



Healthy Holiday Program



Do you struggle with maintaining healthy habits during the busy holiday season? You're not alone! Keep your wellness in check with this 14-Day Healthy Holiday Program. This plan is designed to keep you on track, stress less, and provide extra encouragement along the way. Each week you can enjoy healthy holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts to cope with stress and help you feel your best during the holidays. This program includes: Nutrition, fitness, and mindfulness

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Protein Pancakes (Recipes) 2 min — OR — Breakfast: Start Your Day Right (Nutrition Education) 2 min	15 Minute Mission (Toning) 16 min — OR — Gratitude Meditation (Mindfulness) 5 min	Roasted Acorn Squash (Recipes) 2 min — OR — How To Master Portion Control (Nutrition Education) 3 min	10 Rep Challenge (Toning) 13 min — OR — Finding Stillness (Mindfulness) 17 min	50/50 Mashed Potatoes (Recipes) 2 min — OR — Alcohol - What It Does To Our Body (Nutrition Education) 5 min	Apple Cinnamon Muffins (Recipes) 2 min — OR — Salted PB Chocolate Pretzel Cookie (Recipes) 2 min	Core Countdown (Core Training) 11 min — OR — Mindful Breath Meditation (Mindfulness) 11 min
	Chia Pudding Parfait (Recipes) 1 min — OR — Importance Of Hydration (Nutrition Education) 3 min	Quick Ignition (Cardio) 10 min — OR — Mindful Meditation (Mindfulness) 17 min	Butternut Squash Kale Salad (Recipes) 3 min — OR — Comfort Food Control (Mindful Eating) 13 min	Double Duty (Toning) 10 min — OR — Body Scan Meditation (Mindfulness) 16 min	Roasted Carrot Soup (Recipes) 2 min — OR — Supporting Your Metabolism (Nutrition Education) 9 min	Tahini Hot Chocolate (Recipes) 2 min — OR — Cookie Dough Balls (Recipes) 2 min	Core (Core Training) 10 min — OR — Loving-Kindness Meditation (Mindfulness) 12 min