

# **BLACK TIE**

# BLACK DRESS



# **HOLIDAY SLIMDOWN GUIDE**

## **TABLE OF CONTENTS**

	<b>Page</b>
<b>The Holiday Survival Guide</b>	<b>1</b>
<b>How To Avoid Holiday Weight Gain</b>	<b>2</b>
<b>Training During The Holidays</b>	<b>6</b>
<b>Alcohol And The Holidays</b>	<b>9</b>
<b>Holiday Survival Supplement Guide</b>	<b>11</b>
<b>Holiday Survival Guide Recipe Book</b>	<b>15</b>
<b>References</b>	<b>31</b>



## The Holiday Survival Guide

***Finally! The Meal Plan That'll Keep You Ripped Through The Holidays While Eating All Of Your Favorite Holiday Meals And Treats... Without Counting Calories, Starving Yourself Or Passing Up On A Single Glass Of Champagne...***

Well, the holiday season is upon us...

And soon, we'll all enjoy the casual company of friends and family for days, even weeks at a time. We'll give gifts, share stories and celebrate those traditions that truly bring us closer together with one another.

But most of all... WE'LL EAT!

Large parties with delicious meals, desserts, finger foods and snacks seem to come with the territory when we're talking about the holidays. After all, being surrounded by appetizing treats does add an extra bit of "merry" to any party. And even though we'd like to think that we can resist a holiday goody when we've 'pushed our limits' already, let's be honest... We don't WANT TO.

The bottom line is we're going to enjoy ourselves this holiday season by relishing delicious food more often than we normally would. And if we didn't get to indulge a little bit, we wouldn't truly be enjoying ourselves. But that doesn't mean we need to let the wheels fall off on our physiques...

Because one of the best parts of enjoying the holidays is getting to show off how good we look in a stunning dress, or well-fitted shirt and slacks. It's snapping some pictures with family and friends without that nagging thought of, "If I eat one more Christmas cookie, I'm going to bust a button." Feeling good about the way you look incrementally makes your holiday experience a *better one...*

So how on earth are you going to look good while eating those yummy holiday foods that you love? I mean, can you really "have your cake and eat it too," as the saying goes. Well, I've

written this book to tell you, YES. This holiday season you can enjoy food and fun at every get-together and look great while doing it.

All it takes is developing a fitness plan that considers the holiday context... A “Holiday Survival Guide” of sorts. And that’s exactly what I have for you today. So keep reading to figure out your new “PLAN-A” for looking and feeling your best this holiday season without missing out on a single holiday delicacy that you love...

## **How To Avoid Holiday Weight Gain**

Most people associate the holidays with weight gain... It’s that simple.

And their game-plan for keeping excess weight gain away isn’t a good one... It’s not even really “a plan.” It’s more of an, “Eh, I hope I’ll have the willpower to turn that extra chicken wing down,” mindset.

But this year, you’re going to be prepared. You’re going to keep the weight gain away by implementing a few simple strategies. Here they are:

### **When Not At Parties, Eat Lean Protein and Green Veggies**

Diets aren’t “made or broken” during a scant 3-4 hours of your day. They’re “made or broken” over the course of an entire 24-hour day... Which means that if you plan your meals with a family party or get together with friends in mind, you’ll set yourself up for success during the holidays and beyond!

And I’m going to keep this “plan” as simple as possible for you...

When you aren’t feasting at a party, keep your plate full of protein and green vegetables...

You have a lunch party at work and Stacy brings in her “*world famous*” Christmas cookies? Eat-up if you’d like. Your family and extended family go out for an all-you-can-eat gourmet holiday dinner? Please, have as many plates as you’d like. All you have to do is hop back on the protein and greens plan for your next few meals (until the next party that is)...

Simple, right?

Eating protein and green vegetables when you aren’t out at a holiday function will make keeping your rockin’ physique over the holidays ‘easy as pie.’

## Benefits of Protein

Protein is the undisputed food source of choice when it comes to building muscle, burning fat, and kick-starting your metabolism for hours on-end. And by filling every plate between parties with a healthy slab of protein, you'll put yourself in a great position this holiday season. Here's why:

Protein has been scientifically proven to balance your hunger hormones, meaning that you'll experience less cravings throughout the day while feeling more satisfied after every protein-packed meal. In fact, one study published in the *Journal of the American College of Nutrition*, concluded that after eating protein, you'll feel more full with less food compared to other food options [1].

And the reason is because, according to a study published in the *American Journal of Clinical Nutrition*, protein reduces the level of your hunger hormone ghrelin while also boosting your satiety hormone, peptide YY, which makes you feel full [2].

To let you in on how powerful of a difference this can make on your physique this holiday season, let's take a look at a 2005 study that included 19 overweight women. Over the course of 12-weeks, women were placed on 2 separate diets over the course of 12-weeks – one in which protein accounted for 15% of their daily caloric intake and another which accounted for 30% of their daily caloric intake. When they transitioned to making 30% of their daily caloric intake protein, the women consumed on average *441 fewer calories* than each day without intentionally restricting any other food group [3]...

But satiety and reduced cravings aren't the only benefits that protein has to offer you...

Protein sources contain essential amino acids that help you build muscle and burn fat, fast. This is incredibly important for looking and feeling great this holiday season because according to a comprehensive study on the relationship between muscle mass and metabolism, the more lean muscle you have, the faster your metabolism is going to run – and that, of course will lead to more fat burning this season [4].

Plus, a study found in the *Journal of the American College of Nutrition*, discovered that the body requires more effort to metabolize protein than it does other food sources such as carbohydrates – increasing thermogenesis 100% in high protein diets when compared to low-fat diets [5].

So the evidence is in. The more protein you eat, the better off you'll be this holiday season.

Some examples of protein are:

- Eggs
- Chicken breast
- Lean ground beef
- Salmon
- Tuna
- Turkey
- Protein shake

But what makes protein even more deserving of a “go-to” this season is its convenience. See, you don’t have to spend hours slaving away in the kitchen trying prepping pounds and pounds of protein every few days... And you don’t have to spend the big bucks on all of the chicken, salmon and beef it would take for you to ‘survive’ the next few months...

