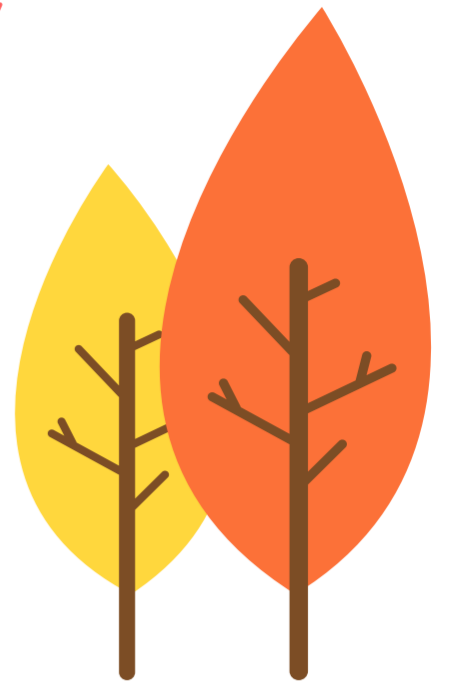
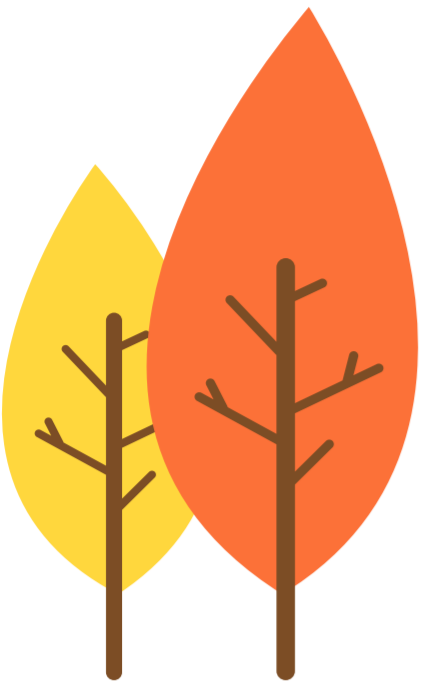


Easy Guide to a

Happy, Healthy Thanksgiving

Innovative Health & Fitness



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2016

About Me!

Hi! I'm Kristin McConnell! I am so glad you are here!

I am happily married to my best friend.

We have two amazing kids.

I am a certified Fitness Trainer and a
Specialist in Fitness Nutrition.

When my youngest was 8 months old,
I took a Group Mommy Fitness Class, I fell in love with this
class. It inspired me to become a Fitness Trainer.

I have a passion to help people live healthier, lives.
Happy Healthy & Strong



Happy Thanksgiving!

Thanksgiving is a special tradition filled with family, friends, lots of food and alcohol. In this guide I will help you enjoy your Thanksgiving while accomplishing your weight loss and health goals, all while enjoy your favorite holiday foods. No need to worry. There is a way to enjoy your Thanksgiving and still keep your nutrition and exercise goals.



Did you know that the average person will consume approximately 2500-3000 additional calories during the Thanksgiving eat-a-thon?



Here are my tips for having a Happy, Healthy Thanksgiving!

Tip #1 Don't Skip Breakfast



Eat a light breakfast high in protein and fiber (and lunch if your Thanksgiving dinner is in the evening). Don't "save it all" for the big feast. Why is this a bad idea?

- 1.) You're more likely to be extremely hungry and eat everything in sight. Eat light before the family meal, but eat. Definitely eat. And get your exercise in if you can.
- 2.) You'll likely be moody to everyone you are around all day if you're hangry.

Tip #2 Start with Protein



Start with your protein choice and then work onto the vegetables. Leave the starchy carbs until the end. The protein will help slow the brake down of the starchy carbs.

Tip #3 Go For Lean

Eat white turkey meat verses dark meat. Dark meat has about 15% more calories and 30-40% fatter than white meat. If you prefer the dark meat, at least take off the skin or have a smaller portion.

Tip #5 Eat Slow

Savor every bite. Chew your food. Putting your fork down between bites. Take a sip or two of water. Chat with your family and friends. Enjoy the experience of the meal. This will help you; truly enjoy the food, not overeat and gives you more time to talk with the others at the table. You can't talk and eat at the same time. That's just rude! So the more you talk the less you eat.

Tip #6 Eat what you Love!

"What!?! This includes dessert! **Moderation** is key! You don't want to feel deprived and miserable, especially around the holidays. Be mindful of what you put on your plate. If food is spilling off your plate, you're probably hitting it too hard. Put a reasonable portion of the things that are special to you on your plate. Don't waste calories with things you somewhat like. If you don't really care for green bean casserole, don't waste yourself on green bean casserole. Keep your portions small, but save yourself for the splurge-worthy delights you dream about all year.



Tip #7 Stop When You Are Full



It's a Special meal, not your last meal ever. We have a tendency to treat holiday dinners like they are the last meal we will ever eat. It's not your last meal, it's a special meal. Listen to your body. When it's full. Stop. Let your body be happy and filled, not overstuffed.

Tip #8 Exercise

Getting in a quick workout in the morning will help set your day. Remember that a holiday dinner is about way more than a meal. Spending time with your family and friends that you love. Organize a game, get a group together for a walk. There's so much more to do beyond just food and more food! See page 14 for a quick fat burning workout!

Tip #9 Stay Hydrated



Drinking water throughout the day will not only keep you hydrated it will also help you eat less. Sometimes we think we are hungry but really we are just thirsty.

