



“Fit ‘n’ Lean Guide to Surviving the Holidays!”



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Happy Holidays!

Thank you for reading our “Holiday Survival Guide” which is jam-packed with healthy recipes, fitness tips, and at-home workouts for fighting the holiday bulge!!

You can find even more nutrition information, workouts, recipes, and information on our website:

www.invernessbootcamp.co.uk/members

This is FREE TO YOU for joining Inverness Boot Camp.

If you're looking for accountability, motivation, and most importantly **RESULTS**, you have come to the right place. Boot Camp is the perfect way to stay fit and healthy during the holidays and beyond!

Now let us help YOU make your New Year's Resolution of “Getting in shape” this year a reality!

Best of luck with your health and fitness goals over the holiday season and the New Year! I hope to hear from you soon!



Committed to your health and fitness success,

Bruce Dinsdale

www.invernessbootcamp.co.uk

3 Healthy Holiday Drink Recipes



Pomegranate Punch:

- 2 ½ cups of soda water
- 2 cups of Pomegranate Juice
- Lemon twists

Directions: Mix soda water and pomegranate juice in bowl and then garnish with lemon twists.

To add alcohol: add 2 cups of champagne, decrease both pomegranate juice & soda water to 1 cup each, and add ½ cup vodka. (Serves 6, 128 calories, 7 gr. carbs, 5 mg sodium, 72 Potassium).

Santa Claus:

- 46 oz. pink grapefruit juice
- 12 oz. raspberry juice
- 1 quart raspberry sorbet
- 2 litres ginger ale

Directions: Pour pink grapefruit juice and ginger ale into a punch bowl.

Add raspberry juice or 12 oz. frozen raspberries (stir to thaw). Add sorbet and stir until melted.

Low-fat Eggnog:

- 3/4 cup organic sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 1 egg
- 4 egg whites
- 1 1/2 cups organic skimmed milk
- 1 1/2 cups fat free evaporated milk
- 1 1/2 teaspoon vanilla extract
- 1/4 cup rum or brandy (optional) (can use rum extract instead)
- Freshly grated nutmeg to garnish

Directions: Combine sugar, cinnamon and nutmeg in a large bowl. Add egg and egg whites, and beat with a mixer for 3-4 minutes.

Gently heat fat free milk in a large saucepan. Gradually stir egg mixture into the hot milk. Heat, stirring constantly, until mixture is slightly thickened. Stir in vanilla extract and remove from heat.

Let the milk and egg mixture cool a little before blending with fat-free evaporated milk. Cover and chill in the refrigerator. Before serving, add rum or brandy if desired and sprinkle with freshly grated nutmeg on top. Serves 4.

Healthy Holiday Appetizers



Stuffed Mushrooms:

- 24 large button mushrooms, cleaned and stems removed, reserving stems
- 2 tablespoons onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup unsalted organic butter
- 2 cups bread crumbs (whole wheat)
- Juice from 1/2 lemon (about 1 tablespoon)
- 2 tablespoons dry sherry (or substitute apple juice)
- 2 teaspoons dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 3/4 cup freshly grated Parmesan cheese, divided

1. Preheat oven to 400 degrees F (200 C)
2. Arrange mushrooms, cavity facing upwards, on a lightly greased baking sheet. Set aside. Finely chop the reserved mushroom stems. Heat a small

frying pan over medium heat; melt butter and sauté the mushroom stems, onion, and celery until soft, about 3 minutes.

3. In a large mixing bowl, combine breadcrumbs, lemon juice, sherry, parsley, garlic powder, salt, basil, oregano, pepper, and 1/2 cup Parmesan. Mix well. Add sautéed vegetables and mix well to combine.

4. Using a small spoon, stuff the prepared mushrooms. Bake in the preheated oven for about 12 minutes, or until stuffing starts to brown. Remove mushrooms from the oven and sprinkle with remaining Parmesan cheese. Turn the oven to broil and return the mushrooms to the oven, until the cheese has browned nicely.

Serve warm from the oven. Makes 24.

Herbed Tomato Cheese Spread:

- 1-cup low-fat cream cheese
- 2 cloves garlic, minced
- 1 tablespoon freshly snipped or frozen chives
- 1 tablespoon snipped dill or seasoning
- 4 tomatoes, peeled, seeded and diced

Directions: In a medium bowl, combine cheese, garlic, chives, and dill. Add tomatoes and mix well. Good as a spread for Ryvita or whole grain crackers etc

Lemon-Garlic Marinated Shrimp:

- 3 tablespoons minced garlic
- 2 tablespoons EVOO (Extra Virgin Olive Oil)
- 1/4 cup lemon juice
- 1/4 cup minced fresh parsley
- 1/2 teaspoon unrefined salt
- 1/2 teaspoon pepper
- 1 1/4 pounds cooked shrimp

Directions: Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt, and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Serves 12. Can be made ahead of time and refrigerated for up to 2 hours.

