





The holidays *can* be such a special time to enjoy with friends and family, and they *can* be a wonderful break from the ordinary ways and routines.

But the reality is that the holiday season can also be a stress-filled emotional rollercoaster. Between having to make it through that long holiday party with crabby Aunt

Edith and your overly critical brother, choosing the just-right Secret Santa gift for the co-worker you don't really like all that much, making those holiday cookies your 7-year-old told you he needed at the last minute, finding the perfect holiday dress that your 13-year-old likes and then showing up at your spouse's work party with a smile, you might want to skip right over the holidays.

As the holiday season approaches, you may feel sad about a lost loved one, angry that your sister isn't much help with the big dinner and worried about how you're going to get everything done that you need to do. **All of this can lead to you convincing yourself that you don't have enough willpower to eat well, exercise or get enough rest. Why even try? You end up giving up and telling yourself you'll regroup in the New Year.**

But then what happens? The New Year comes and you're discouraged with the number on the scale, how your clothes aren't fitting and your total lack of energy. Not to mention your skin looks dull and your eyes are less than luminous. **You feel you've dug yourself into a hole that's going to require desperate measures to get out of!**

We want you to know that while you don't have control over every situation or the people around you, **there are lots of easy things you can do NOW and throughout the holiday season to help you not just survive but THRIVE during this busy time.** And none of these things involve counting calories or depriving yourself!

**Sure, the holiday season is a time when we all feel a little justified about indulging in overabundance.** Especially when it comes to food—food is a central part of social

get-togethers and parties around the holidays. But we're going to show you HOW to make smart food choices even when you are surrounded by mountains of food every day.

**First, let's start by debunking 5 myths that will keep you overweight, sluggish and craving unhealthy foods and habits.** Once we dispel these myths, you'll be ready for 10 REAL tips that will help you burn fat, boost your energy and kick your cravings!

We just ask you to read through the whole guide actively. That means don't read and say, „Yeah, that's a good idea, but..." or „That would never work for me!" or „I've tried that before and it didn't work." We're asking you to read, think and make a plan that you can commit to because—as you've no doubt heard before—when you fail to plan, you plan to fail!

## **5 Myths That Will Make or Keep You Overweight, Sluggish & Craving**



### **Myth #1: It's all about willpower and counting calories.**

Do you ever beat yourself up because you didn't have enough willpower to say no to the chocolate cake? Or do you find yourself saving your calories until the end of the day when that office party rolls around? ? Then you

can reward yourself with whatever you want to eat and drink, thinking as long as you're under your 1500 calories for the day, you're good. What if we told you that you don't need to exert a lot of willpower or count calories at all? Imagine how freeing that would feel. No more guilt, no more shame, no more obsessing about a number!

Your body is beautifully designed to ask for what it needs to reach homeostasis, which means having internal stability. Since your body can't ask with words, it asks with cravings and hunger. When your body is hungry, it wants nutrients, not calories. Let us say that again...

When your body  
is hungry, it wants  
**nutrients,  
not calories.**

That's why exerting willpower and counting calories backfires eventually. REAL food is your body's fuel, and when your body is not being fueled well throughout the day, it's going to keep asking for the right fuel. If you save up all day so that you can eat whatever you want at the party and stay within a certain calorie limit, your body is going to keep asking you for the nutrients it needs.

It'll ask through hunger and cravings over and over again. This becomes a vicious circle—you'll feel like a complete failure who should have enough willpower NOT to eat that 8th cookie!

**When you learn to tune in to your body and give it the fuel it needs throughout the day—which we'll teach you how to do—you won't experience cravings, and you won't need to rely on willpower and counting calories to make it through the day.**

### **Myth #2: Skip the Fat Because It Makes You Fat.**

If there's one message that's been ingrained in our psyches over the last few decades, it's that fat is bad. We are here to tell you that This. Is. Just. Not. True.



In fact, what we know from both traditional diets around the world and current research is that fat is a MUST for weight loss, great energy and kicking those cravings, not to mention overall health. That includes saturated fat too. Yep, saturated fat, a key component in traditional diets since the beginning of time, is very important for manufacturing hormones, keeping blood sugar and insulin stable and it's a source of energy in your body.

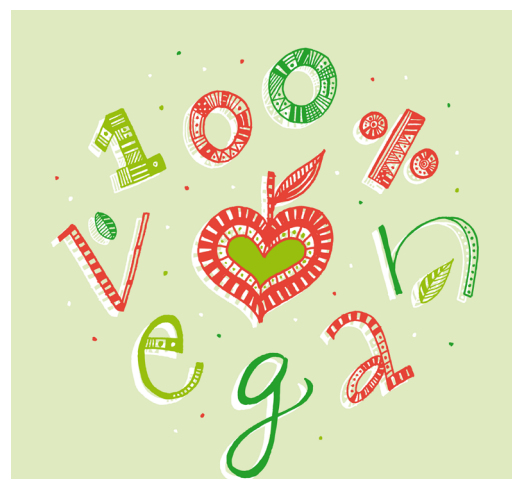
Teaching our clients to eat fat with every meal is one of the ways we help them

achieve their ideal weight. What about heart disease you ask? The great news is that REAL fat, which includes saturated fat, does not cause heart disease or weight gain.

**When you eat the right kind of fat with every meal {which we are going to teach you how to do}, you'll have better energy, fewer cravings and you'll actually burn fat instead of storing it.**

### **Myth #3: Go Vegetarian...or Better Yet, Vegan!**

If you listen to the celebrities and the mainstream media, you'd think you have no chance of being healthy and thin unless you eschew animal products, or at least all red meat. We know from a combined 20+ years of working with clients that this is far from true for most people. While we absolutely believe in eating lots of plant food, we also know that high quality animal food is loaded with essential nutrients that you just can't get from plant food. The right meat, poultry and fish can actually turn you into a fat burning machine.



In fact, there is not a traditional culture around the world that has sustained great health and fertility over generations that hasn't included some animal food in their diet. Each of us needs a different amount of animal protein to achieve optimal weight and health, but let go of the idea that eating meat is bad for you.

**Eating the right kind of animal protein {which we are going to teach you how to do}, can be very healthy and will help you kick your cravings by giving your body very important nutrients and helping to stabilize blood sugar.**



#### **Myth #4: Jump on the Tread Mill Every Day to Make Up for the Extra Party Food.**

You can eat and drink as much as you want as long as you burn it off with hours and hours of cardio every week, right?

Not so fast. That cardio may actually be working against you. It might even be keeping you in fat storage mode, which is the exact opposite of what you want.

Yep, it's true: too much cardio can cause your stress hormones to increase. When your stress hormones are too high too often, your body thinks there's an emergency. When your body thinks there's an emergency, it stores fuel. What does it store fuel as? Fat.

Plus, the idea that counting calories to calculate what you eat and drink and what you burn is flawed. You metabolize calories differently from one day to the next depending on many factors, including your state of health, your hormones, what the calories came from and more. 'Calories in, calories out' is overly simplified and often false.

**You can exercise smarter (and less!) to burn fat, reach your ideal weight and have the energy you want every day. Keep reading—we're going to show you how.**

#### **Myth #5: You Can Relax and Catch Up on Sleep After the Holidays Are Over.**

Even for us, sleep is one of the first casualties of our busy lives, a situation that can get worse during the holidays. It's easy to convince yourself that you can catch up on sleep later.



The problem is that when you aren't getting enough sleep on a daily basis—that's 8+ hours, with at least a few hours before midnight—you will have a hard time losing fat and you'll crave the very

foods that keep you in fat-storage mode {sugar anyone?} and low-energy mode. You'll fuel your cravings, too. It becomes a vicious cycle. You might wind up using caffeine to keep yourself awake and using alcohol to wind down so you can get at least 5 hours of sleep before you have to start over again the next morning. Brain scans show that when you are sleep-deprived, the parts of your brain that are interested in immediate gratification and reward light up. You really do crave pizza and doghnuts when you're tired and you don't have the capacity to think about making a different choice!

