

3 Day Holiday

CLEAN EATING REBOOT



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THE 3-DAY HOLIDAY CLEAN EATING REBOOT

Welcome to *the 3-Day Holiday Clean Eating Reboot!*

For many people, the holidays are a time for celebration and feasts with friends and family. However, food during this time is often not the most nutritious. We are often thrown into the mix of festivities, handed plates of appetizers and trays of desserts. It's not the easiest to turn down, is it? Well, the good news is that in this guide, we'll be focusing on the benefits of eating healthy during the holidays. Here are some ideas on how to get your groove back this holiday season.

Let's jump right into *the 3-Day Holiday Clean Eating Reboot!*

DAY 1: WHY IT'S IMPORTANT

A holiday reboot is a perfect opportunity to take a break from your routine and do something different. It's essential to have some "you time," so you can recharge yourself for the year ahead.

Reboot your diet by eating less processed foods that are high in sugar and increasing your intake of fruits and vegetables that are rich in antioxidants. A great way to start is by planning ahead with a clean eating plan to eat more healthy, organic foods like vegetables, fruit, grains, and non-dairy alternatives.

Take some time off work to spend with family or friends, even if it's just an evening out on the town.

Give yourself permission this holiday season to have fun, but be sure to build upon your good habits, so it's not challenging to reboot after the holidays are over!

DAY 2: BENEFITS OF EATING HEALTHY DURING THE HOLIDAYS

On Day 1, we broke down the importance of having a holiday reboot. We also mentioned that it'd be easier to reboot and return to normal after the holidays are over by maintaining healthy food habits (and healthy habits in general), but there's a lot more that I just must share with you!

First, set out your meals for the week before holiday time so that there is less temptation in front of you when the holiday arrives. This means prepping any side dishes that require baking or roasting ahead of time and making sure there is enough food at home so that leftovers don't become tempting snacks later on.

Next, ensure you always have water with you. While the holidays are a time to eat, drink, and be merry, we don't want to pile up on kilos by eating and drinking what's not good for our bodies. Water helps you feel hydrated, full, and nourished.

Now, when it comes to the holidays, there are two different scenarios—one where you're the host and one where you're the guest. And being a guest makes it 100x harder to eat healthier at that holiday party.

If you're the host, you can easily lighten up on the recipes (favourite recipes with healthier alternatives) and focus more on more nutritious foods like produce. But what about when you're the guest, surrounded by yummy, unhealthy food? Here are some tips that I swear by when attending someone else's holiday party:

- Eat before you go
- Use a small plate (smaller portions)
- Start simple by eating primarily fruits/veggies that are available
- Wait 10 mins after you've consumed those fruits/veggies to see what else your body needs (if it needs anything at all)
- Limit or nix alcohol
- Eat mindfully and slowly
- Socialize away from the food
- Find other activities that don't involve food

Yes, it can be tough to maintain healthy habits when at someone else's holiday party, but with these tips and solid effort on your part, you can do ANYTHING you put your mind to!

DAY 3: AVOIDING UNHEALTHY HABITS DURING THE HOLIDAYS

Here are some incredible tips to help you avoid unhealthy habits during the holiday season. Some may seem like common sense, but I assure you that even those with the best intentions can fall victim to this time of year.

Some of the most common unhealthy habits that people adopt overtime during the holidays include:

- Forgetting your original diet plan (going from non-dairy to dairy in one bite)
- Ditching exercise
- Living more sedentary
- Not getting enough rest (staying up late)

When you live in these conditions during the holiday season and try to reboot afterward into healthier habits, it makes it THAT much more challenging for you to actually do the reboot successfully and without too much struggle.

That's why it's so important to plan your meals and healthier alternatives before the holidays begin. Use the tips from day 2 to stick to your diet and avoid temptations at other people's holiday parties. Additionally, be sure to get regular movement in and not be a couch potato. As long as you stick to eating healthy and staying active during the holidays, you're already setting yourself up for success and a much easier, less challenging reboot.

Remember, even if you've been eating healthier, exercising more, and getting ample sleep the past few weeks of December (or any day of the year), it can be challenging to get back on track after a long holiday break.

The tips and recipes in this guide will help you reboot your health in 2023 during any holiday and beyond.