Instead, just get your hands on high-quality protein powder that’ll last you weeks at a time and won’t break the bank. After all, you do have some gift to buy, don’t you?

To meet your protein requirement this holiday season and keep your physique in peak shape, check out the protein powders I’ve listed below. Each powder is the cleanest, non-hormonal, non-GMO blend available. Every serving is packed with 25 grams of protein that’ll pack on muscle, torch fat, and keep your stomach satisfied for hours.

Mix and match for a delicious variety of protein shakes this holiday season:

- **MyoFX Chocolate Whey Protein Isolate (Grab some here:**  
<http://www.myosport.com/isofx/>
- **MyoFX Cinnabon Whey Protein Isolate (Grab some here:**  
<http://www.myosport.com/isofx/>
- **MyoFX Vanilla Whey Protein Isolate (Grab some here:**  
<http://www.myosport.com/isofx/>
- **MyoFX Chocolate Peanut Butter Protein Isolate (Grab some here:**  
<http://www.myosport.com/isofx/>

## Benefits of Green Veggies

Next to your pile of protein (or blended/paired with your protein shake), make some room on your plate for green vegetables...

Green veggies are packed with vitamins, minerals, antioxidants and fiber while also being low in calorie content. And as long as your plate is full of them this holiday season, you can enjoy plenty of holiday treats when you're at a friend's party or family get-together.

Green veggies are important for your digestive health, mainly because they're loaded with fiber that keeps your digestive tract running at its best. See, your gut contains two types of bacteria: good bacteria and bad bacteria. Good bacteria can have a wide range of positive effects on the body – everything from blood sugar, to immunity, brain function to weight control. Bad bacteria, on the other hand can cause inflammation, disease, and loads of stomach issues.

Green vegetables mostly contain insoluble fiber, meaning that it stays intact as it passes through the digestive tract, and as a result pushes other food through your digestive tract and out of your body more quickly than if you were to eat soluble fiber. Also, because insoluble fiber remains in your stomach intact, your good bacteria ends up digesting it and using it as fuel for survival – which is exactly what you want... Because the more friendly bacteria you have in your gut, the better off your health will be.

As an added benefit, because this leafy green fiber is insoluble, it takes longer to digest and as a result, keeps you fuller for longer stretches of time. Because of this you won't have to worry about cravings during the afternoon or evening time because your belly will be full of protein (as mention in the last section) and fiber.

On top of these benefits, one study, published in the *Journal of Nutrition*, discovered that the high vitamin and mineral content of leafy greens can also be a major proponent in fat burning altogether – helping you to burn fat around the clock... Even when you're enjoying some delectable at the next holiday party [6].

The most optimal leafy greens to fill you up and keep you healthy this season are:

- Spinach
- Kale
- Broccoli
- Brussels sprouts
- Cabbage

But I want you to also keep this in mind: even as you load up on leafy greens and protein this holiday season, it's important to remember that if your body doesn't *absorb* the nutrients from these foods, then, they've essentially done you no good – except fill up your belly a little bit...

And that's why you want to keep the 3 organs that are primarily responsible for nutrient absorption (kidney, liver and colon) as clean as possible. When the "Big-3" are functioning at their best, you'll receive the incredible benefits of top-notch nutrient uptake – increased vitamin absorption, antioxidant activity and hormonal balance that'll naturally blast away body fat while you're enjoying 'all the good stuff.'

To keep your kidney, liver and colon healthy and maximize your results this holiday season check out the simple and electrifying MyoFX Detox supplement by clicking here:

<http://www.myosport.com/21-day-detox/>.

This kidney, liver and colon cleanse provides you with 21 separate, easy-to-use capsule packets that make all-around health easier than ever this season:

- Grab the MyoFX Detox here: <http://www.myosport.com/21-day-detox/>

## Training During The Holidays

Your next step to keep your body looking great this holiday season while enjoying all the foods you love is going to require a little "leg work"... Particularly, HIIT (High Intensity Interval Training).

This type of training has proven time and again to be the most effective method for burning fat, building muscle, and regulating your sex-hormones, which have a profound effect on your body's ability to burn fat around the clock [7].

High Intensity Interval Training is a training protocol in which you give your all-out, 100% effort during quick bursts of exercise. You follow these bursts of exercise with short recovery periods – burning more fat in less time, no questions asked. Even more impressive is the fact that HIIT created an "afterburn" effect, meaning that you'll continue to burn calories hours after you've finished your training.

Some of the other benefits of High Intensity Interval Training are:

- Increases your metabolism
- Doesn't require equipment
- Can be done anywhere
- Quick workouts that won't keep you in the gym for hours

For even more impressive results from HIIT, I recommend that you train in a *fasted state* this holiday season – meaning that if you work out in the morning, you should do so *before* you eat, not after.



One study, published in the *American Journal of Physiology*, tested the effects of pre-exercise meals on fat burning during exercise in a small group of men. Six healthy and active men were tested for fat oxidation both after an overnight fast followed by exercise and a small breakfast followed by exercise. Researchers concluded that the subjects burned more fat after exercising in a fasted state instead of a fed state [8].

Essentially, when you train in a fasted state, your body breaks down fat cells for energy, and mobilizes it for optimal fat burning – which is a must-have when you’re trying to keep a peak physique while having some fun in the kitchen during the holidays.

Another study published in *Acta Physiologica (Oxford)*, discovered that when you train in a fasted state, blood flow increases in your abdominal region and as a result, burns more fat in those stubborn stomach fat areas [9].

As an added benefit, specifically for the holiday season, when you train in a fasted state, your glycogen stores become depleted. Your glycogen stores are those deposits in your body where glycogen is saved for future use. Particularly, when you train...

Which is actually a problem if you want to keep your lean physique this season...

See, when your glycogen stores are loaded up with glycogen (no surprise), your body burns the glycogen for fuel instead of burning fat for fuel. However, when you train in a fasted state, you deplete your glycogen stores and your body mobilizes and uses fat for energy instead. Which ensures that every workout is a fat-burning one.