You want to drink 1/2 your body weight in ounces of water each day. If you have a hard time drinking water just add some fruit or a splash of lemon to help give it flavor.



Tip #10 Take it Easy on Alcohol

Choose lighter drinks like wine instead of high calorie cocktails (unless the cocktail is what you most look forward to then enjoy a small one!) and take it easy. Too much alcohol lowers your will power and we end up overeating. Drink water between drinks to help you stay hydrated.

Healthy Recipes



CRANBERRY SAUCE RECIPE

Ingredients:

- 1 12 oz bag of whole cranberries
- 1 cup of water
- 1 dash cinnamon
- 1 dash nutmeg

Directions:

In a medium sized pot, combine water, bag of cranberries, cinnamon and nutmeg. Bring to a boil. When cranberries start to “pop”, stir gently and remove from heat. Transfer cranberry sauce into serving dish and place in fridge to chill.

Each serving = 1/2 cup

Pumpkin Energy Bites



Prep Time: 10 minutes Yield: About 25 1-inch balls

Ingredients

- 8 oz. (about 1 packed cup) chopped hazelnut
- 1/4 cup Agave or honey
- 1/4 cup pumpkin puree
- 1 Tbsp. flax seeds
- 1/2 cups Vanilla Chai Protein Powder
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- pinch of salt
- 1 cup old-fashioned oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pumpkin seeds

*Combine the hazelnuts, toasted pumpkin seeds, agave or honey, pumpkin puree, flax seeds, Vanilla Chai, cinnamon, ginger, nutmeg and salt in a food processor, and pulse until smooth and combined.

*Transfer the mixture to a large bowl, and stir in the oats, coconut flakes until evenly combined. Cover and refrigerate for at least 30 minutes.

*Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls.

*Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.

*Store covered in the refrigerator for up to 2 weeks.

**NOTE: If you don't have Vanilla Chia protein powder you can just use vanilla and just add cloves.

Balsamic Roasted Carrots



Ingredients

- 1 pound baby (or regular) carrots, peeled
- 4 tablespoons extra virgin olive oil
- 3 tablespoons balsamic vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 tablespoon sunflower seeds
- 3 tablespoons fresh thyme

Directions

1. Preheat the oven to 400 degrees F.
2. On a baking pan, mix the carrots with the extra virgin olive oil, half of the balsamic vinegar, salt and pepper.
3. Roast for 15 minutes in the preheated oven.
4. Take out the carrots, shake the pan to move the carrots then add the remaining balsamic vinegar and the sunflower seeds
5. Roast for another 5 minutes or until they are tender.

Garnish with the fresh thyme.

Crust-less Pumpkin Pie



Ingredients:

2 15 oz. cans pure pumpkin (make sure not to get the “pumpkin pie” mix)

2 tsp. cinnamon, ground

1 tsp. vanilla extract

1 tsp. ginger, ground

½ tsp. nutmeg, ground

½ tsp. cloves, ground

12 oz. unsweetened vanilla almond milk

12 oz. unsweetened coconut milk

1 cup egg whites

¾ cup Xylitol Brown Sugar (no-calorie brown sugar)

Directions:

Preheat your oven to 425

In a small bowl, mix spices and ideal brown sugar

In a large bowl, beat eggs and stir in pumpkin and sweetener/spice mixture. Mix well.

Slowly stir milk and vanilla into large bowl

Divide into two 9 inch greased pie pans (nonstick spray, coconut oil spray, etc.) or miniature ramekin dishes for a single serving treat

After baking for 15 minutes, turn the oven down to 350 and continue to bake an additional 45-50 minutes or until knife inserted near center comes out clean and the top is light brown (less time needed for individual servings)

Cool completely before serving.

Makes 12 servings

Healthier Cocktails



POMEGRANTE MARGARITA!

1 & 1/2 oz. of Don Julio Blanco Tequila
Splash Cointreau
1 full lime
1 half lemon
2 slices of an orange
Splash POM juice
Splash of Refine Mixers Margarita OR TRES AGAVES
Margarita mix
Splash soda water
Pink sugar for garnish only

*Pour tequila in a martini shaker with lots of ice. Squeeze 1 full lime, 1 half lemon, 1 slice of an orange. Splash POM Juice, splash Cointreau and splash Margarita mix (only a SPLASH!!). Garnish a glass with pink sugar. Shake for about 30 seconds and pour over ice. Add soda water to the top (do this AFTER you shake everything up) Garnish with an orange slice.

BLUEBERRY MOJITO!

2 oz Absolut Vodka (its non-gmo)
4 oz. Lemon Lime Zevia
2 sprigs fresh mint (reserve one sprig for garnish)
1 tbsp fresh blueberries (reserve a few for garnish)

*Muddle vodka, mint and blueberries together in a shaker. Add one cup of crushed ice and SHAKE! Pour into a cocktail glass and top with Zevia, garnish with remaining mint & blueberries!

Thanksgiving Day Workout



Try this 20 minute workout to burn more calories in less time.

You will need a mat, hand weights, comfortable clothes you can move easily in, water. Don't forget your music!

Thanksgiving Day Workout

12 Reps	Squat Press
1 Minute	Mountain Climber
12 Reps	Lunge + Curl
1 Minute	Plank Hold
12 Reps	Squat + Side Raise
1 Minute	Bridge March

Repeat! (Rest when you need to! & Drink Plenty of water!)

Thank you for downloading my Happy, Healthy Thanksgiving Guide. To learn more about Innovative Health & Fitness go to:
www.innovativehealthfitness.com

