



# GUILT-FREE GUIDE TO HOLIDAY EATING

5 "TYP4Life" to Stay Healthy Without  
Giving Up Your Holiday Goodies!

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# Guilt-free Guide to Holiday Eating

The holidays can be stressful! First there is the preparation beforehand, then the cooking, then the cleaning, the potential family conflict, etc. This year, there is the added stress over possibly not being able to be with family and friends in person.

Many of us have been in the house for several months and trying not to eat everything in sight. We may have already picked up a few extra pounds and are fearing the fat that may come from indulgent holiday eating. This could lead to you asking, "What should I cut out or not eat during the holidays so I don't add any more extra pounds?"

This guide is answers a different question. Instead of stressing over what not to eat, ask yourself, "What can I add or do differently to be healthier during the holidays?" These five TYPS4Life are simple ways to bring a little health to your holidays without giving up your holiday goodies!

I have also included a bonus recipe...one of my favorite desserts with a healthy spin.

Enjoy!

*Tanya*

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## 5 "TYPs4Life"

1. **Don't Skip Meals**- Waiting until the end of the day to eat all your calories (plus some) puts your body into starvation mode and you will likely overeat. Instead, eat small meals throughout the day starting with breakfast and try to include a healthy fat, carb and protein in each meal.
2. **Stay Hydrated**- Often times when we think we're hungry or are craving something sweet, it could mean that we're dehydrated. Make sure to drink lots of water throughout the day and if you feel hungry or have a sugar craving, drink an 8-oz glass of water first. If you're still hungry after 15-30 minutes, then you may really be hungry.
3. **Use A Smaller Plate**- Use a lunch size (9") plate and fill it first with colorful fruits and veggies. Filling up half your plate with fruits and veggies will help you limit your portions of everything else.
4. **Wait 10**- Don't go back immediately for seconds. Wait at least 10 minutes and drink some water while waiting. After 10 minutes, if you are still hungry, then go back and remember #3- fill your plate with veggies first.
5. **Give Grace**- Be mindful in your eating and give grace not only for the food you are receiving, but also to yourself. Don't beat yourself up if you indulge a little too much. Give yourself permission to have your favorite desert and instead of having a big chunk of pie, cut it in half. You can defeat yourself by depriving yourself.

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## Bonus - Sweet Potato Pie Recipe

November is Sweet Potato Awareness Month so, I thought it would be fitting to include a bonus recipe featuring this super veggie and it's also one of my favorite holiday foods (really any time of the year foods). Sweet potatoes are a great, versatile, healthy food that you can enjoy all year round. Plus, they have many health benefits including:

- They are a great source of vitamins A and C which are important for immune support and maintaining healthy skin, eyes and other organs.
- They are full of antioxidants.
- They are anti-inflammatory which lowers the risk of almost every chronic disease.
- They are super filling and help support weight loss!

I love to eat them simply baked as a side dish, for breakfast or even as a healthy snack and, of course, as sweet potato pie. Because of its sweet nature, you don't need to add a bunch of sugar or other sweeteners to this dessert which helps keep the calories low. A few simple substitutes can make this holiday dessert even healthier. Try it out and let me know what you think!

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## Bonus - Sweet Potato Pie Recipe

### INGREDIENTS:

#### For The Whole Wheat Pie Crust:

1/2 cup coconut oil

1 1/4 cups whole wheat pastry flour

1/2 tsp sea salt

1/2 tsp coconut sugar (*other alternatives are to use monk or date sugar*)

6-8 tbsp ice water plus more if needed

#### For The Sweet Potato Filling:

2 1/2 cups (approx. 2 large) mashed sweet potatoes, mashed and peeled (*tip: poke potatoes with holes then wrap in foil and bake 45-60 min to soften, remove skins then mash; this helps bring out their natural sweetness*)

1/2 cup pure maple syrup (*omit to make healthier and reduce calories*)

2 eggs (*can make vegan by omitting eggs or substituting "flax eggs"- combine 6 tbsp water with 2 tbsp ground flaxseed; let sit for 5-10 min then use in place of the eggs*)