And to make matters *even better*, when you hit one of your holiday parties after you train, you can load up on all of the foods you love without worrying about packing on any fat because all you’re doing is restoring glycogen to your muscles for lean body mass growth, not fat storage.

So the facts are in – HIIT cardio is one of the best fat-burning forms of training on the planet (if not, the most). Plus, if you use this training method while in a fasted state, you’ll burn more stomach fat than ever before, which is always a perk during the season when it seems like friends and family are taking more pictures than at any other point in the year.

If you aren’t used to training in a fasted state and you’re worried about feeling a little sluggish on your way to the gym, check out the [PRE-WORKOUT SUPPLEMENT](#) that’ll increase energy, improve mental focus, boost endurance and maximize strength in the gym.

It’s also packed with beta-alanine, a natural amino acid that’s been proven to enhance performance in the gym.

- Check out the MyoFX pre-workout supplement here:  
<http://www.myosport.com/pre-fx/>

So with the training, fasting, and supplement settled, what are some examples of HIIT that you can add into your workout this week?

Here are some suggestions:

**Bodyweight HIIT Workout #1 (repeat this circuit 3 times):**

- 50 sit-ups
- 40 jump squats
- 30 push ups
- 20 split jumps
- 10 tricep dips
- 30 second burpees

**Bodyweight HIIT Workout #2 (3 rounds, 45 seconds per exercise, 15 seconds of rest):**

- Push-ups (45 seconds)
- Squats (45 seconds)
- Butt kicks (45 seconds)
- Tricep dips (45 seconds)
- Side lunges (45 seconds)

**Bodyweight HIIT Workout #3 (Repeat this circuit 4 times, 15 seconds of rest between exercises)**

- Mountain climbers (45 seconds)
- Pushups (45 seconds)
- Front Plank (45 seconds)
- Jump rope (45 seconds)

**Bodyweight HIIT Workout #4 (Repeat this circuit 4 times, 15 seconds rest between exercises)**

- Sprint (30 seconds)
- Squat jump (45 seconds)
- Lunges (45 seconds)
- Mountain climbers (45 seconds)

**Bodyweight HIIT Workout #5 (Repeat this circuit 8 times, 30 second rest between exercises)**

- All-out sprint (45-seconds)

HIIT is a dynamic form of exercise because all it really requires is a plan (whatever workout you decide to do that day) and dedication on your part. You can perform HIIT on a stationary bike,

with hill sprints, or even kettlebell swings. If you're stale on HIIT ideas, just type HIIT workouts into your internet browser and you'll have plenty of other recommendations to work off of.

## Alcohol And The Holidays

Naturally during the holiday season, the wine seems to flow a little more than it does the rest of the year.

However, I want to caution you to "tread lightly" when it comes to consuming alcohol... because alcohol has proven to be fattening. In its purest form, alcohol contains 7 calories per gram, which can add up *quickly*. And unlike macronutrients such as fats, protein and carbohydrates, alcohol contains what's known as "empty calories", or in other words, calories without nutrition. And even worse, it is the first fuel to be used when combined with carbohydrates, fats and proteins, postponing the fat-burning process and leading to more fat storage... which is the last thing you need this holiday season.

As an example of how many calories you can guzzle down before you even notice, consider a small glass of wine: a 5-ounce glass of wine will typically contain 110 calories, 91 of which come from the alcohol itself (13 grams), with the remaining five grams coming from carbohydrates.

Beer contains more carbohydrates than wine (although many of the "Lite" beers have a carb content similar to a glass of wine) and less alcohol than wine, but is seen as being more fattening, due to its higher caloric content.

Even worse, drinking alcohol can make you more hungry than if you were to opt for another beverage. Studies show that alcohol increases your appetite by suppressing leptin, the hormone that tells your brain to stop eating when it's had enough food [10]. The consequences could be disastrous if you aren't careful.

For men in particular, alcohol actually lowers testosterone levels, the anabolic hormone that men need to build muscle and burn fat. Lower testosterone also leads to a lower metabolic rate, making fat-loss (or at least physique survival) extremely difficult.

But here's the deal...

I know that having a drink or two is one aspect of holiday parties that many people look forward to. And if that's you, I want to offer a recommendation for the best alcoholic beverages you can choose this season...

### Top Recommended Alcoholic Drinks If You Want A Drink:

**Tequila With Lime Juice:** Calorie Count < 200

**Vodka With Lemon:** Calorie Count < 100

**Mojito (no syrup):** Calorie Count < 100

**Light Bloody Mary:** Calorie Count < 100

**Light Beer:** Calorie Count < 110

**Rosé:** Calorie Count < 150

**White Wine:** Calorie Count < 130

**Red Wine:** Calorie Count < 125

### **Now What?**

So there you have it!

Your Holiday Survival Guide...

By filling your plate full of protein and veggies, performing High Intensity Interval Training, and keeping an eye on what kind of alcohol you're drinking, you can enjoy this holiday season to the full – without having to worry about packing on unwanted body fat that'll fill you with regret by the time March rolls around.

You'll have no trouble surviving this holiday season...

BUT LISTEN UP. Surviving will be an absolute breeze if you check out the supplements below...

## Holiday Survival Supplement Guide

Supplements were never meant to be an end-all-be-all solution to looking great...

But they're definitely helpful *tools* for helping your body "survive" this season. Plus, I'm sure you'll find that some of these supplements will be advantageous on the path, not only to "surviving" but "thriving" this year... And beyond.

So which supplements are the best ones to optimize your health this holiday season?

Let's find out...

### MyoFX 21-Day Detox

You're only as healthy as your gut...

And because this eating plan may be a far stretch from any diet you've been used to in the past, you want to help your digestive tract adjust as smoothly as possible while ensuring it's as healthy as can be.

For that reason, I recommend getting your hands on [MyoFX 21 Day Detox](#), a 3-week herbal supplement with vitamins that'll cleanse your kidney, liver and colon – the three most important organs for nutrient absorption in your body.

This is the easiest detox supplement on the planet... It contains 21 *separate* packets, each with 6 capsules (the daily dosage) so you don't miss out on a single day of your detox.