**Making the effort to get 8+ hours of sleep every night will help you make better choices about what you eat all day long, plus you'll feel more clear-headed, have more energy and lose weight!**

## **10 REAL Tips That Will Help You Burn Fat, Boost Your Energy & Kick Your Cravings all Holiday Season Long!**

**All Calories are NOT created equally...**



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**...and they don't all give your body  
the right information.**

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### **REAL Tip #1: Count Nutrients, Not Calories.**

What if your car needed to be filled up with gas before you could run all those holiday errands, but you didn't want to spend the time or the money at the gas station, so instead you pulled the hose around from the side of the house and filled up your tank with water? It's liquid like gasoline and it comes through a hose like gasoline. Should work, yes?

Not so fast, right?! Water is not the right fuel for the car—it'll make your car spurt and sputter, not run smoothly or efficiently. Well, food is *your* fuel. It gives your body information at the cellular level. Lots of food on grocery store shelves and at holiday parties isn't the right fuel for your body. It simply gives your body the wrong information. It's not about the number of calories, it's about the nutrients in those calories. The nutrients give your body information.

**Take 100 calories from an apple.** You get vitamins, minerals, phytonutrients and fiber. It's a cleansing food. It gives your body fuel it needs and can use. It gives your body good information.

**Now take 100 calories from some chicken.** You'll get more protein, fat and different vitamins and minerals. It's a building food. If it's from a healthy chicken (more on that in a few minutes), the chicken gives your body good information.

**Then take 100 calories from a 100-calorie pack of Oreos.** You get sugar, enriched flour and a bunch of chemicals. Your body doesn't need those, want those or know what to do with those. Processed ingredients like these contribute to inflammation in the body. They put your body into fat-storage mode. They're still 100 calories, but they give your body the wrong nutrients and the wrong information.

**Counting calories is unnecessary when you are eating mostly food that gives your body the right information.** And then you won't drive yourself or your loved ones crazy with obsessing over calorie counts. Keep in mind that when it comes to eating healthy, quality is what matters—that is, food containing nutrients—not quantity.

**Look for healthy food choices such as fruits and vegetables (and cheeses if you can tolerate dairy) instead of the pies, cakes and cookies that are in the typical holiday spread. If you want a sweet treat, choose one made with ingredients you recognize as being from a garden, orchard or farm instead of a lab. Use the recipes in this guide to keep yourself on track. The best thing you can do for your health is eat nutrient-rich food instead of trying to keep track of your caloric intake.**

## REAL Tip #2: Balance Your Meals.

One of the things we often see busy people doing is eating unbalanced meals and snacks. By unbalanced, we mean meals that are carb-heavy, often meals that are mainly grains. People often do this in the name of counting calories (which you now know isn't really a good idea or even necessary).



Have you ever snacked on a bag of pretzels thinking they are a low calorie **snack so they're a good choice?** Or some whole-grain corn chips or the rice cakes that taste like styrofoam? We've both done so before and we're guessing you have, too. The problem is that carb-heavy meals and snacks—especially when they are grain-based—spike your blood sugar and insulin levels, putting you into fat-storage mode, the opposite of what you want.

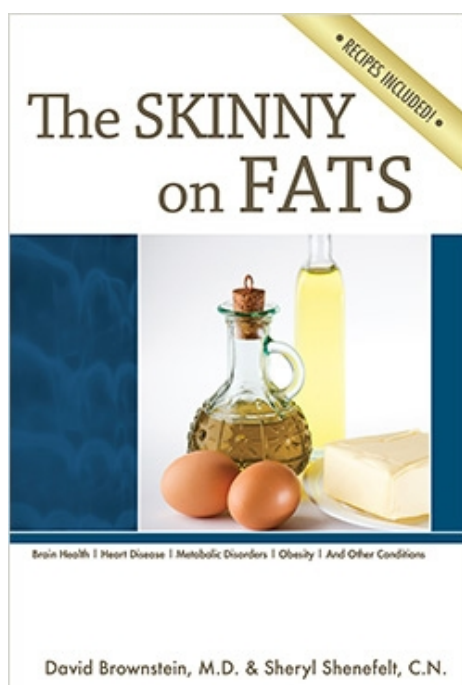
**To put yourself into fat-burning mode, not to mention to kick those cravings and boost your energy, you want to eat balanced meals all day long, including healthy proteins and fats along with some non-grain-based carbs.** Even when you have a sweet treat, you want to have it just after or with protein and fat. It's the protein, fat and healthier carbs that will help keep your blood sugar and insulin levels in a healthier range and put you into fat-burning mode!

Extra food at office parties or during holiday happy hours will most definitely cause you to pack on unwanted pounds, but if your body is filled with nutrient-dense foods starting with breakfast, your cravings will be lessened and you'll be more likely to make better choices when you're faced with sugary and salty treats later in the day.

**Tune into your "full" feeling as a signal to stop eating.** When you are eating nutrient-dense foods with plenty of protein and fat, your body will stop sending you urgent „I'm hungry!“ messages. Then, when you begin to feel full, stop eating. Also, eat your protein first and then eat the other healthier options, like veggies, salads and fruits. If you

do that, you will find that you'll automatically eat fewer sugary snacks. Remember, too, that many holiday drinks are packed with extra sugar, so watch how much of the special libations and festive eggnog you drink. This goes for both alcoholic and non-alcoholic beverages. Sparkling water is always a great choice, or non-sweetened tea (either hot or cold).

**Plan balanced meals throughout the day, especially on those days when you will be inundated with party foods. Start the day with a protein-filled breakfast so you'll have more balanced blood sugar and hormone levels. This will also reduce the temptation to snack on the not-so-nutritious treats that are so plentiful at home and in the office. Then make lunch your largest meal. Having a large lunch with plenty of healthy protein and fat will help keep your blood sugar and insulin levels more balanced, which means you will feel more stable and less food-crazed throughout the day and evening.**



### **REAL Tip #3: Eat Fat to Lose Fat.**

Have you heard the news? Fat isn't bad for you! We've known that all along, of course—our great-grandparents ate butter and lard, not low-fat margarine and zero-calorie mayo—but now even mainstream health experts are saying that a low-fat/no-fat diet is not a good idea. Mary Flynn, a professor of medicine at Brown University, recently told an NPR reporter: "There have been a number of studies done, and there's been no benefit for

low-fat diets to lead to better weight loss, and there's no benefit for low-fat diets to lead to less disease." She added that avoiding fat is not the key to a healthy diet. Common sense is finally becoming more common!

Unfortunately, you (like many others) have likely been brainwashed by the low-fat

message for decades so we understand if you are skeptical when we tell you to eat fat to lose fat and for better overall health!

**A vicious cycle emerges when you try to stick to a low-fat diet.** For one thing, low-fat inevitably means high-carb, which can lead to unwelcome blood sugar problems like hypoglycemia. When this happens, blood sugar levels are on a daily rollercoaster ride of up-and-down, up-and-down. Hypoglycemia can negatively affect your brain, mood and energy as well as your weight-loss efforts. Plus, eating low -fat, high-carb is unsatisfying on many levels. (You know it's true!)

From a purely commonsense point of view, we all instinctively know that fat is filling. As an example of this principle, try to eat more than one avocado. We bet you can't eat more than one whole avocado! But we're equally willing to bet that you could eat several handfuls of chips and still be hungry. It's like the ad says: you can't eat just one. And therein lays the satiating power of fat. The fat-rich avocado will fill you up, while the carb-heavy chips will invite you to keep on eating. You might even eat the whole bag! It's a fact: compared to people eating foods that are higher in fat, low-fat dieters are hungry more often and are prone to eating more carbohydrates, generally refined carbohydrates such as chips and snack bars (or filling up at the holiday party dessert table!).

Unfortunately, many of these low-fat refined carbohydrate products contain added sugars to make up for the flavor and texture that are lost when the fat is taken out. In other words, when we avoid fat, we often wind up inadvertently eating more sugar. Not to mention the artificial colors, flavors, MSG and other flavor enhancers that are used to make low-fat products more palatable.

**Don't get us wrong—we definitely want you to avoid trans-fats and other refined fats like vegetable oil, soy oil, and canola oil.** Those do promote inflammation, illness and weight gain. But REAL fat like what you find in grass-fed meat and eggs, high-quality extra-virgin olive oil, organic butter, unrefined coconut oil, nuts, seeds and avocados will help keep your blood sugar and insulin levels stable, allowing your body to have a steady source

of fuel and go into fat-burning mode.

