

2020

(F#&K THE PANDEMIC)



HOLIDAY TO HOLIDAY HANDBOOK

STRATEGIES TO AVOID
STARTING 2021

FEELING FAT, TIRED, & INSANE

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**STEP 1:
Get Real**

This is a WEIRD Freaking Holiday

Let's just agree, this situation is not ideal.

The world has already been out of whack with this virus for nine months! That's a pregnancy for Christ sakes! And perhaps it is a pregnancy because this time is definitely birthing a new reality.

It's exposed ugly divisions in our country and world - ones we now have the opportunity and responsibility to heal. The virus is killing people in massive numbers but so is the hatred and anger of our divisions. We must make amends, listen and unite to heal our country's wounds.

The holidays are a time for community and compassion. A time to hold our friends & family near. This year we're tasked with a new way of connecting and honoring our traditions, and we can figure it out.

The reason for the season is still the same: Loving your neighbor, showing compassion, love, tolerance and patience. Maybe the best way to F#&K the Pandemic is to do what we are called by Spirit to do: Love one another. That begins with self-love, which is often the issue.

This handbook is about self-care during the holidays and beyond. This is a weird time. Let it go. Be kind to yourself. Be easy. And if you over indulge, let that go, too. Happy Holidays everyone. Tina



**STEP 1:
Get Real**

Anatomy of the Holiday Pig Out

WHAT'S IN YOUR HOLIDAY FEAST?

- Mixed nuts and crackers, 289 calories, 23g fat
- Sour cream and spinach dip, 108 calories, 9g fat
- Small salad with dressing, 173 calories, 16g fat
- Dark and white turkey meat, 239 calories, 10g fat
- Herb stuffing, 292 calories, 10g fat
- Cranberry sauce, 200 calories, 0g fat
- Gravy, 84 calories, 7g fat
- Sweet potato casserole, 309 calories, 9g fat
- Green beans Almondine, 124 calories, 8g fat
- Cornbread with butter, 338 calories, 23g fat
- Two glasses white wine, 201 calories, 0g fat
- Pumpkin pie with whipped cream, 321 calories, 24g fat
- Pecan pie with whipped cream, 568 calories, 43g fat

- **TOTAL: 3,246 calories, 182g fat**
(50 percent of total calories come from fat).



Fall Out of the Pig Out

What happens to food after you've eaten it?

When you put down your silverware, your body has only begun a major production, eight hours in the making.

When food enters your mouth, saliva breaks down each morsel. The rate at which you eat and swallow affects how quickly you fill up.

First to be metabolized is alcohol, which is sent directly to the liver to burn up within minutes. Liquids follow, and over the next few hours the body breaks down solid foods, disposing first of carbohydrates, then protein, leaving fats for last. Why? Because fats are more complex to break down.

A 3,000-calorie meal takes about two hours to be digested in the stomach, and another four to six hours for nutrients to be absorbed in the intestines.

The food stimulates the release of hormones to alert the brain that you're full. The higher the fat content and larger the meal, the more slowly food passes through the stomach, and the longer those satiety signals take to get their message across.

By morning, everything has been absorbed or disposed of. All that remains are the extra calories your body stores.



The Morning After



Alcohol adds empty calories fast!

Alcohol also slows the breakdown of fat. In one study, people drank 100 grams of alcohol — about six drinks — and their ability to burn fat dropped more than 30 percent. Why? We burn fat in our liver.

When we drink alcohol, the liver is busy burning alcohol instead of fat.

How can I be hungry?

You were as bloated as a balloon when you rolled into bed. So how come you wake up ravenous the next morning?

Your gut is empty and begging for more food to fuel your body's daily functions. A large meal also makes your digestive system work overtime, raising your blood sugar.

Once the meal is digested, usually while you sleep, your blood sugar drops, triggering greater secretion of insulin, which further wets the early morning hungries.

There's also the effect of great expectations.

If you eat a large meal, your mind tells you to do it again. It's a psychological phenomenon. That's why practicing mindfulness is so important during the holidays and beyond.

Post Pig Out

Don't berate yourself for overdoing it. Dwelling on it, only leads to negativity and self-sabotage, which usually leads to more over-eating. Resist the temptation to punish or deprive yourself the next day to compensate.

Your body doesn't benefit by being deprived. This slows your metabolism to hoard nutrients which also makes you tired and moody.

Reframe your overeating as a splurge and not a life-sentence. Practice self-care: prep your meals, prioritize your workouts, be part of a like-minded community and ask for help when you need it.



STEP 2:

Mindset & Preparation



BEFORE THE BIG MEAL

Even if you are celebrating by yourself, you can over do. Minimize the damage by shifting your mindset with planning & preparation.

