

Li♥eWell  
by BF&M

# Holiday Survival Guide

*Keep off pesky pounds, boost your mood,  
and spend wisely this season with these  
easy recipes, tips, and solutions.*

“ *The holidays aren't a season. It's a feeling*  
- Edna Ferber ”



---

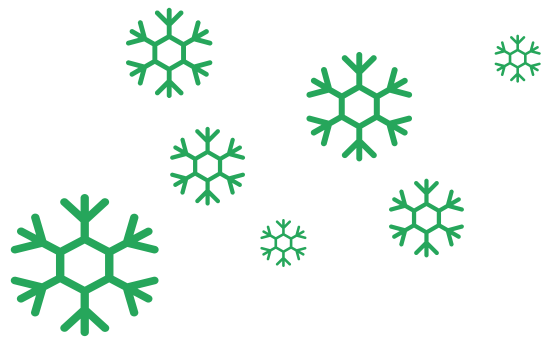
*The holidays are the best time of year... until it becomes the worst. There are many aspects of the holiday season that are a blast, sure, but there are also numerous reasons the holiday season can be a stressful time of year.*

*Not only do you have to manage your life's busy day-to-day schedule, you also have added pressures of the season. From buying the perfect gifts for your favorite people to hosting and attending parties with copious amount of goodies and temptation at every turn... It's no wonder many of our health and wellness goals take a nosedive during the holidays!*

*The 'Holiday Survival Guide' is here to help you navigate this holiday season- and the many pitfalls that accompany it. Between these pages are numerous tips, tricks, and recipes to guide you through the holidays with your wellness goals in tact. This guide was designed to help you maintain your health as much as possible even with all the potential festive follies of the season.*

---

# How to Have a (Somewhat) Stress-free Holiday Season!



1



## *Acknowledge your feelings.*

Sometimes, things just don't go as you would have hoped. Loved ones can't make it home or you've experienced a death in the family. It's OK to take time to cry or be sad about the things that you're grieving.

2



## *Don't be afraid to ask for help.*

If you're feeling overwhelmed by the responsibilities of cooking, cleaning, decorating, gift buying, etc. enlist some help! It's better to ask for help than to be bitter because no one offers!

3



## *Be realistic! There is no such thing as perfect!*

There is no such thing as a perfect holiday and as families grow and change, the holidays change as well. Be flexible and understand that traditions and rituals can be different and maybe even better.

4



## *Take some time for you!*

Make yourself a priority even if it's only for a few minutes each day. Take some time to appreciate yourself, before tackling anyone else's happiness this holiday season.

5



## *Don't try to buy happiness.*

The holidays can be an expensive time for everyone- there is no point putting yourself in financial turmoil just to buy gifts. Remember that the greatest gift is spending time with those you care about.

6



## *Learn to say NO!*

Sometimes, it's best to just say no instead of saying yes and feeling resentful. You simply cannot participate in everything and you'll be much happier if you have a little downtime this year!



# Ingredients

**Serves approximately 4**

- 1 medium head cauliflower (about 3 lbs.) trimmed and cut into florets
- 2 cloves garlic (make sure to boil and steam with cauliflower)
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt (or to taste)
- 1/8 teaspoon freshly ground black pepper (or to taste)
- For garnish: chopped fresh thyme, extra virgin olive oil, homemade flavored salt, freshly ground black pepper

1. Bring a large pot of salted water to a boil, add the cauliflower and garlic and cook for about 10 minutes or until the cauliflower is fork tender.
2. Drain, return it back to the hot pan and let it stand for 2 to 3 minutes with the lid on.
3. Transfer the cauliflower and garlic to a food processor; add the olive oil, salt and pepper and purée until smooth (you can also use a potato masher or hand blender).
4. Adjust the salt and pepper to taste. Garnish with optional chopped fresh thyme, salt, pepper, and a drizzle of olive oil. Serve immediately.

Cauliflower is a great way to sneak in some hidden veggies- especially for those picky eaters! If you're worried someone will taste the difference- try making a mash using half cauliflower and half potatoes. They won't be able to tell the difference! Whenever you make a "lighter" variation of something, remember it's important to bump up the flavor by adding plenty of fresh herbs, spices, and heat. You won't even the extra butter, cream, sugar, and oil if the dish is well seasoned!