**The answer for weight loss is to actually eat more fat! As Julia Child would say, „If you're afraid of butter, use cream.” With every meal and snack, include good fats like butter, coconut oil, pastured meat and eggs, avocado, olive oil, nuts and seeds to help to provide satiation, fend off food cravings and decrease the tendency to overeat and overindulge.**

#### **REAL Tip #4: Eat Fat to Gain Energy, Feel Calmer and Get Your Glow On!**

You already know we're big fans of healthy fat and how it can help you lose weight, so you think we might be done talking about eating fat, right? Not so fast. (Sheryl co-authored an entire book called [\*\*The Skinny on Fats\*\*](#) on this topic!)



Not only does eating healthy fat help you lose fat, it also provides a steady source of preferred fuel for your body. What does that actually mean for you? **Better energy, calmer and more balanced moods and more of a glow. Who doesn't want all of that?**

Your daily diet affects your brain chemicals that in turn influence your mood and behavior. And there's even more: cognitive function, mental acuity, behavior, focus and clarity all depend on consuming adequate amounts of dietary fat. Eating a low-fat diet can lead to depression, an inability to focus, behavioral illnesses (e.g., ADHD and ADD) and more. **Choosing the right fats (including saturated fats) can make a big difference in not only how your brain functions but also how you feel.** Good fats—especially essential fatty acids like Omega 3s—can ensure a healthy brain and a positive mental state, not to mention enhanced energy levels and general sense of well-being.

We've had thousands of people go through Angelle's [14-Day Get REAL Health Challenge](#), a program that includes a menu plan and coaching to help people put healthy concepts into place in 14 days. We consistently see that when people include more of what Angelle calls „Friendly Fats“ every day, their bodies shift into using fat as their main source of energy.

What that means is that when you eat balanced meals focusing on proteins and fats, you'll feel full longer between meals. Instead of craving sugar and other carbs, your body will tap into stored fat for its main source of fuel. **And that means your body burns more of that stored fat for longer periods.**

Fat is your body's preferred source of fuel. It burns slower and more efficiently. It keeps your blood sugar and insulin levels more steady, which is what you want. We may sound like a broken record here, but if you want to have steadier blood sugar and insulin levels so that you can go into fat-burning mode (plus have more energy and fewer cravings), you need to eat fat! Click [HERE](#) to get Sheryl's FREE "Know Your Fats Reference Guide".

**If you are looking for a calmer mood and more consistent energy, help your body shift into fat burning mode by including plenty of REAL fat, (a.k.a. Friendly Fat) at every meal throughout the day. Look for ways to add in pastured or grass-fed meat, poultry and wild fish as well as organic butter, eggs and full-fat dairy. Also, add in coconut oil, chia seeds, avocado, raw nuts and seeds for even more Friendly Fat and great flavor.**



**REAL Tip #5: Eat REAL Meat, Poultry, Dairy & Eggs.**

Every traditional diet around the world where people have experienced vibrant health and fertility has incorporated animal products into their diet. Some have a lot and others have less depending on where in the world they live. Don't shy away from all meat and animal foods.

DO shy away from meat, poultry, eggs & dairy from conventionally raised animals. When animals are raised in unhealthy conditions and fed lots of genetically modified corn and soy, then the resulting meat and eggs from these animals are high in inflammatory omega-6 fats.



Most people already get more than enough omega-6s in the diet through processed food with vegetable oils. Eating too many inflammatory omega-6s and too few anti-inflammatory omega-3s has been linked to a host of diseases, including brain disorders, inflammatory conditions, cancers and metabolic diseases like Type 2 diabetes and obesity.

**Grass-fed beef and free-range eggs, on the other hand, are full of healthy nutrients, including the those health-boosting anti-inflammatory omega-3 fats.** Pastured animal products also offer conjugated linoleic acid (CLA), which has anti-cancer, anti-infective properties and weight loss properties. Who doesn't want all that?!

While some grocery stores stock free-range eggs and grass-fed meats, most don't, so unless you have a neighbor raising urban chickens in her backyard, one of the best places to find pastured animal products is your local farmer's market. You can talk to the farmers about how the animals were raised, pepper them for cooking tips (pun intended), and leave knowing that you bought incredibly nutritious and delicious ingredients and supported your local economy at the same time.

What makes pastured animal products so much better? Since we are not farmers, we'll let Joel Salatin speak to that. He's widely considered to be America's First Farmer, and he's written several books about the benefits of raising animals on REAL farms on REAL grass. (Salatin wound up in the limelight after Michael Pollan interviewed him for *Omnivore's Dilemma* in 2007.) As Salatin points out, his chickens spend their days pecking for bugs and greens—he refers to them as having a “fresh daily salad bar”—and plenty of sunshine, with the typical flock being no more than 300 birds.



Conventional flocks number over 10,000 birds, and they're kept in closed, cramped facilities with artificial lighting on 24 hours a day to force the hens to overproduce eggs. Along with routine hormones and medications, they're fed arsenic to stimulate their appetites and synthetic vitamins

to replace what they would have been able to eat in fields. These birds live such stressful lives that their beaks are cut off to prevent them from pecking each other to death. If we were chickens, we know where we'd rather live!

Beyond animal welfare, allowing animals to roam on pasture results in animal products that are good for humans, too. **Meat, eggs, and dairy products from pastured animals are high in anti-inflammatory omega-3 fats and health-boosting minerals, plus they have much higher vitamin levels, especially vitamins A and D.** (Plants contain high levels of beta-carotene, which is what our bodies use to create vitamin A, so any animal eating those plants will create lots of its own vitamin A. And any animal—including humans!—basking in sunlight will have high levels of vitamin D.) Meat, eggs, and dairy products from pastured animals also have a richer, fuller flavor and cook more quickly because they're naturally lean.

Make it a point to visit your farmer's market (visit [www.localharvest.org](http://www.localharvest.org) to find local farmers and farmer's markets near you) and pick up a dozen eggs, a pound of meat or a pint of yogurt. Look for 100% grass-fed, hormone-free and antibiotic-free meats, eggs and dairy whenever possible.

**Throughout the holiday season, include what Angelle calls Powerful Protein with each meal to help curb cravings and put you into fat-burning mode. However, do pay attention to the quality of the meat you are eating. Even if you can't eat 100% grass-fed all the time—which we can't do either—you want to buy the best quality you can afford as often as you can to crowd out the poor quality meat. You can always eat your meat or poultry at home before the party and stick to plant-based foods at the party!**



### **REAL Tip # 6: Exercise Smarter, Not More.**

Now that you know overdoing cardio can actually work against you if you're trying to lose or maintain weight, what should you be doing instead? **Research is pretty clear that if you are trying to lose fat, Burst Training or High Intensity**

**Interval Training (HIIT) along with some weight bearing exercise is the way to go. The great news is that it doesn't take a lot of time to get results.**

So what is Burst Training or HIIT? It's when you do repeated rounds of a high intensity exercise like sprints on a bike, squats, or any other activity at your highest possible level of intensity for 30-60 seconds, followed by a rest period that is double the time of the high intensity burst. Then you repeat the cycle about 8 times. Do this 2-3 times a week and you'll set your body up for better hormone balance and fat burning. There are lots of HIIT apps available to help you like the 7 Minute Workout app.

**In addition you want to find ways to add movement you enjoy to your day versus spending hours at the gym and exhausting your adrenal glands and your body's stores of minerals.** Depending where you live and what the weather is like, plan on doing something outdoors during the holidays. This can be something you do by yourself, with family or with friends...and it's something that won't involve any eating. Things like cutting down your own Christmas Tree, shopping for gifts, walking through the park, going sledding, skiing, skating, playing some backyard football, collecting pine cones for decorations, creating simple bird feeders with bird seed and peanut butter and any other activities you can think of. Park further out from the shopping mall so you have to walk more. Take the stairs instead of the elevator. Make conscious choices to help you be more active.

Another great way to exercise is rebound exercise, which improves the tone of your digestive system as well as stimulates drainage and waste release out of the lymphatic

system (without traumatizing the musculoskeletal system). A rebounder is like a mini-trampoline and has proven to be an efficient way to improve cardiovascular health, tone your body and lose weight. Moreover, it enhances cellular metabolism and energizes every cell with fresh oxygen and nutrients. Talk about getting your glow on! Click [HERE](#) for Sheryl's favorite rebounder.

