



## **Holiday Handhold Week 5**

This time of the year is busier than normal and yes maybe your routine is thrown off but is “the best I can do” really your best or an excuse. Somedays you really don’t have the time or the choice and that is ok BUT when you do have the choice don’t find the excuse to not do it. JUST DO IT! Make the choice to take 30 minutes to workout or if you can’t then make the choice to not have the cheat, is that silly bite worth it?. Make every moment worth it. This is life, let’s enjoy it.

If it seems satisfying in the moment pause and ask yourself is it? or can I save it for what I really want. Do you want to disappoint you OR wake up knowing you did it, that you nailed it. Imagine what you would feel like if your followed through day after day with what you said you were going to do. Book some time to take care of you and not let that part of the day slip to the sidelines. We all know it’s easier to say “I couldn’t because....” imagine how good it would feel to say “I managed to find the time...”

Once you get your head in that space choices seem easier.

This week focus on your CHOICES. Take that PAUSE. Really think about it. Find that holiday mantra and use it!!

Especially this week block your week out on your calendar. Some examples are:

- Prep
- Work
- Free Time/Family/Friends
- Self Care (workout, massage, personal appointments)
- Administration
- Meals
- Commute
- Personal Development

## Food and Life Balance Sheet

**Week Of:**

Big Events This Week:

Must Have Foods This Week:

Additional Appointments Or Meetings You Do Not Have Control Over?

HOW Are You Going To Balance Your Week:

## Clean SEVEN layer dip

### INGREDIENTS

- 2 cups Guacamole premade or homemade with pink salt and lots of lime (about 2-3 avocados)
- 1 ½- 2 cups Salsa (any kind you like!)
- 1 pound Grilled Chicken rubbed with low sodium taco seasoning, you could also use all natural rotisserie chicken shredded and mixed with low sodium taco seasoning or ground turkey meat cooked with low sodium taco seasoning

### ABOUT 2 CUPS of each

- Shredded Lettuce to cover (about 2 cups)
- Olives of choice to cover
- Cherry Tomatoes to cover
- Minced Onion + Cilantro

In an 8 X 8 dish layer in the order listed above. Serving with gluten free chips

Serves 10+

## Coconut Shrimp with Spicy Pineapple Avocado Dipping Sauce

For the shrimp:

- 2 cups 100% pineapple juice
- 1/4 cup coconut palm sugar
- 1 pound jumbo shrimp, peeled and veined (21+ count frozen cleaned and peeled bag)
- 1/2 cup unsweetened shredded coconut flakes
- 1/4 cup coconut flour
- 1 teaspoon pink salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon ground cayenne pepper

For the dip:

- 1/4 Cup fresh cilantro
- 1/2 a fresh jalapeno or 1/4 teaspoon red pepper flakes
- 1 clove of garlic
- Juice of one lime
- Leftover pineapple syrup for the shrimp

Blend all dip ingredients together and chill

For the Shrimp:

1. Preheat the oven to 400 degrees. Line baking sheets with parchment paper and set aside.
2. Bring the pineapple and sugar to a boil. Once boiling, lower the heat and simmer for 10-15 minutes to allow the juice to reduce to 1/2 cup liquid. It will form a thick syrup, remove from the heat and pour in a bowl and cool.
3. Pour the shredded coconut, coconut flour, salt, garlic powder, onion powder and cayenne in a bowl. Mix well.
4. Pat the shrimp dry with a paper towel. When the pineapple syrup has cooled and is slightly warm, toss the shrimp into the syrup and coat thoroughly.
5. Dip each shrimp into the coconut mixture to cover with crust. Lay them out on the baking sheets in one layer. Bake for 8-10 minutes until the shrimp is cooked through and the crust is slightly golden. Serve warm or room temperature with dipping sauce.

Makes 4-5 servings

## Pine Nut Stuffed Mushrooms

- 2 Tbsp Olive Oil
- ¼ cup finely chopped onion
- 2 cloves or more of chopped garlic
- 1 carrot peeled and grated
- 2 celery stalks, finely chopped
- Big handful of baby spinach
- 1 cup cooked quinoa
- ½ cup raw pine nuts chopped up
- 2 Tbsp salsa
- 1 tsp pink salt
- ½ tsp fresh ground pepper
- 24 large button mushrooms
- 2 fresh chives, chopped

Preheat oven to 350.

Heat oil on medium and add onion and garlic and saute until translucent. Stir often.

Add carrots, celery, spinach, quinoa, nuts, salsa, salt and pepper and saute until heated through and spinach is wilted and mixes in easily.

Arrange mushrooms on sprayed baking sheet and stuff each cap until slightly overstuffed.

Bake for 15 minutes.

Garnish with chives and serve.

Per Mushroom:

45 Calories, Fat 3g, Carbs 3g, Protein 1g, Sugar 1g