**Per serving: Calories- 137; Protein- 6.7g; Carbs- 18.8g; Fat- 3.9g**

**From: [aseasyasapplepie.com](http://aseasyasapplepie.com) (Elena)**



## Whole Grain Apple Cranberry Stuffing

# Ingredients

Serves approximately 8-9

- Nonstick cooking spray, for greasing
- 2 cups of low sodium chicken broth, hot
- 1 cup of dried cranberries
- 1 cup chopped celery (about 7 ribs)
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 tbsp. unsalted butter
- 2 Granny Smith apples, cored and finely chopped
- 6 cups of day-old whole grain baguette, cut into 1/2- inch cubes
- 3 large eggs, beaten
- 1 tsp. salt
- 1/2 tsp. poultry seasoning
- 1/2 tsp. rosemary
- 1/2 tsp. thyme
- 1/4 tsp. ground black pepper
- 1/8 tsp. ground cinnamon
- 1 dried sage leaf, chopped
- Add salt/black pepper to taste

1. Preheat the oven to 350 degrees F. Spray an 11-inch oval baking dish with nonstick cooking spray. Combine the broth and cranberries in a small bowl and let soak for 30 minutes.
2. Sauté the celery, onions, and garlic in the butter in a large skillet until tender, about 5 minutes. Add the apples and cook for 5 minutes, stirring frequently. Remove from the heat and transfer to a large bowl.
3. Place the baguette cubes into a large bowl. Pour the broth and cranberries over. Pour in the eggs, and then add the salt, poultry seasoning, pepper, cinnamon, rosemary, thyme and sage and mix together. Mix in the onion garlic and celery mixture. Add additional salt/black pepper as needed to taste.
4. Spoon the stuffing into the prepared dish and bake until the center is set, 35 to 40 minutes.

**Per serving: Calories- 238; Protein- 8g; Carbs- 38g; Fat- 6g**

**From: [foodnetwork.com](http://foodnetwork.com) (Bobby Dean)**



# Holiday Feasting

How to practice mindful eating while still enjoying the holidays

**Christmas is a time for feasting, but how much is too much?**

The average person consumes about 6,000 calories on Christmas day- so it's no wonder waistlines expand at Christmas. To put things in perspective, this is approximately the caloric equivalent of 23.5 hamburgers or the amount of calories needed to sustain a day's racing for a Tour de France cyclist.

For those of us less inclined to extreme endurance and more comfortable with staying indoors, there is little chance we will be burning 6,000 calories on Christmas day. But there are ways to balance things out a little more reasonably.

**The average holiday dinner contains about 956 calories and 48 g of fat- which is well within the caloric intake for a day (2,500 calories for men and 2,000 calories for women).**

But it's not just Christmas dinner that we indulge in.

Six thousand calories over the day includes Mom's homemade cinnamon buns for breakfast and the mid-day Christmas cookies to hold you over til dinner. Add on the liqueurs, Christmas cake, cheese and crackers before the main course, cold nibbles, roasted chestnuts, after dinner drinks (eggnog and rum anyone?), and that pesky box of chocolates you unwrapped that morning! It's the many small indulgences over the entire day which add up to a massive Christmas day caloric blow out.

**Did you know? The average person consumes about 6,000 calories on Christmas day!**

## So how do you avoid the all-out Christmas binge?

Do not skip meals and try to eat regularly to avoid overindulging in one big meal. It may seem like a good idea to save up on calories so you can go nuts later on- but often you just end up making poorer choices later on due to feeling hungry all day. Ensure you start the day with a balanced breakfast before attending the various gatherings you have planned, to avoid arriving hungry. Christmas gatherings are filled with tempting treats, which you are likely to graze on to satisfy your hunger.

**Adapt old favorites you love!** Try out healthier versions of more calorically dense traditional dishes. If you simply have to have the traditional versions of dishes, try passing on added calories from toppings, sauces, gravies, butters, etc. There are plenty of other easy calorie-savers you can utilize, such as not eating the turkey skin or roasting veggies/potatoes using cooking spray as opposed to oil or butter.



**Watch portion sizes.** One easy strategy is to fill most of your plate up with vegetables, salad, and lean protein options first- saving smaller spaces for downsized portions of your favorite “splurge” items like stuffing, pastas, buttery potatoes etc.

For those of us who like to follow the 80:20 principle, where 80% of your diet is healthy and 20% is more indulgent, you can simply “flip” the ratios for one day. Eating 20% healthy and 80% indulgent for ONE day, and flipping the ratio back to normal the next. This ensures that you don’t feel deprived on Christmas day, while taking into account a more realistic pattern of eating throughout the season. The trick is to enjoy your holiday feast and get back on track with Boxing Day, flipping your ratio back to about 80% wholesome food choices with 20% fun sprinkled throughout the rest of the holiday season.