Get your hands on MyoFX 21-Day Detox here: <http://www.myosport.com/21-day-detox/>.

### MyoFX EFA Complex

While on your Holiday Survival eating plan, you run the risk of missing out on essential polyunsaturated fatty acids, essential nutrients that cannot be manufactured in your body and can only be obtained through your diet. In fact, these fatty acids are the building blocks that other fatty acids and sex hormones need in order to thrive.

In short, you don't want to miss out on PUFAs... They're essential to the very hormonal functions that keep your fat-burning furnace firing around the clock. Some of the other perks include:

- Increased metabolic rate because EFA's increase energy levels

- Increased insulin sensitivity by delaying stomach emptying time; This allows the digestive system to absorb carbohydrates more slowly resulting in a decreased insulin response
- Decreased blood pressure due to its blood thinning abilities
- Are converted into prostaglandins (natural anti-inflammatory agent produced in the body) that help decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time
- Increased brain function, mood and intelligence; the brain is 60 percent fat and needs omega-3s to function properly
- Improved stamina and endurance due to optimal production of hormones
- Reliable source of energy without increasing bodyfat
- Increased production of hormones

The bottom line is that you don't want to miss out on the essentially fatty acids that your body needs to thrive this season. Cover all your bases with one simple supplement.

- **Grab your MyoFX EFA Complex supplement here:** <http://www.myosport.com/efa-fx/>

## Glutamine FX

After training this season, you want to make recovery as quick as possible by packing your muscles with the essential amino acid that makes up more than 70% of your muscle tissue...

Introducing [GLUTAMINE FX](#)...

A study published in the *International Journal of Nutrition and Exercise Metabolism* discovered the undoubted effectiveness of L-Glutamine on muscle recovery and reduced muscle soreness, indicating that you won't find a better supplement on the planet to help you rejuvenate after a workout [11].

On top of this extraordinary benefit, Glutamine FX will hand deliver:

- Better brain function – Is an essential neurotransmitter in the brain and helps with memory, focus and concentration.
  - Build and keep muscle – Promotes muscle growth and decreases muscle wasting
  - Improved athletic performance and recovery from endurance exercise
  - Curbed cravings for sugar and alcohol
  - Healthy blood sugar level support
- 
- **Don't miss out on this game-changing supplement. Grab Glutamine FX here:** <http://www.myosport.com/glutamine/>

## MyoFX Whey Protein Powder

When your goal this holiday season is to consume plenty of protein that'll build muscle, torch fat, and curb hunger cravings throughout the day, look no further than the highest-quality whey isolate you can get your hands on.

[MyoFX Whey Protein Isolate](#) is conveniently packed with 25 grams of high-powered protein per serving so you can make sure you're consuming enough protein this holiday season to look and feel your best...

Your physique will be 'untouchable' with a couple scoops of your favorite flavors each day. Plus MyoFX Whey Protein Isolate contains:

- Fast acting protein – Great for post workout! Quickly get the muscle back in a positive nitrogen state for optimal recovery.
- No Lactose – Great for clients who are lactose intolerant and cannot take other milk derived proteins.
- Non-Hormonal – Our protein comes from cows that are grass fed and not loaded with hormones!
- Non-GMO – The acronym GMO stands for Genetically Modified Organisms, which refers to any food product that has been altered at the gene level
- Less than 1g of sugar and fat
- Gluten Free
- 5 grams of BCAA per serving – an added bonus to increase post workout recovery
- 5 delicious flavors – Chocolate, Vanilla, Cinnamon, Natural Chocolate, Natural Vanilla.

**Mix and match your favorite flavors so you get plenty of delicious varieties from your protein this holiday season. Grab MyoFX Whey here: <http://www.myosport.com/isofx/>**

## LipoFX

Do you want a little extra help burning the fat off this holiday season – or if you're reading this early, maybe even shedding some stubborn pounds before the family comes into town? Look no further than the supplement that'll help you torch fat 24/7...

With its unique blend of Green Tea Extract and Caffeine, [LipoFX](#) is the supplement that'll give you a leg up on the competition. This supplement has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

For over-the-top benefits for your physique, LipoFX also:

- Contains Glucomannan which takes up space in the stomach and promotes a feeling of fullness (satiety), reducing food intake at a subsequent meal.
- Valerian root which aids in calming of the nerves and relaxation of the muscle for improved rest
- Increases metabolism of fat by using L-Carnitine Tartrate and Guggul Lipid Extract
- Increases mood and relaxation with 5HTP
- Chromium Picolinate to help regulate normal blood glucose levels

**To burn fat around the clock this holiday season (while indulging on the foods and treats you love) get your hands on LipoFX here <http://www.myosport.com/lipofx/>**

## **PreFX**

If you need a little “pick-me-up” before your workouts this holiday season, don’t miss out on a pre-workout supplement that’ll send a surge of electric energy through your veins and help you achieve a pumping workout.

PreFX has been scientifically developed and is packed with high-powered ingredients that’ll give you plenty of sustainable energy throughout your workout while also improving your fat-burning and muscle building capabilities. PreFX promises to:

- Increase energy – PREFX is powered with 120mg of Caffeine Anhydrous the purest form of caffeine. We have added just enough caffeine to give you that pre-workout boost without over stimulating your nervous system.
- Increase mental focus – DMAE has been added to sharpen your focus while training and has also been shown to stimulate the nervous system as well for added energy.
- Increase endurance – Over 1000 mg of Beta Alanine has been added to help lessen the lactic acid burn while increasing muscle endurance and firing power.
- Increase strength – 1000 mg of Creatine HCL has been added as well to increase strength and muscle volume

Get your hands on this unbeatable pre-workout supplement here:

<http://www.myosport.com/isofx/>

## **Now What?**

Don’t start your Holiday Survival protocol without at least browsing through the supplements I’ve listed for you above. They’ll prove to be incredible allies to keep you looking and feeling your best this holiday season and beyond. Treat yourself to these high-powered supplements for maximal results.



## Holiday Survival Guide Recipe Book

Now, even though your Holiday Survival Guide is as simple as can be – eat protein and greens when you're not at a party – sometimes you need a little bit of extra inspiration in the kitchen.