DAY 1

BREAKFAST

HOT COCONUT FLOUR PORRIDGE WITH PROTEIN POWDER

Serves 1

- 2 tablespoons coconut flour
- 2 tablespoons ground flaxseed
- 1 scoop vanilla protein powder
- 1 cup water or dairy-free milk
- 1 teaspoon cinnamon
- 1 tablespoon honey
- 1 apple, cored and chopped
- 1 banana, chopped

COOK PORRIDGE. Add the coconut flour, ground flaxseed, protein powder, water or milk, and cinnamon to a small pot over medium/low heat. As the mixture starts to heat up, whisk quickly to avoid sticking to the bottom. Whisk until mixture reaches your desired thickness. Add more water, if the mixture becomes too thick. Mix in honey, apple, and banana before serving.

LUNCH

CILANTRO ROASTED VEGETABLE BOWL

Serves 2

2 large beets, peeled and chopped
1 cup chopped butternut squash
1 onion, chopped in large chunks
2 tablespoons coconut oil, divided
1 teaspoon garlic powder
sea salt and black pepper to taste
2 cups cauliflower rice*
½ bunch cilantro, chopped
1 avocado, sliced
Lemon Tahini Dressing
¼ cup hemp seeds

*NOTE: You can purchase cauliflower rice ready to cook at Woolworths or Coles.

PREHEAT OVEN. Preheat the oven to 400 degrees Fahrenheit/200 degrees Celsius.

ROAST VEGETABLES. Place beets, butternut squash, and onion in a large mixing bowl. Coat with 1 tablespoon of coconut oil, garlic powder, sea salt, and black pepper. Layer onto a baking sheet and bake for about 30 minutes until soft. Remove from the oven and set aside to cool.

SAUTÉ CAULIFLOWER RICE. While the vegetables are baking, add 1 tablespoon of coconut oil to a medium-sized sauté pan. When the oil has melted, add cauliflower rice. Stir for about 3 minutes, then remove from heat. Add chopped cilantro, mix well, and set aside.

ASSEMBLE BOWLS. To serve, add cauliflower rice to the bottom of a serving bowl. Top with baked vegetables, sliced avocado, and Lemon Tahini Dressing. Top with hemp seeds.

LEMON TAHINI DRESSING

Makes about 1 cup

¼ cup tahini
2 tablespoons extra virgin olive oil
1 garlic clove, finely chopped
juice of 1 lemon
sea salt and black pepper to taste

COMBINE INGREDIENTS. Mix all the ingredients well and serve immediately or store in an airtight container for up to 10 days in the refrigerator.

DINNER

ROASTED BROCCOLI AND CAULIFLOWER WITH SALAD

Serves 4

4 cups broccoli florets
2 cups chopped cauliflower
2 tablespoons coconut oil
1 teaspoon garlic powder
sea salt and black pepper to taste
4 cups mixed greens
1 small onion, chopped
1 cup Orange Vinaigrette
1 cup pumpkin seeds

PREHEAT OVEN. Preheat the oven to 400 degrees Fahrenheit/200 degrees Celsius.

ROAST BROCCOLI AND CAULIFLOWER. Add broccoli and cauliflower to a large mixing bowl. Coat with coconut oil and season with garlic powder, sea salt, and black pepper. Mix well and layer onto a baking sheet. Roast for about 30 minutes until golden brown and tender. Remove from the oven and set aside to cool.

ASSEMBLE SALAD. In a separate mixing bowl, add mixed greens and onion. Top with Orange Vinaigrette, pumpkin seeds, and roasted vegetables.

ORANGE VINAIGRETTE

Makes about 1 cup

1 large orange, juiced
2 tablespoons raw apple cider vinegar
1 tablespoon honey (optional)
2 tablespoons extra virgin olive oil
1 garlic clove, minced
sea salt and black pepper to taste

COMBINE INGREDIENTS. Mix all the ingredients in a small bowl or container. Use immediately or store in an airtight container for up to 7 days in the refrigerator.

