

# GOTIMETRAINING'S Healthy Holiday Guide

WORKOUTS | MOTIVATION | PARTY TIPS | HEALTHY RECIPES



*Keeping It Jolly Without The Jiggle!*

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Anyone participating in these activities should understand that such training initiatives might be dangerous if performed incorrectly. The authors assume no liability for injury; this is purely an educational guide for those who are proficient with the outlines of such activities.

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# HOLIDAY PEP TALK



Just when you thought you had your Lifestyle Transformation under control with staying on track with your weight loss and fitness goals, BOOM--it's the holidays. Depending upon what website you look at it's easy to see that most of our weight gain in a year comes from the holiday season. It seems that from Thanksgiving to New Year's is one long holiday season with party after party of endless temptation and no time for exercise.

It's our goal this holiday season to help you find moderation in all that you do and continue to see progress towards your Lifestyle Transformation! No, we aren't going to tell you to bring protein bars to family events and never visit the dessert table. This is our best effort to offer you a Healthy Holiday Survival Guide that keeps you moving and allows you to enjoy all things in moderation with your family and friends—after all, that's what the holiday season is about!

But, let's not forget your fitness and weight loss goals. You'll need to keep moving and add in additional workouts (we have provided them) in order to finish the year strong and on track.

You must remember to take care of yourself this holiday season and do your best to reserve time to de-stress. Much of the holiday weight gain comes from the emotion of the season coupled with the added stress of planning parties, shopping, and lack of sleep. The less stress, the more weight loss you'll see. On top of that, don't forget to sleep in and rest when you're able to—it's critical to your weight loss.

**Remember to move more, control portions, and enjoy all things in moderation this holiday season.**

Happy Holidays,  
Shannon

# WORKOUTS

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We understand that you won't always have a gym handy this holiday season so enjoy these 3 body weight circuits that you can do in 30 minutes or less. All you need is yourself and good workout tunes! You can challenge yourself and use bands or light dumbbells if they are available.

Make sure you LIKE US on Facebook! If you need to research any of these exercises, give them a Google and you'll find several how-to videos.

# WORKOUT #1

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## Warm-Up:

- 1: Birddogs x 10 each
- 2: Glute-bridges x 15
- 3: Dynamic blackburns x 10

## Circuit 1:

- 1A: Walkout to hands, pause in plank position, and return to start x 5-10
- 1B: Wall sit x 30 sec narrow, re-set 30 sec wide stance
- 1C: Mountain climbers x 20

Perform this circuit with minimal rest 3 times.

## Circuit 2:

- 2A: Side-planks x 20 sec (use knees if needed)
- 2B: Split-squat x 8-10 each
- 2C: Burpees x 6-10 (if not comfortable jumping, step legs back one at a time)

Perform this circuit with minimal rest 3 times.

# WORKOUT #2

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## Warm-Up:

- 1: Knee huggers x 10
- 2: Prone Y's x 10
- 3: Prisoner squats x 10

## Circuit 1:

- 1A: Squats x 10-15
- 1B: Prone T's x 10
- 1C: Butt kicks x 30

Perform this circuit with minimal rest 3 times.

## Circuit 2:

- 2A: Reverse lunges x 10
- 2B: Walking planks from forearms to hands x 5 each
- 2C: Leap frogs x 8

Perform this circuit with minimal rest 3 times.

# WORKOUT #3

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## Warm-Up:

- 1: Straight leg raises laying on back x 10 (one leg at a time)
- 2: Push-up on knees x 8
- 3: Hip hinge x 15

## Circuit 1:

- 1A: Plank x 30-60 sec
- 1B: Flyers x 10 each leg
- 1C: Jump squats x 10

Perform this circuit with minimal rest 3 times.

## Circuit 2:

- 2A: Lateral lunges x 10 each
- 2B: Push-ups x 10 (use knees if needed)
- 2C: Air jump rope x 30 sec

Perform this circuit with minimal rest 3 times.



We want you to bring chicken and broccoli to all holiday party this year—the end. Just kidding! We like to eat just as much as you do so let's take advantage of the holiday foods and pair them with workouts. As you probably know by now, working out prior to eating, especially sugary foods, can help offset the calories and put them to good use for recovery. Now, you can't go hogging down the entire dessert table but splurging after doing one of our workouts is our best advice.