So here are some meal and dessert recipes that you can enjoy this season without putting your physique in harm's way.

### Egg/Veggie Rainbow Bowl

#### What You Need:

- 1 small sweet potato
- 1 medium beet
- 1 teaspoon olive oil
- 2 cups brussels sprouts, halved
- 2 large eggs
- ½ small avocado, sliced
- 1 cup cooked farro
- sesame seeds (optional)
- For turmeric tahini sauce:
- Tahini sauce:
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoons olive oil
- ½ teaspoon turmeric
- ¼ teaspoon salt

#### How-To Make It:

1. Preheat oven to 400° F.
2. Wash sweet potato and pierce with a fork in several places. Wrap tightly in foil. Wash beet and wrap tightly in foil. Place both in the oven and bake 30-45 minutes or until soft. Remove from oven. Once cool enough to handle, cut into cubes.
3. In a small nonstick skillet, heat olive oil over medium heat. Add brussels sprouts and cook, stirring, until bright green and crispy on the outside, 5-8 minutes.
4. Meanwhile, bring water to a boil in a small saucepan if using eggs. Gently place eggs in the water and boil gently for 6 minutes. Drain and place eggs into an ice water bath to stop the cooking. Once cooled, carefully peel and cut in half right before placing in the bowls.
5. To make the sauce, whisk together all sauce ingredients until smooth or blend in a blender.

6. Divide farro between two bowls. Add sweet potatoes, beets, and brussels sprouts. Top each bowl with avocado, one egg, and a drizzle of turmeric tahini sauce. Sprinkle with sesame seeds.
7. Bowls can be made ahead of time and refrigerated for healthy prepped lunches.

**Nutritional Content:**

Calories: 270

Fat: 15g

Carbohydrates: 26g

Protein: 12g

**BLT Stuffed Avocado****What You Need:**

- 1 avocado
- 1 strip bacon
- 1 tomatoes, diced
- ¼ cup lettuce

**How-To Make It:**

1. Cook bacon in a skillet over stovetop.
2. Once cooked, remove from skillet and cut/tear bacon into small pieces.
3. Mix bacon, tomato and lettuce together in a bowl.
4. Slice avocado and spread with BLT mixture and enjoy!

**Nutritional Content:**

Calories: 260

Fat: 23g

Carbohydrates: 15g

Protein: 6g

**Tuna Stuffed Avocado****What You Need:**

- 1 can tuna
- 1 avocado
- 1 tablespoon onion, diced
- 1 teaspoon lemon juice

**How-To Make It:**

1. Mash avocado in a bowl with a fork; stir in remaining ingredients.
2. Stuff avocado with tuna salad and enjoy!

**Nutritional Content:**

Calories: 300

Fat: 22g

Carbohydrates: 15g

Protein: 20g

**Tuna In Cucumber Cups****What You Need:**

- 1 large cucumber, cut into 1" thick slices
- 1 5oz can Bumble Bee® Solid White Albacore In Water tuna, drained and water squeezed out
- 1 teaspoon black pepper
- fresh dill for garnish

**How-To Make It:**

1. Using a melon baller or small spoon, scoop the seeds out of the cucumber slices, leaving about 1/4" on the bottom to make them into little cups. Once they have all been scooped, squeeze the water from the cucumber pulp you have scooped out, and finely chop it.
2. In a small mixing bowl, combine the drained tuna, finely chopped cucumber pulp and pepper. Stir to combine. Taste to see if you want to add more pepper.
3. If your cucumber cups have a lot of moisture, dab away the water using a paper towel. Then fill each cucumber cup with tuna, and garnish with dill.

**Nutritional Content:**

Calories: 55

Fat: 0.5g

Carbohydrates: 2g

Protein: 18g

**Ground Turkey And Spinach Stuffed Mushrooms**

**What You Need (makes 2 servings):**

- 2 teaspoons coconut oil
- 6 large Portobello mushroom caps, cleaned and gills removed (gently scrape it out with a spoon)
- 1 small onion, diced
- ½ pound ground turkey
- Handful of baby spinach leaves
- 6-8 grape tomatoes, sliced (and roasted if you prefer)
- Salt and pepper, to taste (Italian seasoning would be great too!)

**How-To Make It:**

1. In a large skillet over medium high heat, melt about 2 teaspoons of coconut oil. Place the mushrooms into the skillet and let cook until softened, about 5-7 minutes. Flip them halfway through. Set aside on a plate.
2. In the same skillet, add the onion and sauté until softened, about 3 minutes. Then add the ground turkey to the pan and break it up into small pieces with a spatula or wooden spoon. Cook until it's all cooked through. Sprinkle salt and pepper and other seasonings, if using.
3. Remove from heat and add the baby spinach leaves. The residual heat should wilt the spinach easily.
4. To assemble: use a small spoon and scoop the turkey spinach filling into the caps of the mushrooms. Top with grape tomatoes. Serve warm!

**Nutritional Content (per serving):**

Calories: 175

Fat: 5g

Carbohydrates: 8g

Protein: 20g

**Char-Grilled Salmon With Avocado****What You Need:**

- 1 very ripe avocado
- ½ cucumber, peeled and deseeded
- 1 teaspoon chopped dill
- 1 teaspoon rice vinegar
- 1 teaspoon vegetable oil
- 2 x 125g (4 1/2oz) salmon fillets, skin on

**How-To Make It:**

1. Half the avocado, remove the stone, peel and cut into small chunks. Cut the cucumber into small chunks and add to the avocado along with the dill and rice vinegar. Season to taste and divide between two plates.
2. Preheat a ridged grill pan until very hot. Brush the oil over the salmon fillets. Season with salt and freshly ground black pepper and cook, flesh side down, for 5 minutes or until lightly charred. Turn and cook for a further two minutes until cooked through. Serve with the salad.