Eat something substantial beforehand; don't skip whole meals in advance.

You'll be so famished, you'll eat way too much when it comes to the feast. And when you're hungry, your body compensates by lowering your metabolism to guard against starvation, acting like a dry sponge to soak up the excess calories.

Drink less alcohol beforehand.

Alcohol douses your resolve, ignites hunger, and adds to your calorie load.

A half hour before the meal, fill up on water and calorie-free beverages, such as (sugar-free) iced tea, sparkling water, or coffee. Staying hydrated increases feelings of fullness and decreases hunger.

Eat a small snack high in protein to satisfy hunger.

A handful of almonds, walnuts or a hard boiled egg work well. Or have some soup. A study conducted by Baylor College of Medicine in Houston found that people who consumed a bowl of hot soup before meals ate less, lost more weight and kept it off longer. Soup also fills your stomach, so you eat less, later.

Increase your workout days in advance.

Take a walk, buy a rebounder, go jogging. You may be too tired to gorge, and the calorie deficit can't hurt. But remember, you can never undo the effects of poor food choices with exercise.

WHILE YOU EAT

Focus on your food.

Be aware that friendship can be an unhealthy distraction. A study by Pennsylvania State University found that when people ate among friends or family, they consumed about 50 percent more than if they were alone or among strangers. Researchers theorize that drinking and watching others indulge lowers our resolve, and that conversation prolongs the meal and distracts us from calorie counting.

Wear a belt, not your baggy pants.

If you are wearing fitted clothing, you have a constant reminder not to overeat. Please, pass on the sweatpants. They're just trouble.

Go on a reconnaissance mission.

Once you've checked out the buffet, you can pick out what you'll succumb to and what you'll ignore. Then serve yourself (if possible), so you can control portion sizes.

Skip the Special Sauce.

Avoid sauces, cheese toppings, and nuts. You also might choose pumpkin pie over pecan pie which is far more calorie dense.

Perfect the "platter pass."

To thwart temptation, make sure a healthy dish lands by you when you pass dishes around the table.

Follow the "three quarter rule"

Fill your plate three-fourths full of lower-calorie foods — salad, vegetables, turkey — and one-fourth full of higher-calorie choices, including stuffing, sweet potatoes or other starches. Try making your plate appear fuller by creating a river of space, about an inch wide, between different foods.



STEP 3: Implementing Intentions

Step 3: Holiday Eating Implementation

Downsize Your Portions

And forget seconds. Food research suggests the greatest pleasure comes from the first two or three forkfuls.

Put Yourself on a Budget

Try putting a money value on each dish, with the more caloric ones being the priciest. Tell yourself you have a budget, and decide where you'll spend it. A good place to splurge: the foods you only eat at holidays.

Prolong Your Pleasure

Eat slowly and take breathers. Get up from the table during the meal and leave the room. This will help you come out of any unintentional food coma, so you don't eat and eat without realizing what's going on.

Signal The End Of Your Meal

When you've finished, have a mint, piece of gum or cup of tea to clear the taste of food from your mouth — it's a ritual you can develop to end your meals and make post-meal nibbling less appealing.



STEP 4: Prioritize Self-Care: Plan Connection

Planning your Holiday Celebrations

Having an alternate plan that's fun and engaging can help make the holidays special even though you're not in the same room. Happiness often takes a little pre-planning.

Do the Zoom or Facetime Thing.

Do a virtual dessert Zoom call! It's a great way to connect when you can't be together in person. Worried about organizing? That's why you have children! Assign the set up to them!

Secret Santa

You can use an online service like [Elfster](#) to set up your party's Secret Santa. Set a monetary limit and encourage participants to take advantage of the website's wish list feature. You can send your gift to arrive before the party. End your virtual holiday party games with the big reveal. Let each person take turns opening their Secret Santa gift and show to everyone.

Watch Your Favorite Holiday Movies Together

According to [Nerds Chalk](#), you can use Zoom to watch movies together by sharing your screen when on Netflix, Hulu, Disney Plus, Amazon Prime videos, and others. Choose a movie that you can watch together for a virtual holiday party. Be sure to air pop your popcorn! You'll save a ton of fat and calories. Sprinkle with red pepper flakes and salt!

Virtual Karaoke

You can use a website like [Watch2Gether](#) to watch various karaoke videos together. Select the videos you wish to use prior to your party. You'll need to use Zoom to share your browser with your guests for greater interaction. You can choose karaoke such as the ones available on YouTube and other venues.