**No matter the strategy, for some there is no avoiding a big calorie buster of the day... booze!**

**Practice mindfulness when drinking-** be aware of consuming too many empty calories and selecting less calorically dense drinks. Another trick is to pace yourself with your drinks and savor/sip them throughout the night as opposed to gulping them back. This can be hard to resist, as alcohol seems to make even the most cringe-worthy family gatherings bearable. Nevertheless, sipping on your drink will give you more enjoyment out of it and you'll most likely consume less of it overall.

Another tidbit to keep in mind is that alcohol, when drunk in excess, reduces will power. This means that you are more likely to succumb to eating tempting foods you would otherwise be able to resist.

**Remember, unless you have serious dietary issues, one day of indulgence is OK. The idea is to be smart about your choices, passing on the indulgences you can simply do without- and really savoring the special treats you look forward to all year.** Life is about balance, and finding your unique balance will take some time, so don't beat yourself up if you overdo it! Just remember tomorrow is another day, and your next bite is another opportunity to get back on track.



*"I'm sorry, but I can't give you holidays off, or a social life. Would you settle for a candy cane?"*

IM DREAMING OF A  
**WHITE**  
CHRISTMAS  
BUT IF THE WHITE  
**RUNS OUT**  
ILL DRINK THE RED

how to eat fruit cake:



give it to someone else







## Decadent Sweet Potato Casserole

# Ingredients

Serves approximately 12

### Sweet Potato Base

- 4 & 1/2 pounds sweet potatoes, scrubbed (about 4-5 very large sweet potatoes)
- 1 cup unsweetened vanilla almond milk
- 2 tbsp. of vanilla extract
- 2 tbsp. coconut oil, melted
- 3/4 tsp. ground cinnamon
- 3/4 tsp. kosher salt
- 1/2 tsp. nutmeg
- 1/4 tsp. white pepper

### Pecan Oat Topping

- 1 & 1/3 cups old fashioned rolled oats
- 1 cup roughly chopped pecans (untoasted)
- 1/2 cup almond meal
- 1/4 tsp. ground cinnamon
- 1/4 tsp. kosher salt
- 5 tbsp. melted coconut oil
- 1 tbsp. pure maple syrup

1. Preheat the oven to 375 degrees F. Lightly grease a 9×13-inch casserole dish or other 3 quart casserole dish and set aside. Prick the sweet potatoes all over with a fork, then place them on a baking sheet lined with parchment paper and bake until the potatoes are fork tender.
2. While the potatoes bake, pour the almond milk in a small saucepan. Add the vanilla extract and bring to a very gentle simmer over medium heat for 5 minutes, stirring occasionally. Do not let the almond milk boil.
3. Remove from heat and let cool while the potatoes continue baking. Remove the potatoes from the oven and let sit until cool enough to handle.
4. Peel and discard the skins. Break the potatoes in large chunks with a fork, and then place the chunks into a large mixing bowl.
5. Pour the almond milk and vanilla mixture into the bowl with the sweet potato chunks. Add the melted coconut oil, cinnamon, salt, nutmeg, and white pepper. Mash the potatoes together with the milk and spices until fairly smooth with some texture remaining.
6. Taste and add additional salt/pepper as desired. Transfer to the prepared baking dish and with the back of a rubber spatula, press and smooth into a single layer.
7. In a separate bowl, combine the topping ingredients: oats, pecans, almond meal, cinnamon, salt, coconut oil, and maple syrup until moist and evenly mixed. Sprinkle over the sweet potatoes. Bake until the topping is toasted and fragrant and casserole is warmed through, about 20 minutes. Serve warm.

**Per serving: Calories- 367; Protein- 5.2g; Carbs- 60.7g; Fat- 11.5g**

**From: [wellplated.com](https://www.wellplated.com) (Erin)**



## Balsamic Glazed Roasted Carrots

### Ingredients

Serves approximately 5

- 2 bunches baby carrots
- 1 tbsp. extra light olive oil
- 3/4 tsp. kosher salt
- 1/4 tsp freshly ground black pepper
- 4 sprigs fresh thyme (optional)
- 2 tbsp. balsamic vinegar
- 2-1/2 tbsp. honey

1. Scrub carrots well. Toss the carrots in the olive oil, salt and black pepper. Place the carrots on a rimmed baking sheet and throw on the sprigs of fresh thyme.
2. Slide the carrots into a preheated 425 degree oven and roast for 15 minutes. Meanwhile prepare the glaze by mixing the balsamic vinegar with the honey.
3. Remove the carrots from the oven and drizzle on the glaze. Toss to coat and place the carrots back into the oven for 10-15 more minutes. Just give them another toss halfway through.
4. Remove and discard the thyme sprigs and serve

