



featuring



PRESENTS:

# **“Surviving Santa” Holiday Fitness Guide**

**Meal Plan Strategies To Get You Through “Fat Season”  
and into the New Year Without Having To Loosen Your  
Belt and Widen Your Doors**

Dean and Nancy Carlson, PFT, YFS

*For more rapid fast loss tips, visit [www.GetFitNHbootcamp.com](http://www.GetFitNHbootcamp.com)*

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## Get Fit NH Bootcamp presents “Surviving Santa Holiday Fitness Guide”

### Don't Take A Holiday From Fat Loss

by Dean Carlson, PFT, YFS

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Are you over that Halloween Hangover yet? That sickly sweet sugar rush that starts the annual holiday weight gain season - that happy time of year when all we have been working for goes right out the window, and 7-10 pounds of fat attaches itself to our backside.

At least that is what can happen between now and the new year, if you let it.

Does that mean you can't enjoy yourself during the holiday season?

No, but it does mean you need to be aware of the dangers associated with all that extra food lying around, and with our tendency to be “all or nothing”.

What do I mean by all or nothing? Many of us who struggle with our weight are very good at being focused for short periods of time, but as soon as something comes up that breaks our routine (like the holidays) we tend to slack off too much, for too long. Before you know it, we have gained 10 pounds back and feel guilty about it.

That's the kind of stocking stuffer we can live without!

Let's revisit some strategies for getting through the holidays without having to pull out the stretchy pants:

- 1. Keep Training** - I work out Thanksgiving morning. Do you know why? Because it 's a training day, simple as that! I sleep a couple hours longer than I normally would that morning, and I had a great workout.
- 2. Be Aware** - Going to parties can be hard on your nutrition. When we are in social situations we tend to follow the crowd - and that usually means eating, and eating, and eating some more.
- 3. Plan Ahead** - Have a plan in place before you go out shopping and to parties. Don't be tempted to grab fast food because it's convenient. Plan when and where you are going to eat - and choose healthy. At parties scout out the table and hit the vegetable plate first - it will fill you up and help keep you from overindulging in the other goodies.

The bottom line is – YOU control what you do on a daily basis. Nobody uses a crowbar on your jaw and forces you to eat 4 pieces of pumpkin pie. Nobody ties you to the bed so you can't get up and train. Don't let the holidays drag you down. Don't buy into the false mentality that the only way to be happy during the holidays, or anytime for that matter, is by eating unhealthy food that tastes good. If a former fat boy like me can do it – so can you!

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## **Holiday Survival Nutrition Made Simple For BUSY People**

Below is a general plan we use with our clients who are looking to safely and effectively lose fat. Though fat loss can be slowed or even halted with holiday “cheat” meals, following this plan will allow you to have a fighting chance in maintaining your current weight through the holiday season. The best holiday survival plan is to focus on proper nutrition and plan ahead for when you are going to have your “cheat” meals. Don't let one day turn into a week of over-indulgence.

**Eat immediately upon waking and then every 2-4 hours for a total of 5 meals per day EXACTLY as outlined below:**

<b>Meal#</b>	<b>Meal Time</b>	<b>Menu</b>
1	6 am	-Drink 2-4 cups of cold water -Take <b>PROGRADE EFA Icon</b> and <b>VGF+25 Multi-Vitamin</b> as directed on bottle -Choose your <b>Survival Fat Loss MEAL</b> of choice
2	9 am	-Drink at least 1-2 cups of cold water -Choose your <b>Survival Fat Loss SNACK</b> of choice
3	NOON	-Drink at least 1-2 cups of cold water -Choose your <b>Survival Fat Loss MEAL</b> of choice
4	3 pm	-Drink at least 1-2 cups of cold water -Choose your <b>Survival Fat Loss SNACK</b> of choice
5	6 pm	-Drink at least 1-2 cups of cold water -Choose your <b>Survival Fat Loss MEAL</b> of choice
6	OPTIONAL IF NEEDED	-Drink at least 1-2 cups of cold water -Choose your <b>Survival Fat Loss DESSERT</b> of choice

**Say “NO” To:**

Anything NOT Recommended In The Above Menu:

Alcohol, Starches, Refined Sugars, Packaged Goods, Liquid Calories

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## Survive Santa Fat Loss MEALS