Follow these other holiday party tips to enjoy the company of your friends and family while not crushing your Lifestyle Transformation<sup>SM</sup> goals.

# HOLIDAY PARTY TIPS

**1. Do NOT go to parties hungry.** Eat a small meal 1-2 hours before to ensure you don't graze.

**2. Portion control matters!** Balance your meals with protein, fats, and carbs like you'd always do. Know that if you decide to eat a dessert, it will likely contain a large portion of fats and carbs. Try to not load up on grandma's cheesy potatoes if you plan to enjoy her pecan pie.

**3. It all adds up!** If you decide you'd like to enjoy more food than a typical meal we suggest adjusting your food intake at other times of that day. Do your best to stay within range of your usual daily protein, carb, and fat levels but you can eat the majority of them at your holiday meal. Check out our Sample Holiday Meal Plan below to help you restructure your daily meals.

**4. Call ahead and offer to cook healthy alternatives.** We don't recommend bringing your Tupperware containers of special food, instead, call you host ahead of time and ask if you can help prepare healthy options and bring a recipe that we've included for you. Be respectful to others and don't wait until the last minute to tell your friends or family that you can't eat their food. Don't let your food become a family argument!



**5. Stay hydrated.** Yes, you can enjoy a drink over the holidays and do your best to keep it low calorie. Often times clear liquors are best and you can add flavor using Mio or similar zero/low calorie drink mixes. Watch out for sugar loaded drinks and make sure you drink 1 large glass of water for every alcoholic beverage.

**6. Put things in perspective.** You have worked hard all year at Transforming your Lifestyle, don't throw in the towel and jump off the deep end. If you enjoy more of the unhealthy food that you planned, don't stress and add to the guilt. Our best advice is to pick-up and move on. Don't let a cheat meal turn into a cheat weekend—it happens way too easily! Let us know if you need support or advice if this happens to you. That's what we are here for!

**7. Move more!** Make sure you workout before holiday parties. Let's put that food to good use with post workout recovery. Hold on, that doesn't mean you need an entire pie to yourself. However, an intense workout will affect your metabolic rate and allow you to burn more calories at rest for up to 36 hours. If your holiday gathering is someplace that is not cold and snow covered, get outside with family and friends and go for a walk after a meal.

**8. Don't weigh yourself!** Like we've said a million times, don't get caught up on the scale weight, especially the day after a holiday party. If you structure you're your day similar to our Sample Holiday Party Meal Plan and eat later in the day your weight will be UP due to water weight. It's okay, and it's normal. It's best to not weigh yourself and go by how you feel (how your clothes fit). We don't want you to stress over the numbers. Adding stress will negatively affect your weight loss goals.

# HOLIDAY PARTY TIPS

# HOLIDAY FOOD NUTRITION



Let's be honest, the holiday season is centered on food. We can't change that but we can educate you on what you're eating and help you better manage portion control.

Our best advice is to treat Holiday meals like any other meal of the day. Do your best to stay within your daily goals/guidelines of your Lifestyle Transformation<sup>SM</sup>, and if you're allowed a higher carb day, make your holiday party that day.

Below is a list of typical Holiday foods and the macronutrients/calories for a typical serving. Now it's up to you to keep things in balance and enjoy your meal in moderation. From the looks of the dessert nutrition, we recommend our Thanksgiving Protein Pumpkin Bars. It's easily been our most popular holiday recipe!

Food	Serving	Protein	Carb	Fat	Calories
Turkey, white meat	4 oz	20	0	6	134
Turkey, dark meat	4 oz	20	0	10	170
Ham	3 oz	20	4	4	132
Mashed Potatoes	3/4 Cup	0	26	0	104
Butter	1 Tbsp	0	0	12	104
Gravy	1/4 Cup	0	3	5	57
Stuffing	1/2 Cup	3	21	6	150
Green Bean Casserole	1/2 Cup	3	15	4	108
Sweet Potatoes/Yams	1/2 Cup	2	24	12	212
Cranberry Sauce	1/4 Cup	0	25	0	100
Mac & Cheese	1/2 Cup	7	25	10	218
Dinner Rolls/Biscuits	1 Piece	2	22	4	132
Apple Pie	1/8 pie	2	45	14	314
Pumpkin Pie	1/8 pie	4	45	12	304
Pecan Pie	1/8 pie	4	50	20	396
Cookies	3 Cookies	3	35	9	233
GTT Protein Pumkin Bars	1 Bar	10	9	2	94



# SAMPLE HOLIDAY PARTY MEAL PLAN

Here you go, we've outlined a sample day of meals using the nutrition information that is provided above. This way you can enjoy your family's holiday party without having to skip all the goodies!