**Nutritional Content:**

Calories: 325

Fat: 22g

Carbohydrates: 15g

Protein: 20g

**Salmon Burger And Slaw****What You Need:**

- FOR SALMON BURGERS:
- 16 ounces salmon filets, skin removed
- 2 eggs
- 3/4 cup almond meal
- 1/3 cup red onion, minced
- 3 garlic cloves, minced
- ½ cup cilantro, finely chopped
- Sea salt and black pepper, to taste
- 2 tablespoons olive oil for cooking
- FOR JICAMA MANGO SLAW:
- 2 cups green cabbage, shredded
- 1 cup jicama, julienned
- 1 cup mango, diced
- ½ cup red onion, thinly sliced
- ¼ cup fresh lime juice
- 2 tablespoon olive oil
- 1/3 cup cilantro, minced
- Sea salt to taste

**How-To Make It:**

1. Begin by finely chopping the salmon filets and add to a large mixing bowl. Add the rest of the burger ingredients and stir to combine.
2. Form mixture into patties. Set onto a plate.
3. Heat olive oil in a large pan over medium heat. Allow pan to become very hot. Place salmon burgers on pan. Use spatula to reform patties if they become loose. Cook 5 minutes. Flip and cook 5 minutes on other side.
4. While burgers cook, make the slaw by combining cabbage, red onion, mango, jicama and cilantro in a large bowl. Pour in lime juice and olive oil. Season with sea salt. Toss to coat. Refrigerate until serving.
5. Serve salmon patties with slaw.

**Nutritional Content:**

Calories: 280

Fat: 10g

Carbohydrates: 12g

Protein: 30g

**Chicken Bowl Salad****What You Need (Serves 4):**

- Chicken Shawarma
- 1 pound free-range organic chicken breast, cut into 3-inch strips
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- $\frac{3}{4}$  teaspoon fine grain sea salt
- 3 garlic cloves, minced
- 1 teaspoon curry powder
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{4}$  teaspoon ground coriander
- Salad
- 6 cups / 3.5 oz / 100 gr spring greens
- 1 cup / 5.3 oz / 150 gr cherry tomatoes, halved
- 2 handfuls torn fresh basil leaves
- 1 avocado, sliced
- Basil-Lemon Vinaigrette
- 2 large handfuls fresh basil leaves
- 1 clove garlic, smashed
- $\frac{1}{2}$  teaspoon fine grain sea salt
- 2 tablespoons fresh lemon juice

- 5 tablespoons olive oil

**How-To Make It:**

1. In a bowl whisk olive oil, lemon juice, garlic, salt, curry powder, cumin and coriander until combined.
2. In a shallow sealable container or in a large Ziploc bag, combine chicken strips and marinade.
3. Cover or seal and marinate in the refrigerator for at least 20 minutes (marinate overnight for fullest flavor.)
4. When you're ready to make the meal, heat a large nonstick skillet over medium-high heat.
5. Add a tiny bit of olive oil, add the chicken and cook until golden brown and cooked through, about 6 to 8 minutes turning regularly, until juices run clear.
6. In the meantime, make the vinaigrette. In a food processor (or small blender), process the basil, garlic, salt, and lemon juice until smooth. With the motor running, slowly add the oil. Blend until combined. Set aside.
7. To make the salads, add the greens in a large bowl and toss them with a sprinkle of salt and pepper. Add the chicken on top along with the tomatoes, basil, and avocado.
8. Drizzle the bowl with the basil-lemon vinaigrette. Serve!

**Nutritional Content:**

Calories: 390

Fat: 28g

Carbohydrates: 9g

Protein: 27g

**Cauliflower Bagel BLT's****What You Need (Serves 4):**

- 1 small head cauliflower, cut into small florets (should yield 3 cups of cauliflower rice)
- 3 tablespoons almond flour
- 1 tablespoon coconut flour
- 2 free-range organic eggs at room temperature
- ½ teaspoon garlic powder
- ½ teaspoon fine sea salt
- ¼ teaspoon baking powder
- Pinch of ground black pepper
- Poppy seeds, sesame seeds, minced garlic or minced onion for topping
- 8 slices organic uncured thick cut bacon
- 1 large ripe tomato, sliced

- 4 leaves crispy leaf lettuce
- 4 tablespoons mayo (make your own paleo mayo with this recipe)

**How-To Make It:**

1. Preheat oven to 400°F (200°C) and place a rack in the middle.
2. Line a baking sheet with foil. Arrange bacon strips about 1 ½ inches apart and bake 12 to 14 minutes until bacon is browned but not too crisp. Transfer to paper towel; cool. Halve slices and set aside.
3. In the meantime, make the cauliflower bagels.  
In a food processor rice the cauliflower florets (it should be evenly chopped but not completely pulverized).
4. In a large bowl combine 3 cups of cauliflower rice, eggs, almond flour, coconut flour, garlic powder, salt and pepper. Mix well.
5. Refrigerate the cauliflower mixture for 5 minutes - this will allow the almond flour and coconut flour to soak up some of the moisture.
6. Take out the fridge and give it another good stir.
7. Line a baking sheet with parchment paper and lightly grease with olive oil.
8. Using your hands form 4 even sized buns (squeezing the mixture so it holds together) and lay onto the lined baking sheet.
9. Sprinkle toppings and lightly press them into the top. With the handle of a spoon/fork/knife make a big hole in the middle of each bun.
10. Bake in the oven for about 16 to 18 minutes, or until it reaches a bread-like consistency.
11. Turn on the broiler on high, and broil for further 2 to 3 minutes until the top is golden. Remove from the oven and let cool completely on a rack before peeling them off the parchment paper.
12. Cut the cauliflower bagels in half and spread bottom with mayo. Divide the lettuce between 4 bagels.
13. Add 2 slices of bacon, tomato and drizzle with remaining mayonnaise, then top with the other cauliflower bagel half. Secure with a cocktail stick and serve.