<u>Options</u>	<u>Female Servings</u>	<u>Male Servings</u>
1	-3 Omega-3 Eggs -UNLIMITED Greens (at least 2 cups = 2 clenched fists)	-6 Omega-3 Eggs -UNLIMITED Greens (at least 2 cups = 2 clenched fists)
2	-3-4 oz Extra Lean Meat, Fish, OR Seafood (size of 1 clenched fist) -1.5 Tsp. Extra Virgin Olive Oil OR 1/8 cup mixed nuts OR 1 oz. full-fat cheese OR 1.5-2 oz. Avocado -UNLIMITED Greens (at least 2 cups = 2 clenched fists)	-6-8 oz Extra Lean Meat, Fish, OR Seafood (size of 2 clenched fists) -1 TBSP. Extra Virgin Olive Oil OR 1/4 cup mixed nuts OR 2 oz. full-fat cheese OR 3-4 oz. Avocado -UNLIMITED Greens (at least 2 cups = 2 clenched fists)
3	-3-4 oz Extra Lean Beef OR Salmon (size of 1 clenched fist) -UNLIMITED Greens (at least 2 cups = 2 clenched fists)	-6-8 oz Extra Lean Beef OR Salmon (size of 2 clenched fists) -UNLIMITED Greens (at least 2 cups = 2 clenched fists)
4	Any CORE LEAN MEAL from the EE Quick-Start Guide or Get Sexy Cookbook for Females	Any CORE LEAN MEAL from the EE Quick-Start Guide or Get Sexy Cookbook for Males

### UNLIMITED GREENS =

Green Beans, Broccoli, Asparagus, Spinach, Romaine Lettuce, Brussels Sprouts, Any Dark Green Leaf Lettuce, Cauliflower, AND UNLIMITED Veggies BESIDES Corn, Peas, Carrots, Potatoes, and Beets!

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## Survive Santa Fat Loss SNACKS

<b>Options</b>	<b>Item and Serving Size</b>
1	1/4-1/2 cup mixed nuts (about 20-40 nuts) or 2-4 Tbsp. nut butter (no added sugar, low in salt)
2	2-4 pieces of string cheese
3	2-4 slices Boar's Head Deli Meat (no added sugar, low in salt)
4	1-2 Servings <a href="#">PROGRADE LEAN</a>
5	1-2 Cups Fruit-Flavored Kefir OR 1-2 cups Organic Whole Milk

## Survive Santa Fat Loss DESSERTS

<b>Options</b>	<b>Item and Serving Size</b>
1	1 cup mixed berries with low-carb whipped cream OR 1 cup or 1 serving of any fruit
2	1 <a href="#">PROGRADE CRAVER</a>
3	1 LARABAR

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## **The Eternal Eating® Grocery List**

For those who are interested in keeping costs very low, we have included helpful price brackets on the side. However, if you are interested in more variety, you can definitely ignore the price brackets and shop on!

### **Produce Section- Fruits and Vegetables\* (\$10-20)**

- ✓ Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- ✓ Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)
- ✓ Low GI/Fibrous Fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit (frozen is most convenient)
- ✓ Mixed Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or raw)
- ✓ Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

### **Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood (\$30-\$60)**

4-5/8-12 lbs\* total of a healthy mix of the following:

- ✓ Extra Lean Meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)
- ✓ Extra Lean Deli Cuts (unsweetened, low in salt)
- ✓ Extra Lean Skinless, Boneless Chicken Breasts
- ✓ Extra Lean Turkey or Extra Lean Ground Turkey
- ✓ Extra Lean Pork
- ✓ Fish: Salmon, Tuna, Tilapia, etc.
- ✓ Seafood: Shrimp, Mussels, Squid, Scallops, etc.

**\* 4-5 lbs for women (assuming 9-12 oz. consumed per day), 8-10 lbs for men (assuming 18-24 oz. consumed per day)**

### **Dairy Section (\$10-20)**

- ✓ 2-4 Cartons of eggs (preferably omega-3 eggs for yolks: Eggland's Best Brand)
- ✓ Part-skim string cheese, part-skim mozzarella cheese, or full fat cheeses of choice

### **Miscellaneous (\$10-20)**

- ✓ 100% Natural Peanut Butter/Nut Butter (no sugar added, unroasted, low in salt)
- ✓ Non-Fat cooking spray (extra virgin olive oil spray) and calorie free spray butter
- ✓ Extra Virgin Olive Oil
- ✓ Salad Dressings: Maple Grove Fat Free Balsamic Vinaigrette or Walden Farms calorie free dressings.
- ✓ Vinegars: apple cider or red wine (great for salads)
- ✓ 1 package of organic ground flax meal (contains added fiber/omega 3's to throw in meal replacement shakes)

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### Terrific Turkey – It's Not Just For Thanksgiving!