Did you know that eating turkey doesn't make you sleepy? It's the large amount of calories ingested, which are typically from carbohydrates that make you sleepy. Think of it like a big sugar crash.

**Breakfast:** 1 hour before your workout (see our Workouts)

- 1 serving of lean protein OR 1 scoop Core Nutritionals PRO protein powder
- 2 large glasses of water

**Post-Workout:** within 30-60 minutes after your workout

Ideally insert your **Holiday** meal following the gym but if you can't opt for:

- 1 serving of lean protein OR 1 scoop Core Nutritionals PRO protein powder
- 2 large glasses of water

**Holiday Meal:** this is where the bulk of your daily calories will land

- Salad – light dressing or try fresh squeezed lime/lemon juice
- Turkey – palm size of breast meat (4-6 ounces)
- Mashed potatoes OR plain sweet potatoes – 1 serving (3/4 cup) (give up the dinner roll if the sweet potatoes are candied)
- Dinner roll & butter – 1 roll topped with ½ tbsp real butter
- Gravy – 1 serving (1/4 cup)
- Stuffing – 1 serving (1/2 cup)
- Wine – 1 glass red (3 ounces)
- Dessert – 1 piece of your choice
- Water – keep drinking!

**Evening:** if your holiday meal is around lunch, toss in this evening meal if you're hungry

- Turkey – ½ serving of leftover breast meat
- Salad or veggies
- Water – 2+ large glasses of water



## INGREDIENTS:

### Turkey Brine:

This is a tasty brine for any poultry. It will make your bird very juicy, and gravy to die for! This is enough brine for a 10 to 18 pound turkey.

### Ingredients:

1 gallon vegetable broth  
1 cup sea salt  
1 tablespoon crushed dried rosemary  
1 tablespoon dried sage  
1 tablespoon dried thyme  
1 tablespoon dried savory  
1 gallon ice water

# THE TURKEY

1. In a large pot, combine the vegetable broth, sea salt, rosemary, sage, thyme, and savory. Bring to a boil, stirring frequently to be sure salt is dissolved. Remove from heat, and let cool to room temperature.
2. When the broth mixture is cool, pour it into a clean 5-gallon bucket. Stir in the ice water. Wash and dry your turkey.
3. Make sure you have removed the innards. Place the turkey, breast down, into the brine. Make sure that the cavity gets filled. Place the bucket in the refrigerator overnight.
4. Remove the turkey carefully draining off the excess brine and pat dry. Discard excess brine.



## INGREDIENTS:

### Maple Pecan Topping:

3 tablespoon maple syrup  
6 tablespoons almond flour  
1 1/2 tablespoon melted vegan  
butter  
3/4 cup pecans, coarsely chopped

### Sweet Potato Casserole:

3.3 pounds sweet potato, peeled  
and cut into 1 inch cubes  
3 tablespoons brown sugar  
3 tablespoons maple syrup  
1/4 cup unsweetened almond milk  
6 tablespoons coconut oil or olive  
oil  
6 tablespoons vegan butter, room  
temperature  
1 teaspoon cinnamon  
1/2 teaspoon salt

# SWEET POTATO CASSEROLE WITH MAPLE PECANS

### Maple Pecan Topping:

1. While sweet potato is boiling or right before, mix all the ingredients for the maple pecan topping together and set aside until needed.

### Casserole:

2. Preheat oven to 350 degrees Fahrenheit and prepare a casserole dish. Set aside.

3. In a 4 QT pot of boiling water, boil the sweet potato for 20 minutes until fork soft.

4. When the sweet potato is finished boiling, drain and mash. Add the rest of the ingredients and using the potato masher, mix all the ingredients together until they are incorporated, about 2 minutes of mashing.

5. Spoon sweet potato mix into the casserole dish and top with the Maple Pecan topping.

6. Bake for 30 minutes (check that nuts don't burn - if they are browning too quickly cover with foil) then remove from oven. Allow to cool for 10 minutes and then serve.