**Add in two sessions of High Intensity Interval Training incorporating weight-bearing intervals {i.e. squats, lunges, push-ups} each week by using an app, going to the gym or finding a DVD that you like. Then add in some stretching and one cardio session a week and you'll be burning fat and building muscle all holiday season**

#### **REAL Tip #7: Breathe, Breathe, & Breathe Some More**

Did you know you have a FREE weight loss & health tool right at the tip of your...nose?! Well, you do. When you consciously take deep breaths before eating and during your meal, you shift your nervous system into parasympathetic dominance. What does that mean exactly? It means that you're

shifting out of sympathetic dominance or fight or flight mode and into rest and digest mode. Doing this every time you eat sets your digestive system up to better digest your food and assimilate nutrients into your body.



**If you are eating in fight or flight mode, your body cannot properly digest and make the most of the food you are eating, no matter how nutrient-dense it is.** In fact you'll likely end up with more bloating and other digestive symptoms.

Types of exercise that focus on breathing, such as yoga, have been shown to help with digestion as well as boost the immune system. Our bodies use oxygen to create energy, so plenty of oxygen is essential for optimum health.

All you need to do is remember to breathe. The funny thing is we often don't remember to breathe deeply. Angelle asks her clients to put some post-it notes around the house, in the car and at the office, that just say 'breathe' on them. Sounds simple—maybe even silly—but it works! Breathing throughout the day and especially before eating, helps your body handle stress more effectively and digest food much better which can lead to weight loss and better energy as well as more conscious eating.



#### **REAL Tip #8: Sleep More and Lose Weight.**

In the [14 Day Get REAL Health Challenge](#), getting people to sleep 8+ hours a night is often more challenging than helping them eat better. Our culture is not set-up to support getting plenty of sleep each night.

Between being overly scheduled from early morning through late evening and all of the artificial light from so many different technology gadgets, our bodies are way out of whack when it comes to their natural sleep cycle. This is only compounded at the holiday season with all of the additional activities and stress.

Stress and lack of good sleep has been shown to affect our mental, emotional and physical well-being. Being stressed and/or tired hinders your digestive processes and increases inflammation in the body.

**People who eat under stress are more likely to not pay attention to what they are eating. That means they'll choose less-healthy options and be more likely to overeat.** Plus, as you learned already, when you eat under stress—and lack of sleep is a stressful state for your body—you will not digest food effectively.

But not to worry—meditation and other relaxation methods are effective calming techniques, and relaxing by taking those deep breaths before bedtime can help you wind down for better sleep.

**Sleep is the body's opportunity to rest, restore and repair. Keeping a regular sleep schedule is essential for being able to easily fall asleep and stay asleep. Turn off your electronic gadgets at least 30 minutes before bedtime, which is hopefully by 10 p.m. most evenings. Take deep breaths. Take an Epsom Salt bath. The Epsom Salt has magnesium which helps your body unwind. Do whatever you need to do to get more sleep!**

### **REAL Tip #9 - Detox Every Day.**

Our bodies are bombarded with chemicals, toxins and pollutants from varying sources on a daily basis. Toxins can be found in everything from our food, our environment and the air we breathe down to the products we put on our skin and the products we use to “clean” our homes.



Over time, these toxins begin to build up in your body. The Environmental Protection Agency (EPA) estimates that 500,000 different chemicals are used in products today and that 5,000 new chemical substances are added each year.

**The good news is that the body is super smart. In order to protect your vital organs from toxins, it will store the toxins away from the organs. The bad news is that our body will store toxins as fat. Yep. Stored fat is often loaded with toxins.**

No doubt you've heard of detoxing—or flushing your system of harmful toxins so your body can perform at its best and reach your healthiest weight. Detoxing can wake up and clean out every cell, organ and bodily system. Have you ever wished for pounds to melt away, for your mood to be enhanced or for a degenerative disease to disappear? We've seen many people have those wishes come true after doing some detoxing.

Cleansing is a way to support the body's natural process of eliminating or neutralizing toxins via the liver, kidneys, colon, lungs and skin. Toxins and pollutants can overwhelm

the detoxification pathways and can manifest themselves in a variety of symptoms, including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, auto-immune diseases and even cancer. Hence, cleansing or detoxification therapies help to take the stress off our systems and allow the body to heal on its own.

Steps you can take starting today include removing foods like sugar, starch, fried and refined foods from your diet. Avoiding such foods help you lessen the toxic load in your body. **You can also do simple things daily to keep your body working optimally, such as dry skin brushing, using a tongue scraper and doing 5-10 minutes of rebound exercise to support your body in draining toxins on a regular basis.** For a great resource to consult when you want to avoid using skin and body-care items that involve a lot of chemicals check out [www.ewg.org](http://www.ewg.org) or email either of us to find out what products we use daily.

**Every day do one thing that supports detoxing your body like eating organic food, taking an Epsom salt bath, using a dry-skin brush or tongue scraper or spending 10 minutes on a rebounder. More focused cleanses can also be used to restore your body to its natural state and to remove harmful substances from your system. Click to check out the 14-Day Get REAL Challenge and join thousands of people who have detoxed and experienced weight loss, fewer cravings, better energy, clearer skin and more.**

**MENU PLAN FOR THE WEEK**

|                          | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast                |        |        |         |           |          |        |          |
| Lunch                    |        |        |         |           |          |        |          |
| Dinner                   |        |        |         |           |          |        |          |
| Snacks & Treats          |        |        |         |           |          |        |          |
| Daily Activities & Hours |        |        |         |           |          |        |          |

**Tips for Success...**

- STOP! If you're hungry, eat a small meal first. If you're not hungry, skip it.
- The first 3 days are a challenge. Stick to the plan and you'll see results.
- Plan and prep your meals and snacks in advance. This will save you time and stress.
- Don't forget to drink plenty of water.
- Don't forget to take your daily walk.
- Don't forget to take your daily rebounder session.

Read your family health care Manager: Page 30 of 31 Time

### REAL Tip #10: Plan and Prep Your Meals.

Meal planning and prep is HOW we stay on track all year long, and especially at the holidays. It's an investment of time each week, but it pays off because it saves time throughout the week. You want to use some type of menu planner, even if it's paper and pencil. Click [HERE](#) for a free weekly planner Angelle uses herself and with clients.

During an already busy holiday season, even though it seems like one more thing to do, planning and prepping at least some of your meals will help you stay on track with your health and fat loss goals as well as save you time.

- ✓ **Plan meals for the week on the weekend.** Rather than wait until you are stressed out, just getting home from work or in the midst of the 'I'm Hungry' cries from your kiddo or spouse, why not plan ahead and save some time and headaches? Every weekend schedule 30-45 minutes and plan the meals you will have for the week, including breakfast, lunch and dinner. Figure out what ingredients you have and what you may need and then do your grocery shopping for the entire week.
- ✓ **Prep meals for the next day or even for the next 5 days!** Set aside 15-20 minutes before you go to bed each night to prep for the following day's meals. Put on some music and you and/or your family can make lunches together. Or, you can spend a few hours on the weekend prepping for the upcoming week. We like to prep our protein—roast chickens, cook taco meat, make an egg dish—so that when dinner rolls around during the week it's easy to heat those up and then add some veggie sides. During the holiday season, even though it seems like this is just one more thing to do, it will actually save you time and energy if you invest a little bit in the prepping. You'll love it when you can pull out your roasted chicken or scrambled egg roll-ups from the fridge and be eating in less time it takes to order a pizza or go through a drive-thru!
- ✓ **Get in habit of carrying lunch and snacks with you.** Use a small lunch cooler and pack it every night before you go to bed. You can pack leftovers, soups, salads with chicken, etc. And remember to always carry nuts, cheese, yogurt, fruits or vegetables for quick snacks if you aren't able to sit for a meal. These also help you get in some nutrient-dense food before going to any holiday gatherings.
- ✓ **Get up 15 minutes earlier each day to make breakfast for you and/or your family.** Eating a breakfast filled with protein and healthy fat will set you up for a better day of eating all day long. Take the time to make sure you get a fresh start on the day and prepare breakfast for yourself and/or your family. Avoid sugary breakfasts that will start you out with an energy spike and then make you crash down mid-morning. Making a simple smoothie with coconut milk is an easy and delicious

way to start the day! Other ideas include scrambled egg roll-ups, leftover soups and stews and any recipe from Sheryl's [books](#) or Angelle's [REAL Breakfast eCookbook](#).

