



ACTIVATE

DNA-Based Weight Loss

By Curis Functional Health



Weight Loss Holiday Survival Guide

"Your health is our priority."

Holiday Survival Guide

We are so excited that you have made your health such a priority. With the party and holiday season fast approaching, use this guide to help you sail thru and continue on the way to your goal. Here, we will be providing some sound TIPS FOR SUCCESS, as well as a number of 'safer' recipes. Some of them are not 'perfect' and that's OK, but we promise they are all safer than your Aunt Becky's Sweet Potato Casserole. :)

Take some of the recipes to your events during the season...just maybe your new attitude and healthy way of life will inspire those around you to do the same!

Remember that the ACTIVATE plan is all about sustainable steps (and RESULTS) to help keep you on track for the rest of your life!

TIPS FOR SUCCESS

1. Map your course!

Go in with a plan. Seriously. Pre-determine that you are not going to go crazy then end up being frustrated and bloated for the rest of the day, weekend or season. How will you approach the day? What will have to happen for you to enjoy it, but also feel good physically and emotionally about how you ate? If you have a target you will be way more likely to at least get close. No plan at all typically results in certain chaos. You've probably heard it said that if you fail to plan you are planning to fail.

2. Do it together!

Get an accountability partner. Is there someone else who will be at the gathering who is also trying to be sensible about the day - or even currently trying to lose weight? Maybe your spouse can help you, or a favorite relative. Connect with them beforehand. Sit by each other at dinner. Check on each other as the day goes and subtly encourage one another. Don't make a big deal of it. Just know inside that you and that person are going to walk away from the feast feeling good about how you did.

3. Head off the Hunger!

Eat a little bit before you even go. A sensible and light snack or salad before you head out will prevent you from rolling in to the gathering and immediately grabbing a handful of junk to shove in. If you don't arrive completely famished you will be more likely to make selections in line with your plan once you arrive.

4. Prioritize your Agua!

Drink water before you head to that big meal. Start in the morning. Dehydration tends to increase your appetite. Aim to drink what may seem like an excess amount of water on the big day. Divide your weight in half and drink that many ounces. (Example: if you weigh 180lbs, drink 90 oz.). Even if you are drinking something else during dinner, plan to have water with your meal, too. Sip it as you eat. Of course this helps fill you up but it will also keep you hydrated when consuming the typical holiday foods that are high in sugar and starch. Such foods tend to dehydrate you.



5. Be Strategic!

Bring some of your own food. Maybe an extra side dish or two that you know you will focus on eating. Bring healthy food to be nibbling on as everyone does the standard pre-dinner grazing as they gather and visit. Pick the lesser evils. Fill up on tasty nutrient dishes during your meal. This will cause you to eat less junk after. Search out and prepare a dessert that is sugar free and tasty. There are healthy recipes in this 'survival' guide.

6. Start Smart.

When the meal is served, start with a light and healthy first round. There are a lot of studies showing that people eat less overall when they begin their meal with a green salad. Regarding the first thing typically eaten: ditch the dinner rolls! Then try to fill your plate in a way that you can actually see the plate between the various foods. Your plate does not have to resemble a mountain.

7. Eat consciously!

Take your time. It's not a race! You've heard it before, but really focus on chewing each bite more times than normal on this day. Take smaller bites. There's no need to shovel it in. Focus on enjoying conversation with those you are with rather than diving headfirst into your plate of food. In reality, your body needs time to become aware that you are full. Taking your time allows this to happen.

8. Choose just one!

It's understandable if you just can't make it without that slice of pumpkin pie (or whatever holiday dessert you love). After all, it's a holiday! So, give yourself a bit of a break. Yet, rather than having a full slab of every dessert that 6 or 8 different people chose to bring, make a selection. Take a small, sensible size of ONE dessert. Enjoy that dessert with others. Savor it. Feel good about your decision and control. Then move on!

9. Burn at least SOME calories!

Of course, it is tradition to pig out then fall onto the couch in a semi-comatose state to lounge around after a big meal. You can still do that ... some! But, make it a part of your plan to also get out and move some. Be intentional. Bump up your metabolism a bit. Set the time you will do this, and ask who wants to join you. Maybe that accountability partner will. Maybe nobody will. If that's the case, quietly slide out and get your movement in. You will be very happy you did!