**Nutritional Content (per “bagel”):**

Calories: 190

Fat: 14g

Carbohydrates: 5g

Protein: 12g



## Chicken Lettuce Wraps

### What You Need:

- Head of lettuce
- 1-2 tablespoons expeller pressed coconut oil
- 1 pound ground chicken
- 1 large carrot, grated
- 2 green onions, sliced
- 8 ounces water chestnuts, chopped into small pieces
- 2 cloves garlic
- ¼ cup wheat free soy sauce or coconut aminos
- 2 tablespoons real maple syrup
- 1 tablespoon apple cider vinegar
- 1 tablespoon molasses
- 1 clove garlic, minced or pressed
- 1 teaspoon grated ginger
- 2 tablespoon fresh squeezed orange juice
- 2 tablespoon water

### How-To Make It:

1. In a large skillet, heat oil over medium heat.
2. Add ground chicken, carrots, green onions, water chestnuts, and garlic and stir fry together, breaking up chicken, until chicken is no longer pink.
3. Mix together remaining ingredients in a bowl or measuring cup.
4. Pour about half of the sauce over the chicken mixture and bring to a low boil to slightly thicken sauce and have it incorporate with the chicken. Taste and add more sauce to your liking.
5. Fill lettuce cups with chicken mixture and serve immediately.
6. The extra sauce can be used as a condiment to serve with the wraps if more sauce is needed.
7. If you can find a clean organic Hoisin sauce, feel free to also use that as a condiment.

### Nutritional Content:

Calories: 300

Fat: 14g

Carbohydrates: 15g

Protein: 30g

## Turkey Wrap

### What You Need:

- 4 ounces Turkey
- 1 Large Collard Green Leaf
- 5 Small Yellow Tomatoes (halved)
- 1/8th cup Purple Onion (thinly sliced)
- 1/4 Red Bell Pepper (thinly sliced)
- 1 tablespoon Deli Mustard

### How-To Make It:

1. Wash and dry your collard greens then cut the stem off.
2. Smear leaf with the mustard.
3. Top with remaining ingredients.
4. Roll and pin with toothpicks (about 4 to get a good hold).
5. Cut in half and enjoy!

### Nutritional Content:

Calories: 100

Fat: 1g

Carbohydrates: 3g

Protein: 22g

## Lettuce Wrap Tacos

### What You Need (4 servings):

- 1 pound Ground Beef
- ½ to 1 tsp cayenne pepper (depending how spicy you like it)
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 11 tablespoons chopped garlic
- 1 head of Butter Lettuce, washed and separated
- 1 avocado, slices
- Salsa
- Cilantro, chopped

**How-To Make It:**

1. Cook ground beef in a frying pan on medium heat.
2. Drain any fat, oil from beef.
3. Add into the frying pan the garlic, cayenne pepper, and cumin.
4. Mix seasons together with the meat.
5. Wash & separate the Butter Lettuce leaves, let dry on a clean paper towel.
6. Sliced avocado.
7. Cut the lime into wedges.
8. Chop cilantro.

**Nutritional Content (per serving):**

Calories: 190

Fat: 8g

Carbohydrates: 6g

Protein: 20g

**One-Bowl Fudgy Pumpkin Paleo Brownies****What You'll Need:**

- 3/4 cup pumpkin puree
- 1/3 cup pure maple syrup
- 2 eggs
- 1 teaspoon vanilla extract
- 3/4 cup almond flour
- 3 tablespoons coconut flour
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 cup chocolate chips
- For the topping:
- 2 tablespoons chocolate chips
- 1 teaspoon coconut oil

**How to Make Them:**

1. Preheat oven to 350 degrees F.
2. Line an 8x8 inch pan with parchment paper.
3. In a large bowl, mix together pumpkin puree, maple syrup, eggs, vanilla extract until smooth. Mix in the dry ingredients: almond flour, coconut flour, cocoa powder, salt, baking soda and baking powder until smooth. Fold in 1/4 cup chocolate chips. Pour into prepared pan and spread to the edges. Smooth top with a spatula.
4. Bake for 20-25 minutes until knife comes out clean. Brownies will not look completely cooked but as soon as the knife comes out clean, they will be done. Cool on a wire rack for 15 minutes.
5. Make the topping by melting chocolate chips and coconut oil in a small saucepan over very low heat. Drizzle over the top of the brownies, then cut into 12 squares.

**Nutritional Information**

Serves: 12 brownies

Serving size: 1 brownie (based on 12)

Calories: 135

Fat: 8g

Carbohydrates: 15g

Protein: 3g

**Chocolate Chunk Cookies****What You Need**

- 1 egg, slightly beaten
- 1 teaspoon vanilla extract
- 1/4 cup coconut oil, melted and cooled (olive oil may be substituted)
- 1/2 cup coconut sugar
- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 3 oz 80% dark chocolate, coarsely chopped
- Coarse sea salt, for sprinkling

**How to Make Them**

1. Preheat oven to 350 degrees F.
2. In a large bowl, add in beaten egg, melted and cooled coconut oil, coconut sugar and vanilla extract. (Please make sure your coconut oil is cool!) Next add in almond flour, coconut flour and baking soda, mixing well to combine and form a dough. Fold in dark

chocolate chunks. You may need to use your hands to moisten the dough so that it sticks together well.

3. Use a cookie scoop or large tablespoon to drop dough onto ungreased baking sheet. Gently flatten the dough with your hand. Bake for 11-13 minutes, or until edges are slightly golden brown. Sprinkle with coarse sea salt and allow to cool on cookie sheet for 10 minutes before transferring to a wire rack to finishing cooling. Makes 12 cookies.

### **Nutritional Information**

Serves: 12 cookies

Serving size: 1 cookie

Calories: 179

Fat: 14g

Carbohydrates: 14g

Protein: 3g

## **Chocolate Chip Coconut Flour Banana Bread**

### **What You'll Need**

- 3 medium ripe bananas, mashed (about 1 1/4 cups mashed banana)
- 1 teaspoon vanilla extract
- 1/4 cup almond butter
- 2 eggs, at room temperature
- 1/2 cup coconut flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup dark chocolate chips

### **How to Make It**

1. Preheat oven to 350 degrees F.
2. Line an 8x4 inch or 9x5 inch loaf pan with parchment paper and spray with nonstick cooking spray.
3. In the bowl of an electric mixer, combine bananas, vanilla and almond butter; mix until well combined, smooth and creamy. Add in eggs, one at a time and mix on medium speed until combined. With the mixer on medium-low speed, add in coconut flour, baking soda, baking powder, cinnamon and salt; mix again until just combined. Gently fold in chocolate chips.
4. Pour batter into prepared pan and smooth top. Bake for 30-40 minutes or until tester inserted into center comes out clean. Remove from oven and place on wire rack to cool

for 20 minutes, then carefully invert, remove bread from pan and place back on wire rack to cool completely. Cut into 12 slices.