25 Tips to Fighting the Holiday Bulge



1. **Start your day strong with a healthy breakfast.** If you don't, you will tend to overeat the rest of the day. Good rule to follow: eat breakfast like a king, lunch like a prince, and supper like a pauper.
2. **Curb your appetite.** Drink a glass of water before every meal. It will help you fill up faster and help you eat less.
3. **Slow down.** Eat slower and taste your food. It takes about 20 minutes for your brain to recognize how much is in your stomach. It is a good idea to take a break after you eat to lessen the temptation to go for another serving!
4. **Stay active.** Exercise with your family and go for a walk or jog outside! Sign up for a Turkey Trot or Christmas Jingle Bell Run 5k to do with your family over the holidays.
5. **Keep a food diary.** Tracking everything you put into your body will help to point out your weaknesses. You will then be able to focus on limiting your intake of certain foods and spot when you missed a meal. What you measure you can manage!
6. **Choose to eat clean 80-90% of the time.** Eat more protein, vegetables and fruit and healthy fats like nuts and seeds. A handful of almonds or a freshly sliced apple is a great snack to curb your hunger!
7. **Don't go anywhere hungry.** Try to arrive at any holiday parties having already eaten something healthy. That way you won't be too prone to digging into high-calorie party foods. Also, bring a healthy option to a holiday party!

8. **Maintain portion control.** Pay attention to how much you put on your plate. Use smaller plates. Moderation is one of the most important elements in weight control – especially at holiday parties!

9. **Choose water over alcohol.** Drinking water in place of alcohol will keep you hydrated and keep your energy level high. Also – it is amazing how quickly calories in alcoholic drinks can add up! Try not to drink your calories for the day!

10. **Don't eat things if you don't like them.** Sounds simple enough! If you put it on your plate and it doesn't taste as good as you thought, why eat it?

11. **Don't give up!** Falling out of habits you are trying to accomplish for a few days, DOES NOT mean your effort is hopeless. Simply acknowledge that you 'slipped up' or ate poorly and get back on your plan. New day, new start!

12. **Exercise on days you eat a holiday meal.** Try to get a workout in on the days you know you will have a big holiday supper that day. Your metabolism will be running higher and chances are you will choose better foods!

13. **Decide how many drinks you are going to have before the party.** Choose light and clear alcohol over dark, and alternate between an alcohol beverage (if you are drinking) and water (same goes for soda). This cuts 100's of calories!!!!

14. **Eat more vegetables.** Try to fill half of your plate with vegetables.

15. **Wrap up leftovers immediately.** If you wrap them up, you are less likely to eat them mindlessly when you are already full.

16. **Say "no" to keeping unhealthy leftovers in the refrigerator.** These foods will tempt you! It is best to keep your kitchen full of healthy foods so when hunger strikes, you don't have high calorie options to choose between.

17. **Use the dirty napkin trick.** When you want to stop eating throw a dirty napkin over your food.

18. **Throw the snack plate away.** When at a party, if the plate is plastic, toss it. If it is a dish put it in the sink. The longer you hold on to your plate, the more you will eat.

19. **Trim all the fat.** If you are cooking it, trim it before you cook it. If you didn't cook it, just trim it off before eating.

20. **Split dessert with somebody.** This way you will only have half the calories!

21. **Set goals for yourself over the holidays.** Read them first thing in the morning, throughout the day and before bed. Share these goals with somebody to help you stay accountable!

22. **Brush your teeth.** Brush your teeth after you eat so that you won't continue eating. Or, keep chewing gum with you and do that instead!

23. **Leave the kitchen.** Don't hang out by the food table at home or at parties. Too much mindless eating!

24. **If eating out, put half the meal in a box before you start eating.** This will help you with portion control!

25. **Make a workout calendar for yourself!** Commit to a certain number of days per week that you exercise. Mark them off with a marker to show your progress. Come to all your Boot Camp sessions and burn 800-1,000 calories per workout!

At-Home Holiday Workouts!!

