

ENJOY THE HOLIDAY'S {without the weight gain}

FOCUS ON ***FOUR***

- 1. Eat before you go.** Never go to the party or celebration hungry. This may sound like a sure way to **gain** weight, but filling up on fruits, vegetables, nuts, and yogurt (protein foods) will prevent you from overeating.
- 2. Plan what you would like to "splurge" on.** If you want a piece of pie, plan for a small piece and **enjoy** it.
- 3. HYDRATE, a lot.** Water really does help keep you full and prevents eating out of boredom.
- 4. Exercise.** Walk it off. Push play on a workout DVD or YouTube video. Dance to music while decorating or cooking. Find an extra 10-30 minutes. No excuses!

Holiday Honeycrisp Salad Recipe

{Serves 8-10 people}

Ingredients

1/2 cup extra-virgin olive oil or canola oil
1/4 cup apple cider vinegar and apple juice or apple cider
2 to 3 tablespoons honey
1 tablespoon lemon juice
Salt and pepper to taste if desired
3 Honeycrisp apples, thinly sliced
Juice of 1/2 lemon
12 ounces salad greens
1 cup pecan halves, toasted or candied
3/4 cup dried cranberries or dried cherries
4 ounces crumbled blue cheese



Instructions

1. To prepare Apple Cider Vinaigrette, measure oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt, and pepper into a mason jar and mix.
2. Place apple slices in a large plastic baggie and squeeze the fresh lemon juice over them. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of Apple Cider Vinaigrette and toss until salad ingredients are evenly coated.

15 Minute **Holiday** Workout

60 seconds each//No Rest//No equipment

1. High Knees
2. Jump Squat
3. Sumo Squat
4. Isometric Sumo Squat
5. Alternating Lateral Lunges
6. Speed Skater
7. Plank
8. Mountain Climber
9. Burpee
10. Push-up
11. Burpee Push-up
12. Walking Plank
13. Inchworm Push-up
14. Right Side Plank Dips
15. Left Side Plank Dips

For more info:

<http://greatist.com/move/quick-no-rest-workout>

A Spoonful of Nutrition from the Dietitian - Dec 2016

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