By Dean Carlson, PFT, YFS  
[www.GetFitNHbootcamp.com](http://www.GetFitNHbootcamp.com)

It's time to dust off the big roasting pan, heat up the oven, and get down to business. That's right, I'm talking Turkey! Although most of us associate Thanksgiving with bloated bellies and after dinner coma's on the sofa, don't you dare blame it on turkey. Heap your scorn on sweet potatoes, put a smack down on stuffing, and pummel all those pies – but leave Terrific Tom Turkey out of it! After all, turkey is jam packed with powerful protein, which simultaneously elevates metabolism and promotes fat burning and lean muscle growth. Turkey is also lean protein source as long as you remove the skin, which makes it twice as nice!

So what's so important about protein? Protein is the only macronutrient (the others being fat and carbohydrates) responsible for building and repairing your body's tissue stores. More specifically, adequate, regular protein intake is critical to repair muscle damage from high intensity activities such as strength training and high intensity cardio. If you are not taking in enough protein every two to four hours, you are going to have a challenge maintaining your current muscle, never mind enough for growth and repair.

Why is this important? For the simple fact that the more lean tissue (muscle) you have, the bigger “metabolic engine” you have, which enables you to burn more calories (and fat) on a daily basis. Protein is also the least likely macronutrient to be stored as bodyfat, and it takes your body twice as much energy to digest protein than carbohydrates and dietary fat. Sounds like a win-win to me. If you are going to choose to overeat anything this holiday season and get away with it, turkey is probably going to be it.

Another bonus in adding turkey to your menu is that it easy to prepare and one turkey goes a long way. You can save a ton of time in food preparation by roasting a turkey. You'll have tons of meal option all week! Thanks to our friends over at [Workout Muse](#) for helping us out with these great Turkey recipes, along with some healthy holiday treats designed to help you “Survive Santa”!

Would I recommend eating the dessert recipes all the time? No I wouldn't. But they are much better alternatives to the sugar and fat packed stuff you were going to eat – IF you didn't have these easy to prepare and much healthier options. Enjoy!

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**Turkey Salad**

Ingredients:

6-8 oz. Turkey Breast chopped into small cubes

¼ red bell pepper

¼ green bell pepper

¼ red onion

2 Tbsp canola or olive oil mayo

Directions:

Mix all ingredients together and enjoy over a bed of greens.

Makes one male serving and two female servings.

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**Turkey Cranberry Cream Cheese Roll-up**

Ingredients:

6-8 oz. Sliced Turkey  
1 Tbsp Fat Free Cream Cheese  
1 Tbsp Dried Cranberries  
½ Clove of Roasted Garlic  
Salt and Pepper to taste  
2 Whole Grain Tortillas

Directions:

Soak cranberries in water for 20 minutes or microwave until soft if you are short on time. Mash the ½ clove of garlic. Mix cranberries, garlic, and cream cheese. Add salt and pepper to taste. Spread the mixture into the inside of the tortilla(s). Add turkey breast. Fold up sides, roll up, and enjoy!

Makes one male serving and two female servings.

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**Turkey Medallions With Cranberry Glaze**

Turkey Medallions:

6-8 oz. Turkey  
Non-stick spray  
Turkey Seasoning

Cut Turkey Breasts into small medallions, sprinkle lightly with seasoning. Reheat in a pan sprayed with non-stick oil on medium heat until lightly browned on both sides. Drip Cranberry glaze (below) over the medallions.

Cranberry Glaze:

1 Cups Dry white wine  
Turkey or chicken stock, as needed  
1 ½ Cups Dried cranberries  
¼ Cup of Pine nuts, toasted  
Pinch of Salt

Add ½ cup of white wine and ½ cup of turkey stock to pan. Add other ½ cup of turkey stock, cranberries, pine nuts and pinch of salt. Cook over medium heat until reduced in volume by half, about 4 cups.

Makes one male serving and two female servings.