## INGREDIENTS:

8 slices light bread (I used Weight Watchers bread)  
1 1/2 cups fat-free chicken or vegetable broth  
1 1/2 cup chopped onion  
1 1/2 cup chopped celery  
1/4 cup granny smith apples (finely chopped with skin on)  
1/3 cup fat-free liquid egg substitute  
1 tbsp fresh rosemary  
1 tbsp fresh thyme  
1 tbsp fresh sage  
2 tbsp. light butter (I used Brummel & Brown)  
Kosher salt and pepper to taste

# THE STUFFING

1. Start by drying out your bread. You can either do this by toasting in the oven, or by leaving the bread sit out at room temperature overnight.
2. Preheat oven to 325 degrees.
3. In a medium pot, combine chicken broth, onions, celery, apples, butter, salt, pepper, rosemary, thyme and sage. Cook for about 15 minutes over medium heat. Mean while, break up your bread into small 1/2" pieces by chopping or just breaking apart with your hands. Put bread into a large oven safe dish.
4. When broth mixture is ready, slowly pour onto bread, making sure to cover all the pieces. Next, mix in the egg substitute and make sure to cover all pieces. If bread cubes do not seem wet enough (they should be moist, but not saturated), add a tbsp or two of warm water until appropriate texture is reached. Season with more salt and pepper if desired.
5. Cover dish with foil and transfer to over. Cook for about 25 minutes. Then, take out stuffing, mix it around and fluff it a bit and put back in the oven, uncovered for about another 15 minutes. Enjoy!



## INGREDIENTS:

Heaping  $\frac{1}{2}$  cup raw cashews,  
soaked for 4 hours or overnight  
 $\frac{1}{2}$  cup unsweetened almond milk  
2 medium onions, thinly sliced  
3 tbsp whole grain bread crumbs  
(sub gluten-free bread crumbs for  
gluten-free)  
3 tbsp gluten-free oat flour (or flour  
of choice)  
 $2\frac{1}{2}$  tsp salt (divided)  
2 lbs frozen cut green beans  
1 tbsp extra virgin olive oil  
1 medium onion, diced  
3 cloves garlic, minced  
2-8oz packages sliced mushrooms,  
chopped  
 $\frac{1}{8}$  tsp ground nutmeg  
1 tbsp soy sauce (sub tamari for  
gluten-free)  
 $\frac{1}{4}$  cup dry white wine  
Freshly ground black pepper, to  
taste

# HEALTHY GREEN BEAN CASSEROLE

1. Place cashews in a bowl and cover with water. Soak for at least four hours or overnight.
2. Blend soaked cashews with almond milk in a blender or food processor (I used my nutribullet) until completely smooth and creamy. Set aside.
3. Preheat oven to 475F.
4. Place onions, bread crumbs, flour and 1 tsp salt in a large bowl, tossing to combine. Be sure to separate each individual onion piece. Spread onions in an even layer on a baking sheet sprayed with cooking spray or lined with a Silipat. Spray onions once again with cooking spray. Bake for 25 minutes, tossing halfway through. Once onions are done cooking, remove from oven and lower oven heat to 350F for casserole.
5. Bring a large pot with two inches of water to a boil. Once boiling add green beans. Bring back to a boil and cook over medium heat for about 5 minutes, or until tender. Drain and run cold water over green beans to stop cooking. Set aside.
6. In a large skillet, heat olive oil over medium heat. Once hot, add onion. Cook for five minutes and then add garlic and mushrooms. Cook for another ten minutes, stirring often. Add nutmeg, soy sauce, white wine,  $1\frac{1}{2}$  tsp salt, and pepper. Simmer for about five minutes.
7. Stir in cashew cream and  $\frac{1}{4}$  of the baked onions. Stir in cooked green beans.
8. Spread mixture into a large casserole dish. Top with remaining baked onions. Bake at 350F for 20 minutes. Serve hot!



## INGREDIENTS:

1 large cauliflower, chopped into small florets  
3 ounces low fat cream cheese  
2 tablespoons unsalted butter  
1 1/2 teaspoon minced garlic (sauteed if you aren't buying it already prepared)  
1 tablespoon fresh rosemary, chopped into small pieces

# ROSEMARY & GARLIC MASHED CAULIFLOWER

1. Bring a medium pot of water to boil. Once boiling, cook the cauliflower for 8-10 minutes or until fork tender. Remove and drain cauliflower.
2. Place cauliflower along with all other ingredients into a blender or food processor and pulse until smooth and creamy.