- ✓ **Schedule meals as an appointment on your calendar.** Make meals a priority in your life and in your day. Don't just leave it as an "if-I-have-time" task—those usually never get done! Make meals into an appointment, just like a doctor's appointment that you wouldn't miss and that you can schedule other activities around. Buy a large calendar to post in the kitchen. If you have children, then they can see the meals that are planned and the time they are planned for, which helps them to know that your family prioritizes healthy eating.
- ✓ **Make double or triple batches of any recipes you prepare.** Why not make a recipe once but have enough to eat for days—or even weeks—to come? That's what we do. If you know you like a recipe double or triple it and you can have leftovers for the next day, or you can store your leftovers in the freezer in handy one-serving sizes for the future.

**Eating healthy is not about perfection; however it is about making daily choices. It takes attention and effort and even more so at the holidays. It means making time for and putting energy into meals and food preparation. Being planned and prepared helps you get in lots of nutrient-dense REAL food and avoid snacking on fake foods, stopping for fast food and mindless eating.**



| {recipe} | {ingredients} |
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Think about the ideas we've given you and tailor them to fit in with your lifestyle and your family. Just remember that being healthy is a lifestyle habit that should be practiced year round. And it's especially important not to slack off around the holiday season, when unhealthy food choices are abundant. Use the recipes on the following pages to help!

The image shows the front cover of a book titled "The Healthy Handbook". The subtitle is "Simple Strategies to Reduce Your Symptoms and Your Waist". The author's name, "Sheryl Shenefelt", is at the bottom. The cover has a green and white color scheme. A large, stylized shopping cart filled with various fruits and vegetables is the central graphic. The text "The Healthy Handbook" is at the top, with "The" in green script and "Healthy Handbook" in large, bold, green and purple block letters. The subtitle "Simple Strategies to Reduce Your Symptoms and Your Waist" is in a green script font. The author's name "Sheryl Shenefelt.com" is in a red banner at the bottom.



# Almond & Apple Butter 'Prepes'

Recipe from Angelle Batten @ [angellebatten.com](http://angellebatten.com)

Yield: 4 'prepes', depending on size

## ingredients:

- 4 eggs, pastured if possible
- 2 tablespoons almond butter, raw or dry roasted
- 2 tablespoons apple butter
- ½ teaspoon cinnamon
- ½ teaspoon unrefined sea salt

## directions:

- Pre-heat griddle on medium heat.
- Lightly blend eggs in a blender.
- Add in remaining ingredients and blend until thoroughly mixed.
- Add butter, ghee or coconut to griddle and allow to melt.
- Pour batter onto the griddle in the size you like your 'prepes' to be.
- Cook your 'prepe' on one side, then flip and cook the other side.
- Remove from griddle, butter and enjoy!

## allergen info:

- Free of Added Processed Sugar, Dairy, Corn, Gluten, Peanuts and Soy

## comments:

- These 'prepes' - a mix between pancakes and crepes - are perfect for a grain-free breakfast. The batter will be very thin like a crepe.
- Can be topped with butter, coconut oil, ghee and chia seeds or apple butter, berries, cooked apples or other fruit
- You can substitute sunflower seed butter or other nut butter for the almond butter in the recipe.

# Almond Butter Chocolate Chip Cookies

Recipe from Angelle Batten @ [angellebatten.com](http://angellebatten.com)

Yield: 24 cookies (depending on size)

## ingredients:

- 1 cup almond butter, raw
- ¼ cup maple syrup
- 3 eggs, pastured if possible
- 1 tablespoon vanilla extract
- ½ cup coconut flour, sifted
- ½ teaspoon unrefined sea salt, fine
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup dark chocolate chips (chopped if they are too large)

## directions:

- Mix almond butter, maple syrup, eggs and vanilla in a bowl.
- Mix sifted coconut flour, salt, baking soda and baking powder in a separate bowl.
- Mix dry ingredients into wet.
- Fold in chocolate chips.
- Cover and chill dough for about 20 minutes.
- Preheat oven to 350°F.
- Line baking sheets with parchment paper.
- Roll dough into small balls or just plop it down by the Tablespoonful onto the baking sheets.
- Bake for 10 minutes or until done.

## prep ahead:

- Sift coconut flour.
- Chop chocolate chips, if necessary.

## allergen info:

- Free of Dairy (use dairy free chocolate chips, Corn, Gluten, Peanuts and Soy)

## comments:

- A perfect gluten-free & grain-free after-school or lunchtime treat because they are balanced with protein and fat.

# Blueberry Crisp

Recipe from **The Guide to a Gluten-Free Diet**, by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 6-8 servings

## ingredients:

- 3 cups blueberries, washed
- 1½ cups rolled oats (we use gluten-free)
- ½ cup coconut palm sugar
- 1 teaspoon cinnamon
- 1 pinch unrefined sea salt
- 1 stick pastured, cold butter (chopped into pieces), ghee or coconut oil (cold)

## directions:

- Preheat oven to 375°F.
- Put blueberries in 8X8 pyrex dish and set aside.
- Put oats, sugar, salt and cinnamon all ingredients in food processor and pulse slightly to blend.
- Add butter, ghee or coconut oil and pulse to until mixture resembles coarse crumbs.
- Sprinkle oat/butter mixture over berries.
- Bake for 25 minutes or until topping is golden brown and berries are tender.
- Serve warm or cold.

## prep ahead:

- Chop butter into 1-inch pieces

## allergen info:

- Free of Dairy (use ghee or coconut oil), Eggs, Corn, Gluten, Peanuts and Soy

## comments:

- Great topped with some fresh organic cream or the Peach Coconut Milk Ice Cream!

# Cider Maple Glaze

Recipe from Chef Jackie White @ [PrepLikeaChef.blogspot.com](http://PrepLikeaChef.blogspot.com)

Serves: 8

## ingredients:

|         |                          |
|---------|--------------------------|
| 1½ cups | apple cider              |
| 1/3 cup | pure maple syrup         |
| 2 Tbs.  | orange juice concentrate |
| 1 Tbs.  | fresh or dried thyme     |
| 1 Tbs.  | fresh or dried marjoram  |
| 1½ Tbs. | lemon zest               |
| 1½      | sticks butter or ghee    |

## directions:

- Mix apple cider, maple syrup, and orange juice concentrate.
- Boil in saucepan over medium heat until reduced by half.
- Remove from heat, add fresh herbs and butter whisk thoroughly.
- Divided glaze and use half to glaze turkey and half for the root vegetables.

## prep ahead:

- Zest lemon.

## allergen info:

- Free of Corn, Eggs, Gluten, Peanuts and Soy
- Use Ghee for a casein and lactose-free glaze.

## comments:

- Use this glaze with the Sausage Cherry Turkey Breast with Root Vegetables (see recipe p. 27).
- Also makes a tasty glaze for salmon.

# Coconut Green Beans

Recipe from **The Guide to a Gluten-Free Diet**, by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 9 servings

## **ingredients:**

- 1       tablespoon coconut oil
- ½       cup onion, chopped
- 2       tablespoons water
- 2       cloves garlic, minced
- 1       pound green beans, ends removed
- 1½      cups tomato, diced
- ¾       cup coconut milk
- ½       teaspoon sea salt

## **directions:**

- Sauté onion in coconut oil over medium-high heat for about 3-5 minutes.
- Add water, garlic and green beans.
- Stir fry for 8 to 10 minutes or until desired texture is reached.
- Add tomatoes, coconut milk and sea salt and heat through.

## **prep ahead:**

- Remove ends from green beans.
- Chop veggies.

## **allergen info:**

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## **comments:**

- Great side dish.
- Full of healthy fats like coconut oil and coconut milk.

# Cranberry and Pear Duet

Recipe from Chef Jackie White @ [PrepLikeaChef.blogspot.com](http://PrepLikeaChef.blogspot.com)

Yield: 8-12 servings

## ingredients:

- 1 lb. fresh cranberries
- ½ cup dried cranberries
- ¼ cup orange juice
- ½ cup sucanat or palm sugar
- 2 tablespoons arrowroot dissolved in 3 oz. water
- 1 teaspoon ginger, freshly grated
- 1 pear diced
- 1 teaspoon lemon zest

## directions:

- Heat cranberries and orange juice to a rolling simmer.
- Add sucanat and cook for 15 minutes.
- Add dissolved arrowroot, ginger, pear and lemon zest.
- Continue to simmer over low for an additional 3-4 minutes, stirring often.