10. Remember the WHY!

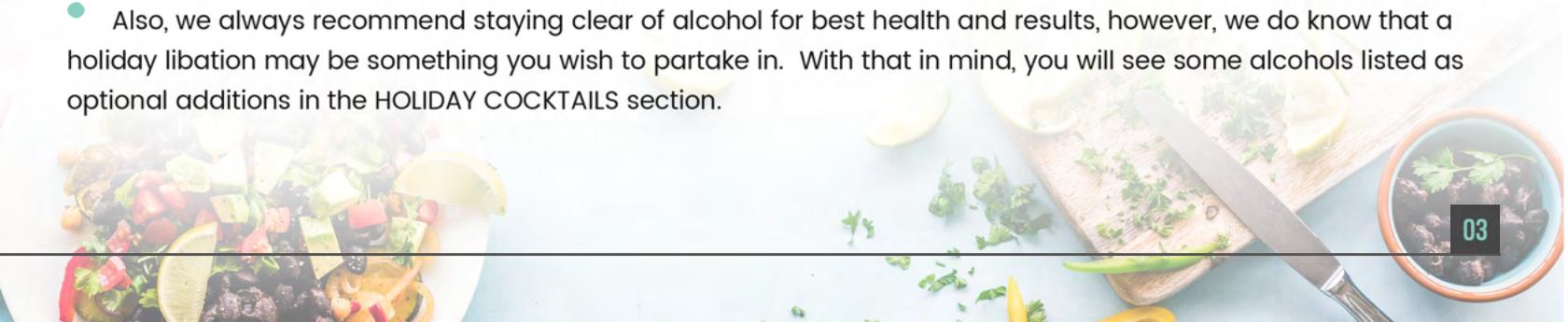
Bear in mind what the day is really about. It's called "Thanksgiving" not "Tons-a-Eating". So, give thanks. Count your blessings. I'd guarantee there are plenty. Spend time and energy emphasizing those things. When you do this, the focus on food will fade.



Now, for a few recipes to keep you on track!

A few quick sidenotes:

- If you choose a dairy-free diet, butter in all recipes can be substituted with coconut oil or your preferred fat.
- Also, we always recommend staying clear of alcohol for best health and results, however, we do know that a holiday libation may be something you wish to partake in. With that in mind, you will see some alcohols listed as optional additions in the HOLIDAY COCKTAILS section.



Brunch

Better Bet Pancakes :

- 3 Eggs
- 1 Tbsp Water
- 2 oz. Cream Cheese
- 2/3 cup Almond Flour
- 1 tsp Baking Powder
- 2 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Stevia



Mix eggs, water, and cream cheese with a mixer. Add the remaining ingredients. Blend until smooth. Let batter sit for 2 minutes. Heat a nonstick griddle. Pour 2-4 tablespoons of batter onto griddle. Flip when bubbles form. Cook each side until brown.

Cocoa Breakfast Bread :

- 4 Large Eggs
- 1 tsp Baking Soda
- 1 cup Cashew Butter
- 2 Scoops Chocolate Multi Collagen Powder
- 1/2 cup Unsweetened Low Carb Chocolate Chips

Preheat oven to 350. Line a loaf pan with parchment paper. Using a mixer, mix eggs, baking soda, cashew butter, and collagen powder. Fold in chocolate chips. Spoon batter into loaf pan. Bake for 35 minutes.



Fruit Cocktail :

6 cups Berries
(strawberries, blackberries,
blueberries, raspberries)
1/4 cup Heavy Whipping Cream
8 oz. Package of Cream Cheese
6 drops Liquid Stevia

Blend cream cheese, liquid stevia, and heavy whipping cream for 2 minutes with a mixer. Mix berries in using a spoon. Refrigerate for 2 hours before serving.



Crust-less Egg Casserole :

12 Eggs
1 cup Heavy Whipping Cream
2 Tbsp Sour Cream
2 cups Shredded Cheddar Cheese
1 lb Sausage
1 tsp Salt
1 tsp Ground Mustard
1 tsp Onion Powder
Dash of Ground Pepper

Brown sausage in a pan. Mix all other ingredients in a large bowl. After sausage is brown, place in a 9X13 pan. Pour egg mixture over the top.

Bake at 350 for 40 minutes.