Per serving: Calories- 71.6; Protein- 0.2 g; Carbs- 11.4g; Fat- 2.8g

From: [simplyscratch.com](http://simplyscratch.com) (Laurie McNamara)



## Roasted Brussel Sprouts

### Ingredients

Serves approximately 6

- 1 1/2 pound of Brussel sprouts
- 3 tbsp. of olive oil
- 3/4 tsp. of kosher salt
- 1/2 tsp. of fresh ground black pepper

1. Preheat oven to 400 degrees F. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.
2. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
3. After removing from the oven sprinkle with more kosher salt (to taste), and serve immediately.
4. To change things up feel free to garnish with toasted nuts (sliced almonds or pine nuts go well), dried fruit (sliced cranberries- are especially delicious), a drizzle of balsamic glaze, or herbs.

Per serving: Calories- 123.8; Protein- 3.9g; Carbs- 10.4g; Fat- 7.4g

From: [foodnetwork.com](http://foodnetwork.com) (Ina Garten)

# What's In Your Holiday Cup?

The holiday season is here, and with it comes our favorite specialty drinks. From gingerbread syrups, eggnog lattes, and pumpkin spice everything - it seems there's a new sugary concoction everywhere you turn!

However, are you aware of just how much sugar is in your favorite cup of holiday cheer?

*Fit Tip: Order a smaller size than usual! For reference a medium is usually a 16 oz. cup while a small is about 12 oz. That's a total 25% decrease in overall calories and sugar just by downsizing alone!*



15 tsp of sugar

Salted Caramel Cappuccino



13 tsp of sugar

Peppermint Mocha



13 tsp of sugar

Eggnog Latte

*Fit Tip: It's not about completely avoiding all sugar, happiness, and joy this season... instead order more rarely and really savor your "treat" as opposed to mindlessly gulping it down.*



9 tsp of sugar

Hot Chocolate



12 tsp of sugar

Pumpkin Spice Latte



## Super Creamy Dairy-Free Pumpkin Pie

# Ingredients

Serves approximately 10

### Crust\*

- 1 & 1/2 cups whole wheat pastry flour
- 1 tsp. salt
- 1/3 cup xylitol or sugar of choice
- 1/2 cup canola or vegetable oil (80g)
- 2-4 tbsp. water

1. Preheat oven to 200 F. In a large mixing bowl, combine all dry ingredients.
2. Add oil and stir. Add water as needed until it just sticks together but is not gummy. Press evenly into a 10-inch pie pan.
3. Put the crust in the oven and immediately increase the temperature to 350 F. (The crust will rise, so either use pie weights during baking or just press the pie crust back down afterwards.)
4. Bake 15 minutes. Let cool.

\*If you are low on time you can sub the homemade crust for a pre-made one. Try to find one that is whole wheat or "light" if possible.

### Filling

- 1 can (15 oz) pumpkin puree
- 1 (13.5 oz) can full-fat coconut milk (use "light" for a lower calorie alternative)
- 1/4 cup rolled oats
- 2 tbsp. ground flax
- 1/3 cup coconut sugar or brown sugar
- pinch pure stevia, or 2 tbsp. extra of brown sugar
- 2 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1/2 tsp. salt
- 1 tbsp. pure vanilla extract

1. Preheat oven to 400 F. Blend all ingredients together until smooth, then pour into a prepared pie crust (such as the recipe above) in a 10-inch round pan.
2. Bake 27 minutes (it will still be underdone after this time, which is okay!), let it cool, then refrigerate at least 5 hours uncovered for the pie to thicken and "set."

**Per serving: Calories- 370; Protein- 4.5 g; Carbs- 29.5g; Fat- 25.9g**

**From: [abnormalfit.com](http://abnormalfit.com) (Taylor Glover)**



## Thanksgiving Berry-ful Crumble

# Ingredients

Serves approximately 6

- 6 cups berries of choice, frozen or fresh
- 1/4 cup granulated sugar
- 1 tbsp. lemon juice
- 2 tsp. cinnamon, divided
- 2/3 cup whole-wheat flour
- 1/2 cup old-fashioned rolled oats
- 1/2 cup packed light brown sugar
- 1/4 cup canola oil
- 1/3 cup coarsely chopped pecans or walnuts

1. Preheat oven to 375°F. Coat an 8-inch square (or 2-quart) deep baking dish with cooking spray.
2. Toss berries with granulated sugar, lemon juice, and 1 tsp. cinnamon in a large bowl. Transfer to the prepared baking dish, cover with foil and bake for 30 minutes.
3. Meanwhile, combine flour, oats, brown sugar and the remaining cinnamon in a medium bowl. Mix to blend. Stir in oil and nuts; toss well until evenly moistened and clumpy.
4. Remove the foil from the baking dish and scatter the topping evenly over the berries. Bake uncovered until the topping has browned and the fruit is soft and bubbling, about 30 minutes more.