## prep ahead:

- Grate ginger.
- Zest lemon.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- A new twist on cranberry sauce - no one will miss the can shape!

# Crazy Aunt Kim's Chicken Chili

Recipe from [The Guide to Healthy Eating](#), by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 8 servings

## ingredients:

- 3 cups great northern white beans (canned or cooked)
- 4 free-range chicken breasts, chopped
- ½ cup onion, chopped
- 2 tablespoons coconut oil
- 4 cups organic chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ cup green chilies, chopped

## directions:

- Sauté chicken and onions in coconut oil until tender and chicken is cooked through.
- Drain and rinse beans and place half of them into the pot, mash, and then add remaining ingredients.
- Simmer 30 minutes and serve *with garnishes of sour cream, raw cheese, and chopped onion.*

## prep ahead:

- Remove casing from sausage and break into bits, if necessary.
- Chop veggies and grate cheese.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- Soup may be frozen.
- Make a double or triple batch and freeze for future use.

# Flourless Chocolate Cake

Recipe from **The Guide to a Gluten-Free Diet**, by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 8-12

## ingredients:

- 1 ½ cups garbanzo beans (approx.. 1 can or use cooked)
- 1 cup dark chocolate chips (or use ½ cup 2 tsp cocoa powder)
- ¼ cup raw almond butter (or try sunflower seed butter or cashew butter)
- 3 eggs, pastured if possible
- ½ cup coconut palm sugar
- 1 teaspoon baking powder
- ¼ teaspoon sea salt
- ½ teaspoon vanilla

## directions:

- Preheat oven to 350°F.
- Drain and rinse garbanzo beans and add to food processor.
- In small sauce pan, melt chocolate chips and almond butter over low heat.
- Add to food processor along with remaining ingredients and process until smooth.
- Pour into a greased 8 X 8 inch Pyrex dish.
- Bake for about 30 minutes (use a toothpick to determine that it is cooked).
- Cool cake and frost, if desired.

## prep ahead:

- Cook beans if using raw or drain and rinse if using canned.
- Chop pecans.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- For optimal results with non-canned beans (and for optimal digestion), we suggest you soak your beans overnight as follows before cooking– 1 cup beans, 2 cups filtered water, and 2 tablespoons lemon juice. Rinse beans after soaking and cook.

# Ginger Quinoa Squash

Recipe from [The Guide to Healthy Eating](#), by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 2-4 servings

## ingredients:

- 1 butternut squash
- ½ cup quinoa\*
- ¾ cup water
- ½ teaspoon fresh ginger, grated (¼ teaspoon powdered ginger)
- 1-2 tablespoons organic butter or ghee
- 1 teaspoon raw honey

## directions:

- Preheat oven to 300°F.
- Cut butternut squash in half and remove seeds.
- Place skin side up into about 1 inch of water in a Pyrex dish and bake for about 55 minutes or until tender.
- While squash is baking, make quinoa by rinsing it and placing it in a saucepan covered with ¾ cup water.
- Bring water to boil, turn down heat and simmer about 20 minutes or until tender; set aside.
- Remove cooked squash from skin and mash in a small pan.
- Stir in ginger and butter and heat over low heat stirring constantly.
- Add cooked quinoa and top with honey before serving.

## prep ahead:

- Cut squash and remove seeds.

## allergen info:

- Free of Added Processed Sugar, Corn, Eggs, Gluten, Peanuts and Soy
- Use Ghee for a casein and lactose-free version.

## comments:

- Quinoa is easier to digest if you soak it overnight in 1 cup water and 1 tablespoon lemon juice prior to cooking. Rinse quinoa after soaking. Add to cooking water and cook as recipe describes.
- Can be served in skin of squash for decorative display.

# Grain-Free Savory Crepes

Recipe from Angelle Batten @ [angellebatten.com](http://angellebatten.com)

Yield: approx.. 10 crepes, depending on size

## ingredients:

- 6 large eggs, pastured if possible
- 1 cup coconut milk, canned, full-fat
- 3 tablespoons coconut flour
- 2 teaspoons coconut oil
- ¼ teaspoon unrefined sea salt
- 1 tablespoon oregano
- 1 tablespoon basil
- 1-2 tablespoons coconut oil for skillet

## directions:

- Mix together the crepe ingredients in a bowl, sifting coconut flour in while stirring to avoid lumps.
- Let sit for 5-10 minutes so the coconut flour thickens the mixture.
- Heat skillet over medium heat and lightly coat with coconut oil.
- Pour about 1/4 cup of the mixture onto the hot skillet. Quickly use a spatula to thin it out or lift the skillet and rotate it a bit
- so that the mixture spreads out.
- Cook until almost cooked through, about 1 minute. Gently use a spatula to flip the crepe over and finish cooking, about 15-20 seconds, before removing to a plate.
- Continue cooking the rest of the mixture, adding more coconut oil to the skillet if they begin to stick.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Gluten, Peanuts and Soy

## comments:

- These savory Savory Crepes taste delicious topped with your favorite sauce, veggies and cheese.
- Kids love rolling them up to eat.
- If freezing, place between sheets of parchment paper and reheat on a warm skillet when you are ready to enjoy them.

# Holiday Brussels Sprouts

Recipe from Chef Jackie White @ [PrepLikeaChef.blogspot.com](http://PrepLikeaChef.blogspot.com)

Yield: 8-10 servings

## ingredients:

3 slices bacon (pastured if possible)  
1 tablespoon butter (pastured if possible)  
2 pints Brussels Sprouts (ends trimmed, then shredded)  
1/4 cup water  
1 Small apple (cored, cut into 1/4 inch slices and then diced)  
2 teaspoons apple cider vinegar, raw  
2 tablespoons Dijon mustard  
1 tablespoon honey, raw  
Pepper and unrefined salt , to taste

## directions:

- Melt butter in heavy bottom sauté pan.
- Add bacon and sauté for a couple of minutes.
- Add sliced Brussels sprouts and apples; continue to cook over medium heat for 2 minutes.
- Add water and stir for another couple of minutes until cooked.
- De-glaze with cider vinegar; stir in mustard and honey and season with sea salt and pepper to taste.

## prep ahead:

- Cook bacon.
- Clean, trim and shred Brussels sprouts.
- Core, slice and dice apples.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- These Brussels Sprouts will be a new holiday favorite for sure, but don't limit them to Thanksgiving!
- Plus they've been taste tested by lots of kids and get a big thumbs up all the time.

# Lentil Sweet Potato Soup

Recipe from [The Guide to Healthy Eating](#), by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 6-8 servings

## ingredients:

1 onion, chopped  
2 tablespoons coconut oil  
5 cups organic, free-range chicken broth  
 $\frac{1}{8}$  teaspoon cumin  
 $\frac{1}{8}$  teaspoon coriander  
 $\frac{1}{2}$  teaspoon turmeric  
2 bay leaves  
2 teaspoons sea salt (not as much if using broth)  
1 cup red lentils (uncooked)  
1 large sweet potato, chopped  
4-5 carrots, chopped  
Optional: raw cheese for garnish

## directions:

- In a large pot, sauté onion in coconut oil until tender.
- Stir in broth and spices.
- Add lentils, sweet potato, and carrots and bring to boil.
- Skim froth at top, reduce heat, and simmer covered for about 50 minutes.
- Serve topped with raw cheese (optional)

## prep ahead:

- Make homemade chicken broth.
- Chop veggies and sweet potato.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- Soup may be frozen.
- Make a double or triple batch and freeze for future use.

# Peach Coconut Milk Ice Cream

Recipe from **The Guide to a Dairy-Free Diet**, by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 4 servings

## **ingredients:**

- 2 cups whole, coconut milk
- 2 cups peaches, frozen
- ½ cup maple syrup
- 2 teaspoons vanilla
- 1 pinch unrefined sea salt

## **directions:**

- Put all ingredients in blender and blend until smooth.
- Pour in ice cream machine and freeze according to the machine's instructions and serve.

