

HOLIDAZE SURVIVAL GUIDE

TARA RYAN HEALTH



STAYING HEALTHY OVER THE HOLIDAYS: 9 WAYS TO STAY ON TRACK THIS YEAR

I get it. Staying on track over the holidays is *hhaard*. And the mere fact that IT IS the holidays, almost makes it the perfect excuse **not** to stay on track! ...But then January comes, and we feel like shit. Both physically (because we've gained weight), and mentally (because we're mad at ourselves for throwing away all of our hard work). Not this year!!

Eating well is not about perfection, *especially* over the holidays! We are human and perfection is impossible (and NOT fun!). SO let that idea go!

A better approach to the holidays and your health in general, is to honour your body by knowing (and prioritizing) what works best for you, while also recognizing what doesn't. It's about doing simple, little things to help keep you on track. Just like anything else in life, balance and preparation are key to staying healthy. Below are 9 strategies to help you naviagte the holidays without throwing away all of your hard work. I've tried to make them as easy as possible to ensure your success! I hope this helps! ~ Tara xo

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HYDRATE!!

Hydrate! I cannot stress the importance of hydration enough. I constantly see people who do lots of great things for their health but still fail to drink enough water. Water is essential for the transportation of nutrients, proper digestion, energy, focus, circulation, metabolism, and many other aspects of health. Water also plays a part in regulating your appetite, so be sure to drink up throughout the day! And, if you've indulged the night before, there's no better way to reset than by starting your day with a glass of warm lemon water! It naturally detoxes the body, promotes elimination and helps to restore your natural pH balance.



GET YOUR SLEEP

"Those who don't sleep, overeat!". Lack of sleep has been linked to overeating - **especially** the overconsumption of junk food. The 2 hormones that regulate hunger, ghrelin and leptin, are affected by sleep. Ghrelin stimulates hunger and leptin decreases it. When the body is sleep deprived, ghrelin levels spike and leptin levels fall, causing an increase in hunger...making it virtually impossible for you not to overindulge on Christmas goodies! Do yourself a favour and make sleep a priority this holiday season.



ADD IN A DIGESTIVE ENZYME AND PROBIOTIC

With all the different foods and extra feasting going on, you could likely use a little help with digestion. Adding in a digestive enzyme will help your stomach digest your food and as a result, will give you more energy. This is because a) you're able to absorb all the nutrients, and b) you're not using all your precious energy digesting your food. Probiotics will help to improve the balance of healthy bacteria in your gut, aiding in immune function, weight loss, digesting food and absorbing nutrients (just like enzymes), and promoting a happy mood. Falalalala!

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THINK ABOUT YOUR DRINKS

We often forget about what we're drinking when we're trying to improve our health or lose weight. But drinks are just as important! Ditch the high sugar drinks such as juice, 'fancy' coffees, 'fancy' cocktails and pop. They are incredibly high in sugar and wreak havoc on our bodies. Sugar negatively affects our mood, suppresses our immune system, and not surprisingly, leads to weight gain. You should be primarily drinking water (as I've already mentioned!). Of course, the occasional drink is ok, I just want you to be mindful of the sugar you're consuming through drinks alone.



EAT FAT

Healthy fat that is! Eating healthy fats can help crush your cravings while providing your body (and brain) with a positive boost. Sarah Wilson, author of *I Quit Sugar*, eats two tablespoons of coconut oil after lunch or dinner, to satisfy her sweet tooth. Naming it her "full proof trick" that "kills her appetite for about four to five hours". (I do this with MCT oil and IT WORKS!!). Other healthy fats include avocados, extra virgin olive oil, nuts, seeds, fatty fish and omega 3 oil's.



CHEW YO' FOOD!

This may sound silly, but most of us only chew our food 3-4 times before swallowing. This puts a huge strain on our digestive system (hello bloating and post meal exhaustion!). There's a reason our teeth are in our mouths and not in our stomach's (bc we're supposed to CHEW our food...a lot!). By chew-chew-chewing your food, you take advantage of your natural digestive enzymes which get secreted in your saliva as you chew!! Aim for 20 chews per mouthful. Plus, paying closer attention to the pace at which you chew your food, can make a huge impact on the total amount of food you consume (not that you're trying to avoid eating, just **overeating**).

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PLAN AHEAD

Eat a healthy meal before going out to a party. That way, you're not tempted to binge or overindulge in foods that don't serve you.

And when eating out:

- Read the menu online ahead of time so that you make your decision when you're not starving.
- Be the first one to order so that you're not tempted by what others choose.
- Avoid getting "extra cheese" or "extra sauce" added to your meals.
- Always make sure that what you've ordered contains vegetables!!



DON'T RELY ON WILLPOWER ALONE

Keep junk foods out of the house. The stress of the holidays gets the best of us, and this stress often causes us to overeat or to eat foods that we normally wouldn't. Don't rely on willpower alone....keep junk food as far away from your cupboards as possible! Believe me, you'll have plenty of opportunity to eat treats over the holidays, so you won't be missing out just because it's not in your house!