DAY 2

BREAKFAST

STRAWBERRY SMOOTHIE

1½ cups dairy-free milk
1 cup strawberries
1 cup spinach
½ avocado
1 scoop protein powder
dash of cinnamon powder

LUNCH

MASSAGED KALE SALAD WITH ORANGE VINAIGRETTE AND ROASTED ROOT VEGETABLES

Serves 2

2 large sweet potatoes
1 large beet, trimmed
½ bunch kale greens, chopped
1 avocado, chopped
½ cup to 1 cup Orange Vinaigrette (see recipe in Dressings)
sea salt and black pepper to taste
½ cup sunflower seeds

PREHEAT OVEN. Preheat the oven to 400 degrees Fahrenheit/200 degrees Celsius.

ROAST SWEET POTATOES AND BEET. Place sweet potatoes and beet on a baking sheet and place it in the oven. Roast for about 1 hour until cooked all the way through. You can test this by pricking with a knife or fork.

PREPARE SALAD. While the root vegetables are roasting, add kale greens to a large mixing bowl. Top with avocado and Orange Vinaigrette. Use clean hands to massage until wilted. Taste and season as desired with sea salt and black pepper.

ASSEMBLE PLATES. Serve the kale greens over sweet potatoes, split lengthwise. Top with chopped roasted beet and sunflower seeds.

ORANGE VINAIGRETTE

Makes about 1 cup

1 large orange, juiced
2 tablespoons raw apple cider vinegar
1 tablespoon honey (optional)
2 tablespoons extra virgin olive oil
1 garlic clove, minced
sea salt and black pepper to taste

COMBINE INGREDIENTS. Mix all the ingredients in a small bowl or container. Use immediately or store in an airtight container for up to 7 days in the refrigerator.

DINNER

TOSSED BRUSSELS SPROUTS WITH CARROTS AND SWEET POTATO

Serves 4

4 large sweet potatoes
2 tablespoons coconut oil plus a bit more for serving
2 pounds Brussels sprouts, ends trimmed and cut in half
1 teaspoon garlic powder
sea salt and black pepper to taste
1 cup shredded carrots
1 lemon, juiced
handful of mint leaves, chopped
½ cup hemp seeds

PREHEAT OVEN. Preheat the oven to 400 degrees Fahrenheit/200 degrees Celsius.

ROAST SWEET POTATOES. Place the sweet potatoes on a baking sheet. Roast for about 1 hour until cooked all the way through. You can test this by pricking each sweet potato with a knife or fork in the center. If it pierces easily, it's done. If there is resistance, let it cook for another 5 to 10 minutes.

SAUTÉ BRUSSELS SPROUTS. While the sweet potatoes are cooking, add coconut oil to a large pan over medium heat. When the oil has melted, add Brussels sprouts to the pan and season with garlic powder, sea salt, and black pepper. Toss for about 8 minutes.

STEAM BRUSSELS SPROUTS AND CARROTS. Add about 1/4 cup of water along with the shredded carrots to the pan. Cover and allow ingredients to steam for about 3 minutes. The Brussels sprouts should be tender. Mix in the lemon juice, then toss to coat. Set aside to cool.

ASSEMBLE PLATES. Serve the Brussels sprouts and carrots alongside the roasted sweet potato. Slice the sweet potato lengthwise and mix in the mint along with a bit of coconut oil, sea salt, and pepper as desired. Top with hemp seeds.

DAY 3

BREAKFAST

WARM CHIA PUDDING WITH PEAR

Serves 1

- 1 cup dairy-free milk
- 1 teaspoon honey
- 1/3 cup chia seeds
- 1 scoop vanilla protein powder
- 1 pear, cored and sliced

MAKE PUDDING. Warm up dairy-free milk and honey on a hot stove for about 3 minutes. When the milk is warm, pour over chia seeds in a serving bowl. Mix protein powder into mixture and allow to sit for about 5 minutes, Stir well and top with sliced pear.

LUNCH

SESAME GINGER SPINACH BOWL

Serves 2

- 1 tablespoon coconut oil
- 1 onion, minced
- 2 garlic cloves, chopped
- 2 cups cauliflower rice*
- 4 cups fresh spinach
- 1 cup shredded carrots

1 ginger (1-inch piece), grated
sea salt and black pepper to taste
1 tablespoon toasted sesame oil
1 cup cooked yellow lentils (see recipe in Basic Bean and Lentil Recipes)
½ cup Orange Vinaigrette (see recipe in Dressings)
1 avocado, sliced
¼ cup sesame seeds

*NOTE: You can purchase cauliflower rice ready to cook at Whole Foods, Trader Joe's, and other specialty food stores.