## **prep ahead:**

- Freeze container for ice cream machine if necessary.

## **allergen info:**

- Free of Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## **comments:**

- Great with Blueberry Crisp or delicious on its own!

# Sausage Cherry Turkey Breast with Root Vegetables

Recipe from Chef Jackie White @ [PrepLikeaChef.blogspot.com](http://PrepLikeaChef.blogspot.com)

Yield: 10-12 servings

## ingredients:

### **Sausage Stuffing:**

1 whole boneless turkey breast, skin on  
½ cup dried cherries  
2lbs fresh mild Italian or specialty sausage  
1 onion, diced  
½ fennel bulb sliced thin (approximately 1 cup)  
3 stalks celery, diced  
1 cup fresh breadcrumbs, cooked brown rice or cooked quinoa  
1 cup fresh spinach  
1 Tbs. fresh thyme, divided  
1 Tbs. fresh sage, chopped and divided  
1 Tbs. fresh parsley, chopped and divided  
Celtic sea salt  
Fresh ground pepper

### **Rub for Turkey:**

½ cup fine grated celery, carrot and onion  
3 Tbs. butter, softened or ghee

### **Vegetable Rack for the Turkey**

3 carrots, cut lengthwise  
3 celery stalks  
1 onion cut into thick rounds

### **Root Vegetable Side:**

carrots, halved lengthwise and bias cut  
parsnips, halved lengthwise and bias cut  
3 turnips halved and sliced ¼ inch thick  
1 small rutabaga halved and sliced ¼ inch thick  
3 sweet potatoes halved and sliced ¼ inch thick  
1 Tbs. fresh parsley, chopped  
1 tsp. fresh thyme  
Celtic sea salt  
Fresh ground pepper  
Cider Maple Glaze

## directions:

### **Sausage Stuffing:**

- Sauté bulk sausage 3 minutes.
- Add onions, celery, fennel and cherries. Drain off excess grease.
- Cook until sausage is cooked through.
- Fold in fresh breadcrumbs or rice, ½ of the chopped herbs and spinach.
- Season with salt and pepper.

### **Turkey Breast:**

- Preheat oven to 350°.
- Slice a pocket in the thick side of each breast.
- Season the pocket and entire breast with salt and pepper.
- Stuff each pocket with sausage mixture. There may be leftover, which can be cooked in a casserole dish and served on the side.
- Mix remaining herbs and grated celery, carrots and onions with softened butter. Season with salt and pepper. Gently fold back skin and rub carrot mixture over turkey; fold skin back over the breast.
- In a large roasting pan place root vegetables cut side down to make a vegetable rack. Place turkey skin side up on the vegetable rack.
- Generously brush entire breast with Cider Maple Glaze. Baste with additional Cider Maple glaze throughout cooking process.
- Roast for 40-60 minutes or until a thermometer inserted into the thickest part of the breast reads 160° degrees. If breast begins to get too dark on the outside, tent with foil to finish cooking.

## prep ahead:

- Slice fennel.
- Dice celery.
- Chop herbs.
- Prepare stuffing.
- Rub for turkey: grate celery, onion and carrot.
- Soften butter.
- Prepare Cider Maple Glaze.
- Vegetable rack: cut carrots and onions.
- Root vegetable side: cut vegetables.

## allergen info:

- Free of Added Processed Sugar, Corn, Eggs, Gluten (use brown rice or quinoa), Peanuts and Soy
- Use Ghee for a casein and lactose-free version.

# Sausage Stuffing

Recipe from [The Skinny on Fats](#), by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 6-8 servings

## ingredients:

- 1 pound turkey sausage, nitrite-and nitrate-free (casing removed if necessary)
- 2 tablespoons grass-fed butter, ghee, or lard
- ¼ cup finely chopped celery
- ¼ cup finely chopped onion
- 2 free-range, organic eggs
- 2 cups chopped cauliflower (bite-size)
- ½ cup chopped yellow squash (bite-size)
- ½ cup freshly grated Parmesan
- 1 tablespoon chopped fresh parsley
- 3 tablespoons chopped fresh sage
- 3 tablespoons chopped fresh thyme
- 1 garlic clove, grated
- ¼ teaspoon sea salt
- 1/8 teaspoon black pepper
- Grass-fed butter (optional)

## directions:

- Preheat oven to 350°F.
- If necessary, remove casing from sausage and break into small bits.
- Break sausage into bits and cook in butter, ghee, or lard over medium heat.
- Add the celery and cook, stirring often, until the celery starts to get soft.
- Add onion and cook, stirring often, until the onion gets soft.
- Continue cooking, stirring often, until the sausage is completely cooked.
- Meanwhile, in a separate large bowl, beat the eggs.
- Add the cooked sausage mixture to the bowl, mix eggs into meat, then add remaining ingredients and mix together until completely blended.
- Place mixture into a 9 X 12 casserole dish, cover, and put in preheated oven. Bake 30 to 35 minutes.
- If stuffing is still too moist, uncover and continue cooking for 5 to 10 minutes more or until edges start to brown. Top with butter before serving (optional).

## prep ahead:

- Remove casing from sausage and break into bits, if necessary.
- Chop veggies and grate cheese.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

# Spinach Egg Bake

Recipe from **The Skinny on Fats**, by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 6-8 servings

## ingredients:

- 4 eggs, pastured if possible
- 2 cups organic, heavy cream, pastured if possible
- 2 cups shredded raw cheese (e.g., raw-milk Gruyere)
- ½-1 cup chopped spinach
- ½ teaspoon unrefined sea salt

## directions:

- Preheat oven to 425°F.
- Grease pie dish with butter or coconut oil and sprinkle the cheese to make the crust.
- Whisk together the eggs and cream.
- Blend in the spinach and sea salt.
- Pour mixture over the cheese in the pie dish.
- Bake 25-30 minutes or until lightly browned and slightly firm like custard.

## prep ahead:

- Shred cheese.
- Chop spinach.

## allergen info:

- Free of Added Processed Sugar, Corn, Gluten, Peanuts and Soy

## comments:

- Delicious warm or cold.

# Sweet Bacon Hash

Recipe from Angelle Batten @ [angellebatten.com](http://angellebatten.com).

Yield: approx.. 6 servings

## ingredients:

- 1 lb. pastured bacon {we love beef bacon from Creswick Farms}
- 1 tablespoon coconut oil, ghee or pastured butter
- 2 medium to large sweet potatoes, shredded {by hand or in a food processor}
- 1-2 cups of Brussels sprouts, shredded {can sub broccoli or cabbage}

Unrefined salt, to taste

Pepper, to taste

Curry {optional, but delish}

## directions:

- Cut bacon into bite-sized pieces {Love my handy kitchen scissors for this.}
- Cook bacon in a skillet on medium heat.
- Once bacon is just about cooked, add coconut oil, ghee or butter.
- Add shredded sweet potatoes and cook for about 5 minutes.
- Add Brussels sprouts and cook for 5-10 minutes more, or until vegetables are as soft as you would like them to be.
- Season with unrefined salt & pepper and curry to taste if using.

## prep ahead:

- Chop bacon.
- Shred sweet potatoes.
- Shred Brussels sprouts.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- Can be topped with pastured eggs.
- Great served with a smoothie.

# Thai-Style Coconut-Chicken Soup

Recipe from [The Skinny on Fats](#), by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 8-10 servings

## ingredients:

- 1       tablespoon coconut oil or ghee
  - 3       shallots, chopped
  - 2       tablespoons chopped cilantro
  - 4       cups free-range chicken broth
  - 28      ounces coconut milk
  - 1       tablespoon raw honey
  - 8       ounces crimini mushrooms, sliced
  - 1       head broccoli, cut into florets
  - 1       pound thinly sliced free-range chicken breast meat
  - 2       teaspoons red curry paste
  - 3       tablespoons lime juice
  - 3       tablespoons fish sauce
  - ½      cup chopped fresh cilantro
- Garnishes - 2 serrano chile peppers, thinly sliced, ¼ cup chopped green onions, 8 lime wedges

## directions:

- Heat the coconut oil in a large saucepan over medium heat.
- Cook the shallots with cilantro in the hot pan until the shallots have softened and become translucent, about 4 minutes.
- Add the chicken broth, coconut milk and raw honey. Bring to a simmer over medium-high heat.
- When the broth reaches a simmer, strain through a mesh strainer into a clean saucepan and discard the shallot and cilantro. Return the broth to a simmer.
- Stir in the mushrooms and broccoli and cook until the broccoli becomes tender, approximately 4 minutes.
- Add the chicken and cook until it is no longer pink, stirring constantly.
- Add the curry paste, lime juice, and fish sauce together in a small bowl to dissolve the curry paste. Mix the paste into the simmering soup.
- Ladle the soup into bowls and sprinkle with 1/2 cup cilantro, serrano peppers, green onions and lime wedges to serve.