1 cup unsweetened almond milk

1/4 cup coconut oil, melted

2 tbsp. whole wheat pastry flour

1 tsp vanilla extract

1/2 tsp ground cinnamon

1/4 tsp ground nutmeg

1/4 tsp sea salt

2 tbsp raw pecans, finely chopped

For The Coconut Whipped Cream (Optional): 1 13.5 oz. can full fat coconut milk, refrigerated 1 tbsp pure maple syrup 1/2 tsp vanilla extract



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## Bonus - Sweet Potato Pie Recipe

### INSTRUCTIONS:

#### Whole Wheat Crust:

1. To get the coconut oil solid so we can break it into pieces, spread out the coconut oil into an even layer over a sheet of parchment paper and then place into the freezer for about 15-20 minutes to fully harden.
2. In a food processor, combine the whole wheat pastry flour, sea salt and coconut sugar. (You could also combine in a large bowl and mix with your hands.)
3. Pulse the food processor a few times to mix.
4. Break the hardened coconut oil into small chunks using your hands.
5. Add the pieces of hardened coconut oil to the flour mixture in the food processor, pulsing just as much as necessary to break the pieces into even pea-size lumps.
6. Add ice cold water, 1 tablespoon at a time, pulsing in between, until the dough sticks to itself when pinched. (start with just 3-4 tbsp. and add more as needed)
7. Remove flour mixture from the food processor and place onto a clean, dry, flat surface, then gently shape into a disk.
8. If the dough is too crumbly and refuses to cooperate, you can add more water, tablespoon by tablespoon, as needed.
9. Wrap the disk in plastic wrap. Place in fridge for 10 minutes to harden some.
10. Remove the chilled disk from the refrigerator and let sit at room temperature for a couple minutes to make it easier to roll out.
11. Flour your surface with more of the whole wheat pastry flour.
12. Using a rolling pin on your well-floured surface, roll out dough to form an approximate 12-inch circle. Be sure to continue to flip the dough over and generously flour each side so as not to have the rolled-out dough stick to the surface. (If it doesn't cooperate, despite heavy flouring, roll it back up into a ball and start again.)
13. Place the rolled-out dough onto a 9-inch pie plate.
14. Gently press the pie dough down so that it meets the bottom and sides of the pie dish.
15. Using a knife, carefully trim the dough around the top edge of the pie dish as needed, leaving about a 1/4-inch to 1/2-inch overlap.
16. Fold the edge of the over and under the edge of itself, pressing together.
17. You could leave the edge as is, or to style it more, you can either crimp the edges using your thumb and forefinger or press with a fork.

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## Bonus - Sweet Potato Pie Recipe

### To Make The Sweet Potato Filling:


1. Preheat oven to 350 degrees.
2. In a large mixing bowl, add the mashed sweet potatoes, eggs, pure maple syrup, melted coconut oil, pure vanilla extract, whole wheat pastry flour, unsweetened almond milk, ground cinnamon, ground nutmeg, and sea salt. Stir together until evenly mixed.
3. Carefully pour the filling into the prepared pie crust and smooth out with a spoon.
4. Place in the oven and bake for 45-65 minutes, or until the center is set. You will know it is set because it doesn't jiggle nearly at all when gently shaken.
5. Once set, remove the pie from the oven and allow to cool on a rack.

### To Make The Coconut Whipped Cream (Optional):

1. Before getting started, make sure you have refrigerated the coconut milk until completely chilled (overnight is best).
2. Scoop out the thick cream at the top of the can, leaving the looser coconut water for another use.
3. Add the coconut cream to a large mixing bowl, followed by the maple syrup, and vanilla extract.
4. Beat on high speed using an immersion blender, hand mixer or stand mixer, until the cream is fluffy and stiff ridges have formed.







**TYPs4Life**  
TANYA Y. PRITCHETT

Busy professionals ready to lose weight coach with Tanya to keep it off for good. She creates a convenient plan that allows them to release unwanted pounds and inches so they gain the vitality and confidence to do what they truly love without spending countless hours in the gym or kitchen.



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