Play Bingo

You will need to pre-plan your prizes. The most prizes are gift cards. You can purchase these directly from the merchant or from a website like [GiftCards](#). Many of the gift cards start at \$10. Use [Bingo Baker](#) or [Bingo Maker](#) to make your cards!



STEP 4: Prioritize Self-Care

Top Five Holiday Self Care Practices:

Workout

Moving will make you feel less sluggish and bloated. And the endorphins will lift your spirits and curb hunger! Take a walk, jog, do a [Free Online Stretch class with Tina](#) or sign up for a Low Hammock De-stress workout at Pilates 1901!

Be Patient With Yourself

The holidays is a lot about food. Be moderate when you can and move on when you overdo. The less pressure you put on yourself, the less likely you are to binge again.

Stay Hydrated

Dehydration interferes with your metabolism, energy and digestion. It can also stimulate hunger. Drink water and decaffeinated beverages throughout the day.

Prioritize Sleep

Skip the booze, leave your phone outside the bedroom, skip screen time and read a book before bed. There's nothing more important for your health and mindset than good sleep.

Practice Presence

The holidays are stressful. Do little things to stay grounded. Take deep breaths, read, journal, have a quiet cup of tea in the morning alone before jumping into your day.





Step 5: Managing Holiday Stress

Stress And The Holidays

The holidays can make us feel overwhelmed and strung out by our thoughts, emotions, and the actions around us.

Learning to breathe correctly can help us become more mindful, calm, and collected. Breathing can shift our energy, bring us into the present moment and provide more opportunity for choice.

By engaging with our breath, we also engage with our body-mind, increasing our ability to discern what we need in that moment.

Here are three breathwork practices that you can use anytime, anywhere.

Body Scan: Improving Focus & Concentration

You can do this sitting, standing, or even laying down. Place one hand on your heart and the other on your belly. Simply become aware of your breath and body.

Starting from the bottom of your body, bring your awareness to your toes, and take a breath in and out. Work your way up the body, engaging in a cycle of breath as you mindfully scan each body part from your feet to your head.

You can do this for as long as you like, or set a timer for one to five minutes. This is a powerful tool for decreasing stress and anxiety.

Alternate Nostril Breathing: For Calm & Clarity

Begin by exhaling completely. Close your left nostril with your ring finger and fold down the middle and index fingers, leaving your thumb extended.

Inhale through the right nostril for a count of four. Then switch and cover your right nostril with your thumb as you exhale through your left nostril for five counts. Repeat by breathing in through the left for four counts, and exhaling out through the right for five counts.

If you're able to hold your breath at the bottom and top of your exhales, you can incorporate that into your practice. You can extend the breath counts up to 10.

Breath of Fire: For Energy & Focus.

Place two hands on your lower belly and exhale completely, really focusing on your belly. Start with an inhale, then take a powerful and forceful breath out, drawing the navel in towards your spine. Allow the inhale to fill your lungs and belly as a natural response to the exhalation.

Start slowly and find a comfortable rhythm; when you're ready, begin to increase the speed of your breaths for a more clarifying effect.

Set a timer for 30 seconds to a minute, and repeat two to three times. When you're done, allow a cleansing round of breath to wash over you.

HOLIDAY RECIPES

Click pictures on the recipe pages to access Holiday Vegan, Pegan, Paleo, Low Carb and Keto recipes. You're sure to find something delicious to make and serve this season!





