



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