And when you're about to indulge, ask yourself: is this something I really want, love or crave? Often we'll eat out of habit or just because it's there. Make sure your indulges are worth it!



BAKE YOUR OWN GOODIES

By baking your own Christmas goodies, you'll avoid eating GMO refined white sugar, processed flours, inflammatory oils, and other toxic ingredients that are present in almost all store bought treats. Plus (and this is the best part!), you'll be able to indulge in the eating festivities, without any of the guilt or stomach aches that often follow Christmas cookie indulgences. And don't worry, I've got you covered. On the next pages, there are a few of my favourite Christmas baking recipes! If you make any of them, tag me on Insta @tararyanhealth, I'd love to see your creations!

GINGERBREAD MOLASSES COOKIES

INGREDIENTS:

- 2/3 cup oat flour
- 1/3 cup sprouted spelt flour*
- 1/3 coconut palm sugar
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp ground ginger
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 2.5 tbsp coconut oil, melted
- 2 tbsp unsweetened applesauce
- 1 tbsp blackstrap molasses
- 1/2 pure vanilla extract



DIRECTIONS:

1. Mix all dry ingredients in a large bowl, stirring very well.
2. In a medium bowl, whisk together wet ingredients.
3. Pour wet ingredients into dry and mix with a spoon (or hands) until combined.
4. Using your hands, break off small pieces and roll into balls. Place balls on a parchment paper lined cookie sheet.
5. Refrigerate for at least 1 hour (dough balls can also be frozen for up to a month).
6. When ready to bake, preheat oven to 350 degrees.
7. Bake for 10 minutes. Remove from the oven and press the cookies down. They will look undercooked at first but that is what you want, the cookies continue to cook as they cool.
8. Allow at least 10 minutes before removing from the sheet and serving.

SOURCE: CHOCOLATE COVERED KATIE

*For gluten free cookies, sub Bob's Red Mill GF baking flour for the spelt flour.

OATMEAL CHOCOLATE CHIP COOKIES

INGREDIENTS:

- 1/3 cup almond butter or peanut butter (unsweetened)
- 2 tablespoons melted coconut oil
- 1/2 cup maple syrup or brown rice syrup (do NOT substitute for granulated sugar of any kind, cookies will turn out too dry)
- 1/3 cup non-dairy milk
- 1 teaspoon vanilla extract
- 1 cup organic sprouted spelt flour (or regular spelt if you can't find sprouted; you can also sub gluten free flour if desired)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup organic rolled oats (sprouted if you can find)
- 1/2 cup dark chocolate chips
- 1/2 cup chopped walnuts



DIRECTIONS:

1. Preheat oven to 325 degrees F. Lay parchment paper on a baking sheet and set aside. Whisk together first 5 ingredients until very smooth.
2. Add remaining ingredients and stir well to combine (be sure to mix in the baking soda and salt thoroughly).
3. Drop batter by spoonfuls onto baking sheet and bake for about 10 minutes (or until tops begin to crack). Remove from oven and wait 10 mins before transferring cookies to a plate or rack (or mouth!!).

CHOCOLATE COCONUT TRUFFLES

INGREDIENTS:

- 1.5 cups unsweetened shredded coconut
- 3/4 cup raw cacao powder
- 1/2 cup pure maple syrup
- 1/4 cup virgin coconut oil
- 1/2 teaspoon vanilla
- pinch of salt



DIRECTIONS:

1. Line a baking sheet or dish with parchment paper.
2. Place all ingredients in a large bowl and mix together by hand until well combined (roll up your sleeves - it gets messy!)
3. Roll into little balls and place on baking tray. Place in freezer and let sit for at least an hour.
4. Remove from freezer right before eating.

NOTES:

These can be kept and eaten right out of freezer. I find they get too mushy if they're kept out on the counter. The fridge is okay too but I prefer to leave mine in the freezer so that they stay fresh in case I don't eat them all right away!

OATMEAL CHOCOLATE FUDGE BARS

INGREDIENTS:

- 2 3/4 cup quick oats (GF if desired)
- 1/2 tsp salt
- 1/2 cup pure maple syrup
- 1/4 cup peanut butter, or allergy-friendly alternative
- 1 tbsp water
- 1 tsp pure vanilla extract
- 3/4 cup dark chocolate chips
- 1/2 cup peanut butter, or allergy-friendly alternative



DIRECTIONS:

1. Line an 8×8 pan with parchment or wax paper, and set aside.
2. Stir together the maple syrup, 1/4 cup peanut butter, water, and vanilla until smooth. Stir in the oats and salt.
3. Transfer about 2/3 of the mixture to the pan, and press down very well, using a second sheet of parchment to press it evenly into the bottom of the pan.
4. In a separate bowl, carefully melt the chocolate and 1/2 cup peanut butter. Stir until smooth.
5. Pour this evenly on top of the crust in the pan.
6. Sprinkle the remaining oat crumbles on top of the chocolate layer, then press down. Refrigerate or freeze until firm enough to cut squares.