VEGAN



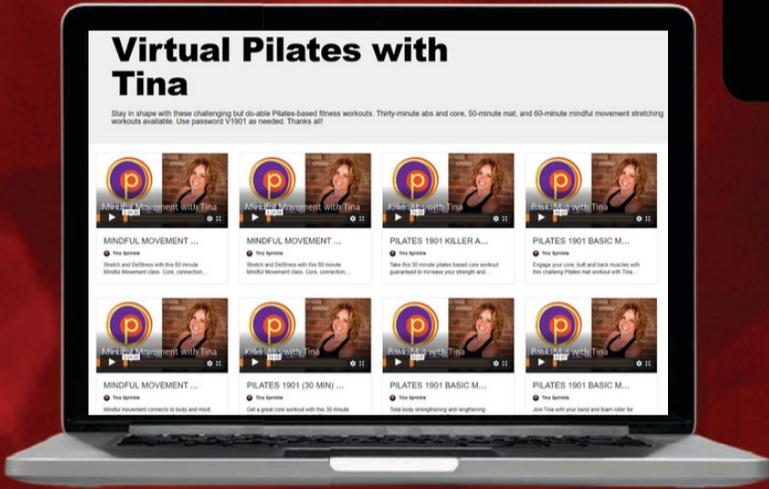
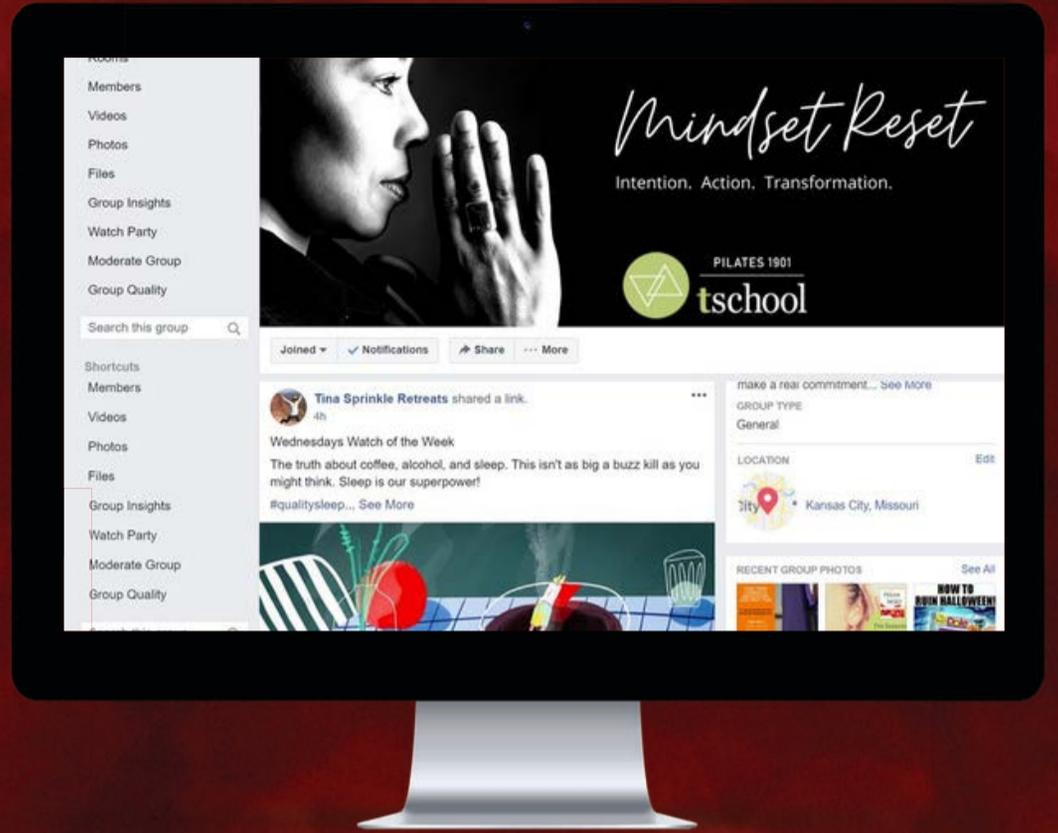
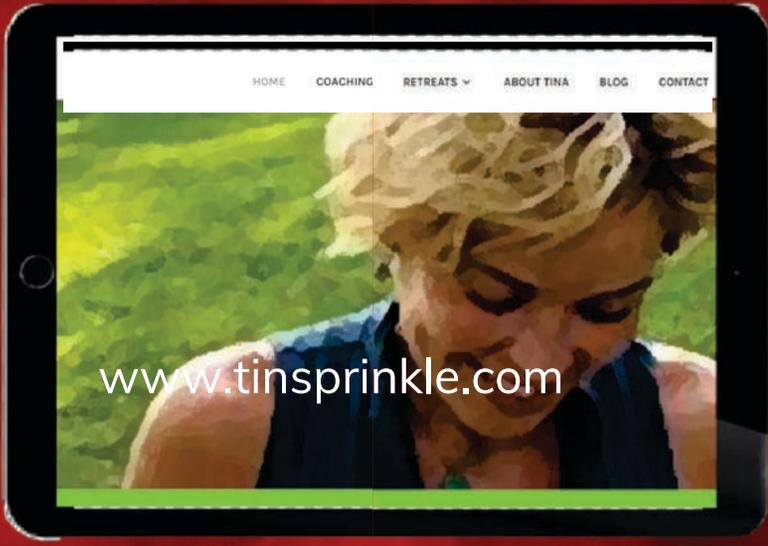
PEGAN / PALEO



LOW CARB



KETO



ADDITIONAL SUPPORT

- WOMEN'S RETREATS
- ONLINE WORKOUT LIBRARY
- PRIVATE FACEBOOK GROUP
- NUTRITION CHALLENGES
- PRIVATE & GROUP COACHING

[CONTACT TINA](#)

