet with coconut oil. Remove the batter from the refrigerator. Roll out ¼ inch thick cookies on a floured surface. Cut into holiday shapes. Bake for 6 minutes. Remove from oven and cool. Serve.

Makes 12-18 cookies.

### Snickerdoodles

**Ingredients:**

2 cups, fine ground almond meal  
2 Tbsp. coconut oil  
1/4 cup raw honey  
1 Tbsp. vanilla extract (GF)

**Coating:**

2 Tbsp. ground cinnamon

**Directions:**

Preheat oven to 350 degrees F.

In a medium sized bowl, combine dry ingredients and mix well.

In a separate bowl, mix together the oil, honey and vanilla. Add the liquid ingredients to the dry and mix until combined.

Using a melon baller, scoop out the dough, and then gently form into a ball. Roll in the cinnamon. Place the balls of cookie dough on a parchment lined baking sheet.

Use your hands to flatten each cookie.

Bake for 8 minutes. Cool for 10 minutes. Serve.

Makes 18.

### Choco Truffles

**Ingredients:**

4 oz. cacao or dark chocolate (70% cocoa)  
¼ cup coconut oil  
1 tsp. almond extract  
¼ cup cocoa powder

**Toppings:**

cocoa powder, shredded coconut or chopped hazelnuts

**Directions:**

Heat chocolate, oil, almond extract, and 2 Tbsp. of water in a saucepan until melted. Transfer into an 8 inch baking dish and cool in refrigerator for 1 hour. Using a 1 inch melon baller, scoop out chocolate mixture and transfer to baking sheet lined with parchment paper. Roll chocolate into balls and coat with cocoa. Refrigerate for 10 minutes and top with coconut or hazelnuts.

Makes 16.

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## More Holiday Recipes (Clean + Sexy Style)

### Holiday Bubbly

#### Ingredients:

1-2 oranges, peeled and pitted  
3 carrots  
1/2 inch fresh ginger root  
1 cup sparkling wine, champagne  
(try for organic brand like Brut Rose Cuvee de la Pompadour  
by Domaine Carneros)

#### Directions:

Juice carrots, oranges and ginger root.  
Mix in the sparkling wine.  
You can also add gingerale or seltzer for a "nada" version.

Serves 1.

### "Egg"nog

#### Ingredients:

2 1/4 cups almond milk  
1/2 cup raw cashew butter (raw almond will work, too)  
2 Tbsp. maple syrup  
1 tsp. ground nutmeg  
1 tsp. ground cinnamon  
2 Tbsp. bourbon, rum (optional)

#### Directions:

Blend all ingredients in a blender on high. Serve cool or warm  
gently before serving.

Serves 4-6.

# HOLIDAY CLEAN EATING KIT

## HOLIDAY BOOZE GUIDE

Best  
Good  
OK  
Worst

ALCOHOL TYPE	CALORIES	BEST CHOICE	
WINE	Champagne	4 oz. serving contains about 90	Brut Brut Natural Extra Dry
	White Wine	5 oz. serving contains about 125	Sauvignon Blanc Pinot Grigio
	Red Wine	5 oz. serving contains about 125	Pinot Noir Cabernet Syrah
CLEAR HARD LIQUOR	Silver Tequila	1.5 oz. serving contains about 100	Tequila & fresh squeezed lime
	Vodka	1.5 oz. serving contains about 100	Sea Breeze
	Rum	1.5 oz. serving contains about 100	Rum w/seltzer, lemon, & lime juice
	Gold Tequila	1.5 oz. serving contains about 100	Tequila & soda
DARK HARD LIQUOR	Whiskey	1.5 oz. serving contains about 100	Dry Manhattan
	Brandy	1.5 oz. serving contains about 100	Sidecar
	Liqueurs	1.5 oz. serving contains about 135	Mudslide
MALT BEVERAGES	Beer	Light beers vary, but usually about 100 for a 12 oz. serving  Higher alcohol content beers can go up to about 250-300 for a 12 oz. serving	Pale Ale Stout
	Flavored	About 200-250 for a 12 oz. serving	Apple Ciders

# HOLIDAY CLEAN EATING KIT

Happy New Year

I like to kick off my year with a simple whole foods cleanse because it's a great way to hit the reset button after the holidays. I invite you to join me for the [winter cleanse](#).

After the craziness of the holiday season, why not give yourself the gift of good health for the New Year. PLUS, get the accountability and support to actually achieve your New Year's resolutions. Join me and a group of positive and supported, like-minded women who are ready to kick off their New Year with a healthy start.

Since it's natural to cleanse each season, you can join me for a year of clean eating and establishing consistency with good habits. If you want a program for the year, check out [Clean + Sexy Community and Detox](#).

Read more about the [Clean + Sexy membership >>>](#)