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### Turkey Shepherds Pie

#### Ingredients:

2 cups cubed cooked turkey  
¾ cup turkey gravy  
1 small can whole kernel corn, drained  
1 cup of chicken stock  
1 cup of water  
3 cups steamed cauliflower  
2 cups celery, chopped  
2 carrots, chopped  
1 onion chopped  
2 cloves garlic, minced  
1 bell pepper, any color, chopped  
Salt and pepper

#### Directions:

Preheat the oven to 325 degrees. First you must make the gravy. Take the garlic, 1 cup of celery, carrots, onion, bell pepper, chicken stock, water, vegetables, salt and pepper to taste. Add to a pot, boil until vegetables are soft and blend in a blender or food processor.

Next, you will take the steamed cauliflower and mash it, or place it in a food processor until the consistency is like that of mashed potatoes.

Next, in a baking dish, layer the turkey, gravy, corn, remaining celery and mashed cauliflower. Bake, uncovered at 325 degrees for 45-50 minutes.

Makes 2 male servings and one female serving.

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**Turkey Florentine**

Ingredients:

1 (10 ounce) package frozen chopped spinach  
2 tablespoons smart butter  
1 cup cooked whole grain fettuccine  
2 cups diced, cooked turkey  
1 cup turkey or chicken stock  
1 (8 ounce) package fat free sour cream and onion dip  
½ teaspoon onion salt  
2 tablespoons grated Parmesan cheese  
Non-stick cooking spray

Directions:

Cook spinach according to package directions; drain. Stir in smart butter. Place noodles in a non-stick sprayed baking dish; top with spinach. Combine turkey, stock, onion dip and onion salt and spoon over spinach. Sprinkle with Parmesan. Bake, uncovered, at 325 degrees F for 25 minutes or until bubbly.

Makes 2 male servings and one female serving.

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**Turkey Green Bean Casserole**

Ingredients:

1 bag of frozen green beans  
6-8 oz. of cubed cooked turkey breast  
1 can of organic cream of mushroom soup  
2 cups Kraft all natural fat free cheese  
Salt and Pepper to taste

Directions:

Preheat oven to 350 degrees. Mix all ingredients into a casserole dish and bake for about 30 minutes or until completely hot.

Makes one male serving and two female servings.

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## THE HEALTHY HOLIDAY COOKBOOK

By [Naomi Nazario](#), NSCA-PT, LFT

### Naomi's Heavenly Swirls Chocolate Peppermint Cheesecake

4 Rectangular Packages of Philadelphia Fat Free Cream Cheese (plastic container makes a lighter, softer cheesecake if you prefer)

1.5 Cups of Splenda

4 Whole Omega-3 Eggs

Walden Farms Calorie Free Chocolate Syrup (Optional)

Add Low Carb Light Whipped Cream to taste (If you can find peppermint whipped cream that works really well)

1 T Peppermint Extract (more or less depending how much minty taste you would like)

2 Snackwells Cake Cookies (Chocolate Mint is best if you cannot find that, go with Devil's Food Fat Free)

#### Directions:

Leave the cream cheese outside of the refrigerator for an hour so it softens. Preheat oven to 325 degrees. Mix the four packs of cheesecake with the Splenda. After that, add one egg at a time then add the peppermint. Mix with an electric mixer. Once smooth, crumble the cookies with your hands or cut them into small squares and sprinkle them into the batter. Pour cheesecake into a pan coated with Pam. If using the chocolate syrup, pour small amounts as you wish and have fun designing swirls with a knife. Bake for 50 minutes or until the middle is almost set. Place in refrigerator for 4 hours, or if you are in a rush, place in the freezer for one hour. Serves 6 big slices!

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## HEALTHY HOLIDAY RECIPES

### Chocolate Mocha Mint Shake

1 cup chocolate calorie countdown

1 cup cottage cheese

1 scoops chocolate protein powder

1 T General Foods International Coffees Swiss Mocha sugar-free, fat-free instant coffee

3 drops peppermint Extract (can be hazelnut, vanilla, etc. instead)

2 T of flax meal (or 1 t FiberSure)

Ice to taste

Directions: Blend ingredients in a blender. Serves 1-2.

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## HEALTHY HOLIDAY RECIPES

### Adam Schuett’s Egg Nog

- 4 Whole eggs
- 1 cup Egg Whites
- 1 cup Calorie Countdown Skim Milk
- 1 Tbsp Vanilla Extract
- 2 Tbsp Splenda
- Nutmeg or Pumpkin Spice to taste

Preparation:

Combine all the ingredients except the spices in a blender. Mix at low speed until well blended. For a thicker variation, add ice to taste Sprinkle with nutmeg or pumpkin spice to taste. Serve chilled. Makes 1-2 Servings.