## INGREDIENTS:

1 cup mejdool dates (I used Natural Delights)  
½ cup unsweetened, desiccated/shredded coconut  
½ cup unsalted almonds  
Raw apple pie filling

# MINI APPLE PIES

1. For the crust, place dates, coconut and almonds into a food processor and process until the dates have turned into a sticky paste holding the crust ingredients together. Place a layer of plastic wrap over a mini muffin tin to keep the crust from sticking. Using a tablespoon, scoop a heaping tablespoon of the crust mixture into 12 muffin cavities and press until the mixture down with your fingers until it starts to go up the sides and form a little crust.
2. Once all 12 crusts are pressed, place the tin into the freezer to allow the crusts to set up while you make the filling.
3. Prep the raw apple pie filling according to the recipe.
4. Once the filling is ready, grab the muffin tin with your mini pie crusts from the freezer and fill with apple pie filling. You will have some apple pie filling left over — you can use it as a topping for pancakes, yogurt, oatmeal, etc.
5. Freeze mini apple pie bites for at least 30-45 minutes. Allow to thaw 10 minutes or so before serving. Store left over bites in the freezer for up to two months.



## INGREDIENTS:

### Filling:

1 can unsweetened pumpkin puree (16oz)  
1 can pumpkin pie mix (16oz) -- notes below\*\*  
1 tsp pumpkin pie spice  
1 1/2 Tbsp coconut oil, melted  
1 cup raw cashews, soaking  
1 large sweet apple (I used a honeycrisp)  
2 Tbsp maple syrup  
1/2 tsp salt

### Pie Dish Coating:

1/4 cup hemp seeds

1 Tbsp virgin coconut oil

### Crumb Streusel Topping:

1/2 cup oat flour

1 1/2 Tbsp virgin coconut oil, melted

1 1/2 Tbsp maple syrup

1/2 cup raw pecans, chopped

1/4 tsp pumpkin pie spice

# CRUSTLESS PUMPKIN PIE WITH PECAN STREUSEL

1. Preheat oven to 400 degrees.
2. Grease a standard pie dish with coconut oil and sprinkle hemp seeds evenly over bottom of dish and along the sides.
3. In a high speed blender, blend the filling ingredients from low to high until fluffy and smooth.
4. Pour the filling into the pie dish.
5. Place pie in the oven to bake for 30 minutes.
6. Crumble: In a small bowl, combine the streusel topping mixture until thick and crumbly. Crumble it evenly over top the half-cooked pie filling.
7. Place pie back in the oven and bake for an additional 30 minutes.
8. Allow pie to cool overnight in the fridge for best slice-and-serve results.



## INGREDIENTS:

1½ qts. apple cider  
1½ cups Pinnacle Caramel Apple  
Vodka  
optional-sweetened whipped cream  
and caramel syrup

# SPIKED WARM APPLE CIDER

1. Warm apple cider in a saucepan
2. Pour into heatproof mugs, dividing evenly
3. Add 1/4 cup Pinnacle Caramel Apple Vodka to each mug and stir
4. Optional-Add sweetened whipped cream and caramel syrup



## INGREDIENTS:

1/4 cup of Kahlúa Pumpkin Spice Liqueur  
1/4 cup of brewed espresso  
1 tablespoon of pumpkin spice syrup  
1/2 cup of warmed frothed milk  
Pumpkin Pie Spice for garnish

# KALHUA PUMPKIN SPICED LATTE

1. In a coffee cup, mix together the Kahlúa Pumpkin Spice Liqueur and the brewed espresso.
2. Stir in the pumpkin spice syrup.
3. Pour in the frothed milk, taking care to spoon on the foam. Sprinkle with a bit of pumpkin pie spice and enjoy!



## INGREDIENTS:

12 oz. Lime Dasani Sparkling  
Water  
1 shot of tequila  
1/4C Minute Maid cranberry juice  
2T lime juice  
Lime and cranberries for garnish

# LOW CALORIE CRANBERRY MARGARITA

1. Fill glass with ice
2. Add cranberry juice, tequila, and lime
3. Fill with sparkling water
4. Garnish with sugared cranberries and lime wedges