Brought to you by:
Bruce Dinsdale
www.invernessbootcamp.co.uk



Burn off the extra calories you eat during the holidays with these 3 workouts! Make this a "No Gain" Holiday Season!!

Try this through the Holidays...
(Check with your doctor, of course, first before starting an exercise program)

Add to the Challenge: Toxic Free Tuesdays - No Processed Foods ALL DAY!

HOLIDAY WORKOUT #1

“LUCKY 7’S”

Warm-up (5-10 min)

Workout

complete 7 rounds in best time:

7 jumping jacks

7 squats

7 walking lunges (each side)

7 tricep dips (on a chair or bench)

7 bicep curls (each side)

7 push-ups

7 crunches

3-5 min rest

core work – complete 1-3 rounds

20 crunches

20 spiderman (left)

20 spiderman (right)

cool-down (5-10 min)

STRETCH OUT WELL!

HOLIDAY WORKOUT #2

“TANK TOP TONER”

Warm-up (5-10 min)

Workout

complete 1-3 sets of 12-15 reps

push ups

shoulder press (with dumbbells or water bottles)

jumping jacks

complete 1-3 sets of 12-15 reps

tricep kickbacks (left arm)

tricep kickbacks (right arm)

hammer curls (biceps)

jumping jacks

3-5 min rest

core work – complete 1-3 rounds

30 sec hold plank

30 sec full sit ups

30 sec wipers

cool-down (5-10 min)

STRETCH OUT WELL!

HOLIDAY WORKOUT #3

“HOLIDAY LADDER CHALLENGE”

Warm-up (5-10 min)

Workout

Complete in best time possible:

100 Jump rope

80 Bicycle Crunches (40/side)

60 Jumping jacks

40 Bicep Curls

20 Squats

10 crunches

5 push-ups

½ - 1 mile run

3-5 min rest

core work – complete 1-3 rounds

30 sec crunches

30 sec mountain climbers

30 sec plank (on your last set hold as long as possible)

cool-down (5-10 min)

STRETCH OUT WELL!

Tips to Cut ~~At~~ Least 100 Calories at Each Meal



Breakfast:

- Select almond or organic milk instead of regular milk
- Try a green smoothie!
- Use a small glass for your juice (4oz.) and a small bowl for your cereal/ steel cut oats
- Have a bowl of fruit
- Choose a yogurt with no sweeteners and have only one serving. (Try Greek yogurt)
- Use a nonstick skillet and a brush of olive oil in place of butter or margarine to prepare your eggs
- Try turkey sausage or bacon or for less saturated fat and lower sodium than regular sausage or bacon
- Fill your omelette with onions, peppers, spinach, and mushrooms instead of cheese and meat
- Use 2 egg whites and one egg for your omelettes or scrambled eggs or use egg substitutes all together
- Trade regular butter for organic butter

Lunch & Dinner:

- Put lettuce, tomato, onions and pickles on your turkey burger or veggie burger instead of cheese
- Stuff a pita pocket with more fresh vegetables and meat and cheese
- Pick tuna in water over tuna in oil
- Try a veggie burger or turkey burger
- Substitute low-fat sour cream in recipes
- Choose low fat cottage cheese
- Skim the fat off soups, stews, and sauces before serving
- Enjoy your salad with no croutons. Add sliced almonds for a good crunch.

- Use light salad dressing instead of regular and choose non-creamy types, and get it on the side. Olive oil and vinegar is a great choice, also
- Trim all fat from beef, pork, and chicken (remove the skin from chicken)
- Bake, broil, or grill chicken and fish rather than frying
- Remember to limit meat portions to 3-4 ounces (a deck of cards)
- Add vegetables to your spaghetti sauce like, courgette, green peppers, mushrooms, and onions
- Add blueberries, strawberries, mango, almonds, and/or chicken to a mixed green salad or spinach salad
- Use 1 tablespoon less organic butter or oil in your recipes (you can't tell the difference)
- Use reduced fat cheese in casseroles and appetizers
- Season steamed vegetables with fresh lemon and herbs instead of butter
- Use a little coconut oil and nonstick cookware instead of butter, margarine, or vegetable oil when cooking on your stove top

Dessert:

- Take a sliver, bite, or taste of dessert instead of a full portion
- Have a single scoop ice cream cone instead of several scoops in a bowl
- Choose an inside piece of cake, where there is less icing
- Put berries on top of angel food cake and light cool whip
- Select a cupcake instead of a slice of cake
- Have low-calorie frozen yogurt or sorbet instead of ice cream
- Eat a dish of fresh fruit instead of other higher calorie desserts
- Choose apple, peach or blueberry over pecan or cream pie
- Follow the low fat directions when preparing brownies, cake, and cookie mixes
- Cut only half of piece of cake or pie
- Substitute half or all the oil in a recipe with applesauce when baking