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## HEALTHY HOLIDAY RECIPES

### Pumpkin Spice Smoothie

- 1 scoop vanilla protein powder
- 1 cup cottage cheese
- 1 cup canned pumpkin
- 1 cup calorie countdown dairy beverage
- 2 cups diced pineapple
- 2 cups of bananas, peeled and sliced
- 3 T sugar
- 1/2 t cinnamon

Directions: Blend ingredients together in a blender. Serves 1-2.

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# HEALTHY HOLIDAY RECIPES

## Naomi’s Pump-kin Shake

### Ingredients:

- 3.5 Tbsp. Pumpkin puree
- 1 Scoop Vanilla Protein Powder(W), 2 Scoops (M)
- 1 tsp. Pumpkin pie spice
- 2/3 Cup of Ice
- 2 Tbsp. of fat free cool whip
- 2/3 Cup of “Calorie Countdown Fat Free Milk”
- 2 Tbsp. Splenda or Stevia
- 1 tsp. vanilla extract
- 1 Tbsp. flax meal (W), 2 Tbsp. (M)

Directions: Put the ingredients in a blender, blend away, pour into a glass and enjoy. If you like a thinner consistency, feel free to add more milk. Top with cool whip and Pumpkin Pie Spice for added flavor.

Enjoy liquid nutrition at its finest with this tasty shake. It is high in protein, high in fiber, contains healthy and essential fats, and has a low sugar content.

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## HEALTHY HOLIDAY RECIPES

### Vicky’s Fabulous No Bake Cookies

3 tablespoons of Calorie Countdown Brand Skim Milk

¼ cup Splenda

1 tablespoon cocoa powder

1 ½ teaspoon vanilla

1/3 cup natural peanut butter (FF)

¾ -1 cup of oatmeal (IC)

Directions:

Heat milk, Splenda, cocoa powder over high heat until boiling, stirring constantly.

Remove from heat and stir in vanilla and peanut butter until melted.

Slowly stir in oatmeal. If base is too thick, use less oatmeal.

Drop large spoonfuls onto wax paper.

Makes about 12-24 cookies depending on the size.

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### HEALTHY HOLIDAY RECIPES

#### Naomi’s Pumpkin Cheesecake

4 Rectangular Packages of Philadelphia Fat Free Cream Cheese (plastic container makes a lighter, softer cheesecake if you prefer)

1.5 Cups of Splenda

4 Whole Omega-3 Eggs

Light Whipped Cream to taste

1-12 oz. can of pumpkin puree

Pumpkin spice OR 1 tbsp cinnamon, 1 tsp ginger, 1 tsp nutmeg

2 9” pie dishes

#### Optional Crust Ingredients:

2 Sleeves of Graham Crackers (all natural, no trans-fats, etc.)

4 tbsp butter

#### Directions:

Leave the cream cheese outside of the refrigerator for an hour so it softens. Preheat oven to 475 degrees. Mix the four packs of cheesecake with the Splenda. After that, add one egg at a time and mix with an electric mixer. Once completely mixed, add pumpkin puree in installments and mix until completely mixed.

Optional Crust: Puree graham crackers in a food processor or blender. Melt butter and mix with the graham crackers until consistency is like wet sand. Take 2-9” pie dishes and press crust up against the pan until fully lined.

Pour pie into baking pan. Reduce oven heat to 325 and place pies in the oven. Bake for 50 minutes. Pie is done when stick a knife in a pie and it comes out clean. If not done yet check every 10 minutes. Once done allow to cool on top of the stove, or place in the refrigerator to speed the cooling process. Serve with a dollop of whipped cream.

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## HEALTHY HOLIDAY RECIPES

### Protein Packed Stuffing

6 Slices of 100% Whole Wheat or Whole Grain Bread (make sure it is dense in fiber at least 3 grams per slice), toasted and sliced  
1.5 tsp poultry seasoning  
1 lb of ground sirloin  
2 celery stalks chopped  
2 cloves of crushed garlic  
1 red pepper, chopped into small pieces  
1 green pepper, chopped into small pieces  
1 small to medium red onion, chopped into pieces  
¼ cup of chicken broth  
Salt to taste

#### Directions:

Preheat oven to 325 degrees. Brown sirloin in a pan and drain it. Place back into pan and add peppers and onions. Add brown meat to a baking pan. Add all the bread, celery and poultry seasoning and mix. Finally pour in the chicken broth, add salt to taste and mix one final time. Allow the ingredients to bake in the oven, covered, for 30 minutes. Uncover, mix and bake for an additional 10.

