

CLEAN + SEXY

HOLIDAY MINDFUL EATING

KIT

Support for Everyday Mindfulness *(expert from Buddha's Brain)*

- Slow down
- Talk less.
- When you can, do just one thing at a time. Reduce multitasking.
- Focus on your breath while doing daily activities.
- Relax into a feeling of calm presence with other people.
- Use routine events- such as the phone ringing, going to the bathroom, or drinking water- as “temple bells” to return to you to a sense of centeredness.
- At meals, take a moment to reflect on where your food came from. For example, if you were focusing on the apple you have for a snack. Imagine the apples growing on a tree and being picked, stored and taken to a market, all before arriving on your plate. Maybe even think about the grower who helped. Think about who was involved... how connected to the Source you are.
- Simplify your life; give up lesser pleasures for greater ones.

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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 one 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.



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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 Recipes Clean + Sexy Style

Here are some clean holiday recipes for you and your guests:

*all gluten-free and plant-based

<http://wholehealthdesigns.com/2016/11/holiday-recipe-round-up-guide/>

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HOLIDAY BOOZE GUIDE

	ALCOHOL TYPE	CALORIES	BEST CHOICE
Best ----- Good ----- OK ----- Worst	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	