Snacks:

- Blend a smoothie out of Greek yogurt, frozen and fresh fruit
- Freeze grapes or watermelon wedges for a Popsicle-like treat
- Don't eat from a bag use a little bowl (crisps and cookies, etc.)
- Try hummus with veggies or pita wedges

- A piece of fruit
- Dip apples in low-fat caramel
- Celery in light cream cheese
- Veggies in low-fat dressing (no glucose-fructose syrup or added sugar)
- Fruit in a yogurt
- Low fat cottage cheese with fruit
- A handful of almonds
- For chocolate cravings, choose dark chocolate (70% cacao at least)

Drinks:

- Look at your labels! Many drinks are calorie busters
- Watch serving sizes in containers, especially a single bottle
- Choose water as much as possible
- Watch sugar content in juices and drinks also check them against total carbohydrates
- Drink light beer instead of regular and try to limit it to 1 or 2 glasses
- Choose almond milk over dairy
- Choose raw honey, coconut sugar, agave, or stevia over sugar for sweetener

Dining Out:

- Limit yourself to 1 serving of bread, crackers or chips or don't have any at all
- Ask for a cup of soup instead of a bowl and try not to get a cream soup. Vegetable, minestrone, or other broth soups are best
- Ask for dressings and sauces on the side. Use for taste and try not to use it all
- Dip your fork into your dressing, then into your salad
- Order a vinaigrette dressing instead of a mayonnaise-based dressing
- Ask for no cheese on your salad
- Ask for the vegetable of the day, instead of potato, rice, or pasta side
- Select an appetizer as your main dish; add soup, salad, or vegetable side dish
- Choose a healthy option item designated on the menu
- Ask for a half-portion or don't eat everything on your plate
- Use fresh lemon to season your fish instead of tartar sauce
- Choose a side salad instead of fries when ordering fast food

Tips to Reduce Cholesterol and Fat

1. Steam, boil, and bake vegetables rather than fry.
2. Season vegetables with herbs and spices instead of fatty sauces and butter.
3. Try flavoured vinegars or lemon juice on salads or use smaller servings of oil-based or low-fat salad dressings.
4. Try whole-grain flour to enhance flavours of baked goods made with less fat and fewer calorie or no cholesterol ingredients.
5. Replace whole milk with organic milk or almond milk in soups, puddings and baked goods.
6. Substitute plain Greek yogurt or blender-whipped low-fat cottage cheese for sour cream or mayonnaise.
7. Choose lean cuts of meat, and trim fat from meat and poultry before and after cooking. Same with skin.
8. Roast, bake, broil or simmer meat, poultry and fish rather than frying.
9. Cook meat and poultry on a rack so the fat will drain off.
10. Limit egg yolks to one per serving when making scrambled eggs. Use more egg whites as a substitute.
11. Use two egg whites in place of one whole egg in recipes such as cookies and puddings.
12. Use applesauce instead of oil in baking goods.

Checklist to see how you are doing!



Use these questions to check how you are doing. What is measured can be managed!

- ✓ Do you keep a food and exercise journal?
- ✓ Do you eat breakfast?
- ✓ Do you "Strive for Five" (at least 2 fruit servings and 3 vegetables servings)?
- ✓ Do you eat your 3 meals & 2 snacks a day, even if you're not hungry?
- ✓ Do you drink half your body weight in ounces of water daily?
- ✓ Do you get 25-30 grams of fibre a day?
- ✓ Do you mix carbohydrates & protein in most meals and snacks?
- ✓ Do you get enough sleep?
- ✓ Do you have a set kitchen curfew time?
- ✓ Do you exercise?
- ✓ Do you have someone as a support person?
- ✓ Do you avoid putting yourself in tempting situations to overeat or make bad eating choices?

Thinking about the above questions, how do you think you're doing? The more you say, "Yes" to these questions, the more successful you will be!

I hope you've enjoyed our "Holiday Survival Guide" for the 2011 Holiday Season. If you are looking for a healthier lifestyle in 2012 and you are ready to get started, give us a call today!! We will help you reach the goals you set for yourself and get you in the best shape of your life!

Committed to your health and fitness success,

Bruce Dinsdale

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