Makes six female servings and 3 male servings.

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### HEALTHY HOLIDAY RECIPES

#### Pasta Salad!

1 cup of whole grain macaroni (other small tubular pasta also works)

2 Tbsp Canola or Olive Oil Mayo

¼ Cup Red Pepper, finely chopped

¼ Cup Green Peppers, finely chopped

¼ red onion chopped

4 stuffed green olives, finely minced

½ tsp of mustard

Salt and pepper to taste

#### Directions:

Boil macaroni and drain. In a bowl, mix peppers, onions and olives. Allow the macaroni to cool to room temperature. Placing the bowl in the fridge can speed this up. However, allowing the macaroni to slowly cool will allow the flavor of the ingredients to release. Once the pasta has cooled, add in the mayo and mustard and stir. Place in the fridge until cold and serve.

Remember to eat with lean protein!

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## HEALTHY HOLIDAY RECIPES

### Winter/Fall Vegetable Medley

- 2 Large Sweet Potatoes
- 1 Medium Red Onion, chopped into large chunks
- 1 Red pepper, cut into slices
- 1 butter nut squash, peeled and cubed
- 2 garlic cloves, crushed
- 1 tbsp smart butter
- Salt and pepper to taste
- Pinch of ginger
- 1 tsp olive oil

#### Directions:

Preheat oven to 325. Place all ingredients into a non-stick baking dish and sprinkle the olive oil over the veggies. Melt smart butter and pour over the veggies. Sprinkle salt to taste. Add butter and ginger. Cover with aluminum foil and bake for about 45 minutes. If while baking, veggies look like they are drying, add . cup of water and cover. Bake is done when all veggies have softened. Serve with lean protein.

## HEALTHY HOLIDAY RECIPES

### Chicken Chili

- 2 lbs. of chicken breast, cut into cubes
- 1 6oz. can of tomato sauce
- 2 tbsp chili powder
- 1 red pepper, diced
- 1 green pepper, diced
- 1 large onion, diced
- 4 cloves of garlic, crushed
- 2 cups of mushrooms, sliced
- 2 tsp cayenne pepper (more if you like it hot!)
- 1 tsp paprika
- 1 tsp cumin
- Salt to taste
- 1 cup of water
- Optional: 1 can of white beans

#### Directions:

Cook chicken in a skillet with non-stick spray on low heat until mostly cooked. Do not place the heat on high, you do not want the chicken to brown or crisp on the outside. Once cooked, add chicken to a crockpot with all the ingredients. Place on high until all ingredients are boiling, move to low or medium and allow it to simmer. The longer you simmer, the more tender the chicken.

Makes 8 female servings or 4 male servings.

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### Favorite Fat Loss Exercises for Keeping the Holidays Off Your Hips

by Dean Carlson PFT, YFS  
[www.GetFitNHbootcamp.com](http://www.GetFitNHbootcamp.com)

As a former fat kid and a current real world fat loss specialist who has helped tons of people lose the pounds, I know a thing or two about exercise selection. Because of this I am often asked what the best exercises are to lose fat AND gain muscle fast.

Let's keep it simple. The most effective exercises for fat loss are also the most effective exercises for muscle gain and visa versa.

***These exercises all have one thing in common: they provide a UNIQUE challenge to your body AND involve as many muscles in your body as possible.***

Both the scientific research and the real world case studies have shown that total body workouts are superior for maximal fat loss and muscle gain. But that's not all...

We can dramatically accelerate results by preferentially selecting TOTAL BODY EXERCISES within each TOTAL BODY WORKOUT! For example, squats are well known for being one of the best muscle-builders with a serious a fat-shredding effect. However, the squat goes from great to UNSTOPPABLE for changing your body for the better when you make it a combination movement by adding a row or press to each repetition. You can absolutely reap more benefits this way since you have now involved your upper body into the king of lower body exercises.