Crumbles are a great way to make a "lighter" dessert without anyone noticing!

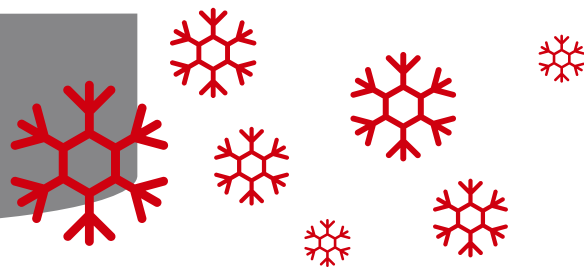
Crumbles pair naturally healthy ingredients like fresh fruits and oats- and with a few tweaks become nutrient dense alternatives to many other traditional favorites.

Try swapping white flours for whole, incorporating your favorite fruits (you don't have to do berries!) and chopped nuts for texture, and lightly reducing the amount of sugar/butter used. These are three simple ways to turn your favorite festive crumble into a more calorie friendly option the whole family will love!

**Per serving: Calories- 350; Protein- 4.6 g; Carbs- 51.4g; Fat- 14.1g**

**From: [drannwellness.com](http://drannwellness.com) (Dr. Ann)**

# 6 Tips for a Happy Fitmas!



1



*Save your indulging for your MOST special holiday goodies!*

Pass on those store bought Christmas cookies and budget your calories to indulge in treats you look forward to all year- like your mom's delicious stuffing or Aunt Sally's legendary apple pie.

2



*Don't ditch your gym schedule!*

It can be difficult to maintain your usual routine with all the hustle and bustle of the holidays but staying physically active is one of the best ways to minimize unwanted weight gain.

3



*Stock the Freezer.*

Everyone's busy during the holidays, leaving less time to cook healthy meals. Try cooking and freezing some meals before the season begins. That way you're not tempted to pick up fast food in a pinch!

4



*Don't socialize near food.*

Mingling near the hors d'oeuvres table leaves you much more likely to mindlessly graze on food. Instead make yourself a plate and park yourself as far from the rest of the party food as you can.

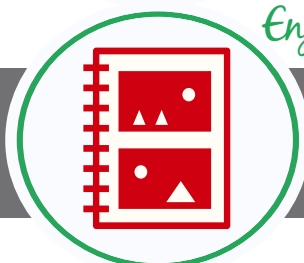
5



*Portion your plate.*

Fill half your plate with vegetables, a quarter with protein (like turkey), and use the last quarter for whatever starchy food you want (i.e. roasted potatoes, stuffing, yams, mac n' cheese etc.).

6



*Enjoy activities NOT related to food.*

With all the holiday baking and office parties it can feel like everything we do is centered around food/alcohol. Embrace a few activities that aren't centered around food but are fun and meaningful activities.





## Homemade Cinnamon Spiced Eggnog

# Ingredients

**Serves approximately 4**

- 6 large egg yolks
- 1/4 cup of pure maple syrup
- 3 cups of 2% milk
- 2 tsp. nutmeg
- 1/4 tsp. cinnamon
- 1 tsp. vanilla extract

1. Separate egg yolks and whites. Then whisk egg yolks, maple syrup, and milk in a medium saucepan, and then place on a burner over medium heat.
2. Whisk regularly until the mixture reaches 160° F or so and coats the back of a metal spoon slightly (never allow to boil).
3. Remove from the heat and allow cooling for 10 minutes. Then mix in the spices and vanilla.
4. Chill in the fridge for a few hours or overnight. Whisk well before serving.

Just like May 24th is the unspoken beginning of summer for most Bermudians, **eggnog appearing in grocery stores across the island has become the "unofficial" marker for the beginning of the holiday season.** Families who love this seasonal specialty have been known to stockpile and even freeze cartons- so they can enjoy eggnog way beyond the holidays. However, there's not much to love about the nutritional content of **classic eggnog, which is packed full of sugar and fat!** Try making **this lovely homemade option- which utilizes 2% milk as opposed to whole milk and less sugar overall.** If you'd rather buy- give the "Light" eggnog option a try!

**Per serving: Calories- 229; Protein- 10 g; Carbs- 23.3g; Fat- 10.6g**

**From: [superhealthykids.com](http://superhealthykids.com) (Katrina Nelson)**

*Happy Holidays*

From your BF&M Wellness Team

**LiveWell**  
by BF&M

 @bfminsurance

 @bfmlimited