### **Nutritional Information**

Serves: 12 servings

Serving size: 1 slice (based on 12)

Calories: 138

Fat: 8g

Carbohydrates: 16g

Protein: 3g

### **Zucchini Banana Bread Bars**

#### **What You'll Need**

- 1 cup shredded zucchini (from 1 medium zucchini)
- 1 cup mashed ripe banana (about 2 medium banana)
- $\frac{3}{4}$  cup cashew butter (or can sub peanut, almond butter or tahini)
- 2 tablespoons pure maple syrup
- 2 eggs
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup coconut flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{3}$  cup chocolate chips (dairy free, if desired)
- For topping:
  - 2 tablespoons chocolate chips (dairy free, if desired)
  - 1 teaspoon coconut oil

#### **How to Make Them**

1. Preheat oven to 350 degrees F.
2. Line a 9x9 inch pan with parchment paper and spray with nonstick cooking spray to prevent the sides from sticking.
3. In a large bowl, mix zucchini, banana, cashew butter, maple syrup, eggs and vanilla together until smooth and well combined. Add in coconut flour, baking soda, cinnamon and salt and stir to combine wet and dry ingredients. Fold in  $\frac{1}{3}$  cup chocolate chips.
4. Pour batter into prepared pan. Bake for 30-40 minutes or until toothpick comes out clean. Mine were perfect at 35 minutes. Allow bars to cool on a wire rack.
5. To make the chocolate drizzle: Add chocolate chips and coconut oil to a small saucepan and place over low heat. Stir frequently until melted then drizzle over bars.

## Nutritional Information

Serves: 16 bars

Serving size: 1 bar

Calories: 154

Fat: 9g

Carbohydrates: 17g

Protein: 4g

## Ginger Molasses Cookies

### What You'll Need

- 1/4 cup melted and cooled coconut oil
- 1/4 cup coconut sugar
- 2 tablespoons molasses
- 1 egg, at room temperature
- 1 teaspoon vanilla extract
- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 3/4 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon salt
- Organic sugar for rolling, if desired

### How to Make Them

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together melted and cooled coconut oil, coconut sugar, molasses, egg and vanilla extract. (Please make sure your coconut oil is cool!)
3. Next, add in almond flour, coconut flour, baking soda, spices and salt; mix well to combine and form a dough. Let the dough rest for just a few minutes.
4. Use a cookie scoop to scoop dough, then use your hands to roll dough into a ball. Roll dough in organic cane sugar then place on an ungreased baking sheet. Gently flatten the dough with your hand or the back of a glass. Bake for 8-11 minutes. Allow to cool on cookie sheet for 10 minutes before transferring to a wire rack to finishing cooling.
5. Makes 10 cookies. Feel free to double the recipe if you want to make more!

## Nutritional Information

Serves: 10 cookies

Serving size: 1 cookie

Calories: 161

Fat: 12g

Carbohydrates: 12g

Protein: 3g

## Chocolate Almond Butter Cookies

### What You'll Need

- 1 cup creamy natural almond butter (use the runny kind with only almonds as an ingredient)
- 1 teaspoon melted coconut oil
- 1/2 cup coconut sugar
- 1 teaspoon vanilla extract
- 2 eggs, slightly beaten
- 1/3 cup unsweetened cocoa powder (pick a good-quality cocoa powder)
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup dark chocolate chips (dairy free or vegan, if desired)
- Fancy sea salt, for sprinkling on top

### How to Make Them

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with parchment paper.
3. In a medium bowl, combine almond butter, coconut oil, sugar, vanilla, egg, cocoa powder, baking soda and salt; mix until smooth and well combined. Fold in chocolate chips.
4. Roll dough into large balls (about 2 tablespoons) and place on baking sheet. Slightly flatten each dough ball with the palm of your hand.
5. Bake for 7-8 minutes or until edges are set. Do not overbake!
6. Once done baking, remove baking sheet from oven and allow cookies to cool on the sheet for 5 minutes before transferring to a wire rack to finish cooling. Sprinkle each cookie with a little sea salt. Makes 12 cookies.



**Nutritional Information**

Serves: 12 cookies

Serving size: 1 large cookie (based on 12)

Calories: 172

Fat: 12g

Carbohydrates: 16g

Protein: 5g

**Conclusion:**

Tis the season to STAY LEAN...

Maybe even get even more ripped than when the holidays started... WITHOUT missing out on any of the foods, treats and drinks you love the most.

Make this holiday season unlike any other. Show up. Show off. Eat up. And look great while doing so. Simply implement the tips, tricks and recipes that I've given you throughout this book and you can soak up this holiday season for all it's worth...

Plus, don't forget to spend a little on yourself by grabbing a couple of the high-powered supplements from <http://www.myosport.com>. They'll accelerate even the bravest fat-loss and muscle-building goals.

Until next year,

Happy Holidays!

**References:**

- [1] <https://www.ncbi.nlm.nih.gov/pubmed/15466943>
- [2] <https://www.ncbi.nlm.nih.gov/pubmed/16469977>
- [3] <https://www.ncbi.nlm.nih.gov/pubmed/16002798>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3661116/>
- [5] <https://www.ncbi.nlm.nih.gov/pubmed/11838888>
- [6] <https://www.ncbi.nlm.nih.gov/pubmed/12514302>
- [7] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2991639/>
- [8] <https://www.ncbi.nlm.nih.gov/pubmed/9357807>
- [9] <https://www.ncbi.nlm.nih.gov/pubmed/17784905>
- [10] <https://www.ncbi.nlm.nih.gov/pubmed/16926710>
- [11] <https://www.ncbi.nlm.nih.gov/pubmed/25811544>