It's as simple as the **Best Body Equation** below:

#### **Performing Total Body Exercises Within Each Total Body Workout:**

More Muscles Involved =

More Calories Burnt + Greater Muscle-Building Stimulus =

Greater Fat Lost + Greater Muscle Gain

I must be honest in that I have a true love-hate relationship with the following movements I am about to share with you. Love because of the unparalleled fat-melting, muscle-building results they provide to help get that lean, strong body. Hate because they break me every single workout by leaving me in tears while in a pool of my own sweat. In other words, these are not for the weak of mind, body, or soul!

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**Alright, enough jabbering already! Here is the official top 10 list of my favorite exercises in the world for fat loss and lean muscle gain:**

Exercise#1 - Any Squatting Combination Exercise- Squat Thrust/Burpee Variations, Squat to Overhead Press, Squat to Row, Squat to Chest Press, Braced Core Squat, Single-Leg Squat plus Curl to Press, etc.

Exercise#2 - The Swing- Dumbbells, Kettlebells, Med Balls, or Sandbags

Exercise#3 - Any Lunge Combination Exercise- Alternating Lunge plus Curl to Press, Alternating Lunge plus Twist, Alternating Lunge plus Chest Press, Alternating Reverse Lunge plus Row, Split Jump plus Jerk, Split Jump plus Curl etc.

Exercise#4 - Any Push-Up Combination Exercise- Push-ups plus Knee-Ins, Push-up Rows, T-Push-Ups, Spiderman Push-ups, Squat Thrust Push-Ups, Four-Way Push-up Crawl, etc.

Exercise#5 - The Chop- Dumbbells, Kettlebells, Med Balls, Bands, or Sandbags

Exercise#6 - Olympic Lifting Variations: Dumbbell or Kettlebell Cleans, Snatches, High Pulls

Exercise#7 - Dynamic Back Pillar plus 1-Arm Dumbbell Chest Press

Exercise#8 - Rear Foot Elevated Deadlift plus Curl to Press

Exercise#9 - Med Ball Snatch-Slam Combo

Exercise#10 - Dumbbell or Kettlebell Single-Leg RDL plus Row

***For more rapid fast loss tips, visit [www.GetFitNHbootcamp.com](http://www.GetFitNHbootcamp.com)***

## Get Fit NH Bootcamp presents “Surviving Santa Holiday Fitness Guide”

### **Power Foods**

So there you have it – a 29 page survival guide designed to help you get through the holidays with no added fat to weigh you down into the next year!

As an added bonus, here is a list of some of my favorite healthy foods. Filling your fridge and pantry with these healthy foods (and getting rid of the unhealthy stuff) is a big step to getting through the holidays unscathed!

#### **Protein Sources**

Extra Lean Ground Beef  
Chicken/Turkey Breast  
Turkey Sausage  
Omega-3 Eggs  
Yogurt  
Wild Salmon  
Cottage Cheese  
Cheddar Cheese

Note that milk based products such as yogurt have a significant amount of carbohydrate, so if you are keeping an eye on total carbs watch this. Choosing lowfat varieties will help keep the total saturated fats down as well.

#### **Vegetables**

Spinach  
Peppers  
Cumbers  
Tomatoes  
Pumpkin  
Broccoli  
Shiitake Mushrooms

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### **Fruit**

Apples  
Tangerines  
Red Grapes  
Pineapples  
Strawberries  
Blueberries

Fruit is nature’s dessert, and we know not to make most of our diet be dessert! While fruit is very good for you, be aware the sugar content in fruit needs to be recognized and monitored. Also frozen vegetables and fruits are a great option, especially when not fresh is out of season or not locally grown.

### **Grains/Legumes**

Rolled Oats  
Beans (Your Favorites)  
Whole Wheat Pasta  
Quinoa  
Steel Cut Oats

### **Nuts**

Raw Walnuts  
Raw Almonds  
Raw Pecans

### **Misc.**

Extra Virgin Olive Oil  
Apple Cider Vinegar  
Red Wine Vinegar  
Balsamic Vinegar  
Green Tea  
Flaxseeds

If you haven’t tried some of these varieties of vinegar, I encourage you to use them on your salads and in your cooking. They are a great way to spice up and add flavor to your meals!

Be creative and add healthy variety to your diet. Don’t get stuck eating the same old thing all the time. Trying new things helps keep you motivated and also helps you get the vitamins and minerals you need.

No excuses! Start eating healthier today!

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