## prep ahead:

- Make homemade chicken broth.
- Chop veggies.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy, Eggs, Gluten, Peanuts and Soy

## comments:

- Soup may be frozen – make a double or triple batch and freeze for future use.

# Truffle Brownies

Recipe from Chef Jackie White @ [PrepLikeaChef.blogspot.com](http://PrepLikeaChef.blogspot.com)

Yield: 12-24 depending on size

## ingredients:

- 6 Large eggs, room temperature
- 18 ounces dark or semi-sweet chocolate, chopped
- 2 sticks unsalted, pastured butter (diced)
- 1/4 teaspoon cinnamon
- 1/4 cup cream
- 4 ounces dark or semi-sweet chocolate, chopped
- 1/2 cup pecans, toasted & chopped (Optional)

## directions:

- Preheat oven to 425° degrees. Butter a 9-inch square baking pan on the bottom and up 1 inch of the sides. Line bottom with parchment paper.
- Put eggs in bowl and cover with warm water.
- In a double boiler (you can use 2 pans, fitting one inside the other and adding water to the bottom pan) melt chocolate and butter. Stir until smooth. Stir in cinnamon. Pour into a clean bowl.
- Crack eggs into a large bowl and beat on high with an electric mixture for 5 minutes or until eggs have tripled in volume.
- Fold half the eggs into the chocolate mixture; then fold in the remaining eggs. Scrape batter into prepared pan, smoothing the top.
- Set batter pan into a larger pan and pour hot water into larger pan until it comes halfway up the outside of the brownie pan.
- Bake the brownies in the middle rack of the oven for 10 minutes. Turn off oven and let brownies remain in oven for 5 more minutes. Remove brownie pan from water pan a cool on a rack.

### **Glaze:**

- Heat the cream to a simmer; then turn off heat and add chocolate stirring until smooth.
- Spread glaze over the top of the cooled brownies then sprinkle with chopped nuts if using. Cover and chill overnight.
- Remove brownies from refrigerator and cut into 12 servings. Put brownies on serving platter. For best flavor and texture let brownies stand for 20-30 minutes at room temperature before eating.

## prep ahead:

- Toast and chop pecans.
- Chop chocolate chips, if necessary.

## allergen info:

- Free of Corn, Gluten, Peanuts and Soy

## comments:

- These are a chocolate lover's dream!

# Veggie Quiche Cups

Recipe from [The Skinny on Fats](#), by David Brownstein, MD & Sheryl Shenefelt CN

Yield: 9 servings

## ingredients:

5 eggs, beaten (pastured if possible)  
1 tablespoon pastured butter  
1/3 cup diced red bell pepper  
1/4 cup diced onion  
6 oz fresh organic baby spinach, chopped  
3/4 cup shredded raw cheese (e.g., raw milk Gruyere)  
Unrefined sea salt and pepper to taste  
Optional: serve with dollop of cultured sour cream on top

## directions:

- Melt butter in pan and sauté pepper and onion until they start to soften,
- Add spinach and sauté until it wilts and liquid in the bottom of the pan evaporates; set aside to cool.
- Line a muffin tray with 9 baking cups.
- Mix beaten eggs, cooled vegetable mixture, and shredded cheese.
- Season with sea salt and pepper.
- Fill muffin cups evenly and bake at 350 degrees F for 20 minutes or until cooked through.
- Eat warm with a dollop of sour cream (optional)

## prep ahead:

- Shred cheese.
- Chop veggies.

## allergen info:

- Free of Added Processed Sugar, Corn, Gluten, Peanuts and Soy

## comments:

- Great way to get some extra veggies in at breakfast.
- Can be frozen.

# Waldorf Turkey Salad

Recipe from Chef Jackie White @ [PrepLikeaChef.blogspot.com](http://PrepLikeaChef.blogspot.com)

Yield: 8 servings

## ingredients:

- $\frac{3}{4}$  cup soy & vegetable oil-free mayonnaise, sour cream or Greek yogurt
- 1 tablespoon honey
- 1 teaspoon fresh lemon juice
- $\frac{1}{8}$ - $\frac{1}{4}$  teaspoon. Celtic sea salt
- $\frac{1}{8}$  teaspoon pepper, fresh ground
- 3 apples peeled, cored, chopped into small pieces (Granny Smiths/Galas taste delicious.)
- 3 stalks celery, sliced thin - about 1 cup
- $\frac{1}{2}$  cup walnuts, toasted and chopped or toasted pistachios
- $\frac{1}{2}$  cup dried cherries
- 2 cups cooked turkey, chopped or torn into bite size pieces

## directions:

- In a medium bowl whisk together mayonnaise, honey, lemon juice and salt.
- Stir in remaining ingredients.
- Taste and season with salt and pepper.
- Chill until ready to serve.

## prep ahead:

- Peel, core and chop apples just before making.
- Slice celery.
- Toast and chop nuts.

## allergen info:

- Free of Added Processed Sugar, Corn, Dairy (if using mayo), Eggs (if using sour cream or yogurt), Gluten, Peanuts and Soy

## comments:

- Cooked chicken may be used instead of turkey.
- Sliced grapes may be added to the salad.
- Serve this salad in endive spoons, lettuce cups or with red pepper scoops.

# About the Authors

**Angelle Batten, MEd, CHHC**, is a certified Integrative Nutrition Health Coach who teaches moms how to feed their family healthier, one manageable step at a time. She also teaches busy people how to upgrade their diet & lifestyle so they can jump start weight loss, kick cravings & boost energy. Angelle has coached thousands of moms, dads & other busy people through her **14 Day Get REAL With Your Health Challenge**, which



was adopted by Jordan Rubin, New York Times best-selling author of The Maker's Diet and CEO/Founder of Beyond Organic. Angelle teaches workshops in schools and through other community groups, as well offering group coaching programs. She stays pretty busy with her own three kids, husband, big black dog and two cats, all of whom she likes to feed REAL food as often as she can! You can connect with Angelle at **[www.angellebatten.com](http://www.angellebatten.com)**, as well as **Facebook**, **Twitter**, **Instagram** & **Pinterest**.



**Sheryl Shenefelt** is a mother first and foremost, as well as a Certified Nutritionist and the co-author of five nutrition books with David Brownstein, MD: **The Guide to Healthy Eating**, **The Guide to a Gluten-Free Diet**, **The Guide to a Dairy-Free Diet**, **The Soy Deception** and **The Skinny on Fats**.

As a nutritional consultant and holistic health coach, Sheryl is dedicated to serving the nutritional, lifestyle and wellness needs of individuals and families. And as an author, educator and mother with a passion for studying and researching food and nutrition, Sheryl especially enjoys teaching workshops aimed at improving the nutritional status and overall health of her students. Her "Shon with Sheryl" classes are particularly popular. She is also a past board member of Healthy Traditions Network for her local chapter of the Weston A. Price Foundation [www.westonaprice.org](http://www.westonaprice.org).

Sheryl lives with her amazing husband Bob have two beautiful children, Grace and Nick. Her family is her main inspiration for wanting to eat healthy foods every day. "Thanks to my experience as a nutritionist wanting to help my clients and as a wife and mother wanting to keep my family healthy," Sheryl says, "I recognize the importance of carefully selecting the type of food we eat, knowing where our food comes from and buying foods in their most natural state – and from local farmers—whenever possible."

To learn more about Sheryl and to join her blog and community, visit her website at **[www.sherylshenefelt.com](http://www.sherylshenefelt.com)** where she also offers a FREE Healthy Handbook. Her website is also where you can find her recommended products and additional resources for finding organic, natural and gluten-free items. Follow Sheryl on **Facebook**, **LindedIn** and **Twitter**..