SAUTÉ VEGETABLES. Add coconut oil to a large sauté pan over medium heat. Add chopped onion, garlic, and cauliflower rice. Sauté for about 3 minutes, then add spinach. Sauté until wilted, then add carrots and ginger. Season with sea salt and black pepper. Continue to sauté until all ingredients are soft. Turn off the heat and mix in the sesame oil.

ASSEMBLE BOWLS. To serve, place cauliflower rice mixture and yellow lentils in a serving bowl. Top with vinaigrette, avocado, and sesame seeds.

ORANGE VINAIGRETTE

Makes about 1 cup

1 large orange, juiced
2 tablespoons raw apple cider vinegar
1 tablespoon honey (optional)
2 tablespoons extra virgin olive oil
1 garlic clove, minced
sea salt and black pepper to taste

COMBINE INGREDIENTS. Mix all the ingredients in a small bowl or container. Use immediately or store in an airtight container for up to 7 days in the refrigerator.

DINNER

GARLIC SWISS CHARD WITH SPICED CILANTRO CAULIFLOWER RICE AND SPLIT PEAS

Serves 4

2 tablespoons coconut oil, divided
 4 cups cauliflower rice*
 1 teaspoon ground turmeric
 1 ginger (1-inch piece), grated
 ½ bunch cilantro, chopped
 sea salt and black pepper to taste
 1 onion, chopped
 2 garlic cloves, chopped
 1 bunch Swiss chard, chopped
 2 avocados, sliced
 4 cups cooked green split peas (see recipe in Basic Bean and Lentil Recipes)

*NOTE: You can purchase cauliflower rice ready to cook at Woolworths and Coles.

SAUTÉ CAULIFLOWER. Add 1 tablespoon of coconut oil to a large sauté pan over medium heat. When the oil has melted, add cauliflower rice. Season with turmeric, ginger, cilantro, sea salt, and black pepper. Mix well and toss for about 3 to 5 minutes. Remove the rice from the pan and set aside in a large serving bowl to cool.

SAUTÉ ONION, GARLIC, AND SWISS CHARD. Add the remaining 1 tablespoon of coconut oil to the hot pan. Add onion and garlic. Sauté for about 3 minutes, then add the Swiss chard. Sauté until wilted. Serve on top of the cauliflower rice with sliced avocado and a bowl of hot green split peas on the side.

BASIC BEAN AND LENTIL RECIPES

MUNG BEANS

Serves 4

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 cup mung beans
- 1 teaspoon all-purpose seasoning (salt-free)
- 3 cups vegetable broth

COOK BEANS. Add coconut oil to a medium-sized pot over medium heat. When the oil has melted, add chopped onion and garlic. Sauté for about 3 minutes, then add mung beans, seasoning, and vegetable broth. Mix well and cover. Cook for about 25 minutes until the beans have started to soften. If the beans dry out, add ½ cup of water and continue to cook until the beans are soft.

YELLOW LENTILS

Makes 4½ cups

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 ginger (1-inch piece), grated
- 1½ cups yellow lentils
- 1½ teaspoons all-purpose seasoning (salt-free)
- 4½ cups vegetable broth

COOK LENTILS. Add coconut oil to a medium-sized pot over medium heat. When the oil has melted, add chopped onion and garlic. Sauté for about 3 minutes, then add grated ginger, yellow lentils, seasoning, and vegetable broth. Mix well and cover. Cook for about 25 minutes until the lentils have started to soften. If the lentils dry out, add ½ cup of water and continue to cook until soft.

SPLIT PEAS

Serves 4

1 tablespoon coconut oil
1 small onion, chopped
1 garlic clove, chopped
2 teaspoons dried thyme
1 cup green or yellow split peas
3 cups vegetable broth

COOK SPLIT PEAS. Add coconut oil to a medium-sized pot over medium heat. When the oil has melted, add chopped onion and garlic. Sauté for about 3 minutes, then add thyme, split peas, and vegetable broth. Mix well and cover. Cook for about 30 minutes until the split peas have started to soften. Stir well. If the split peas have started to dry out, add ½ cup of water and continue to cook for an additional 10 to 15 minutes until soft.