Pumpkin Cheesecake Muffin :

Muffins :

1 Cup Pumpkin Puree
5 Eggs
1 ½ tsp Baking Powder
5/8 Cups Coconut Flour
1 ½ Tbsp Pumpkin Pie Spice
1 ½ Cup Monkfruit, powdered
1/2 tsp Cinnamon
1/3 tsp Sea Salt
2 tsp Vanilla Extract
3/4 Cup Butter

Filling :

4 oz. Cream Cheese, softened
1 ½ Tbsp Heavy Whipping Cream
1 ½ Tbsp Monkfruit Sweetener, powdered

Muffin :

Preheat oven to 350. Melt butter in a saucepan. Combine eggs, powdered monkfruit, pumpkin puree, vanilla, pumpkin pie spice, and cinnamon until well mixed and then add melted butter to the mixture. Next, add coconut flour, salt, and baking powder to the mixture. Once well mixed, set aside.

Filling :

Combine cream cheese, heavy whipping cream, powdered monkfruit, and vanilla extract and stir thoroughly until well combined.

Fill muffin tins with batter and place approximately 1 teaspoon of cream cheese mixture on top, using a toothpick to swirl the mixture into the batter. Bake for 19-21 minutes.





Eggs and Pepper Rings :

2 Red Peppers

8 Eggs

1 lb. Breakfast Sausage

4 Tbsp Shredded Cheddar Cheese

2 Tbsp Butter

Dash of Salt

Dash of Pepper

Brown breakfast sausage in a skillet, drain, and set aside. Cut top of pepper off and remove all seeds. Next, cut each pepper into 4 rings. Melt 2 tablespoons of butter in a skillet. Place the pepper rings into the skillet. Crack 1 egg into each ring. Salt and pepper each ring, as desired. Add 2 tablespoons of sausage to each ring. Cook eggs to desired doneness. Add 1/2 tablespoon of shredded cheese to the top. Remove from pan and serve.

Appetizers

Jalapeño Popper Dip :

- 1 Tbsp Butter
- 2 Cloves of Garlic, Minced
- 2 Jalapeños, deseeded, finely chopped
- 3/4 Cup Heavy Whipping Cream
- 1/2 Cup Parmesan Cheese
- 1 Cup Shredded Cheddar Cheese
- 1 Cup Shredded Mozzarella Cheese
- 3 oz. Cream Cheese
- 10 oz. Shredded Chicken, cooked
- Salt, as desired
- Ground Pepper, as desired



Preheat oven to 350. In a large skillet, over medium heat, melt butter. Add garlic and chopped jalapeño, sauté for 30 seconds. Pour in heavy whipping cream. Whisk in parmesan, cheddar, and mozzarella cheese. Add salt and pepper. Stir in shredded chicken. Fold in softened cream cheese. Place mixture into small baking dish. Top with shredded cheddar and mozzarella cheese. Bake for 20-25 minutes until bubbly and brown. Serve with vegetables or parmesan crisps.

Deviled Eggs :

- 12 large Eggs
- 1/2 cup Mayonnaise
- 2 tsp Mustard
- 2 tsp Chives, chopped
- 1/2 tsp Cheyenne Pepper
- 1/2 tsp Salt



Hard boil eggs, as desired. Peel and cut eggs in half. Remove yolk and set aside in medium bowl. Add remaining ingredients to the bowl, except chives. Stir ingredients together. Use a spoon to place mixture into the center of each egg. Sprinkle chives on top.

Vegetable Dip :

- 1/2 tsp Salt
- 1/2 tsp Ground Pepper
- 1 tsp Garlic Powder
- 1 tsp Paprika
- 1 tsp Dill
- 1 tsp Onion Powder
- 2 tsp Parsley
- 8 oz. Package of Cream Cheese
- 16 oz. Package of Sour Cream

Mix all ingredients together. Chill for 1 hour.
Serve alongside your favorite raw vegetables.



Epic Charcuterie Board :

This is a very popular trend in entertaining!

You can customize this to fit your dietary need and looks great to take to a party.

Start with a large platter. You will want to choose a wide variety of colors, tastes, and textures. These could include: cured meats, cheese, nuts, berries, pickled vegetables, seeds, parmesan crisps, spreads, dips, and olives. There is no wrong way to do this, just pick your favorites.

Parmesan Crisps :

8 Tbsp Grated Parmesan Cheese

2 Slices Provolone Cheese

1 Medium Jalapeño, optional

Preheat oven to 425. Line a baking sheet with parchment paper. Place 1 tablespoon of parmesan cheese, each one inch apart from the other. Slice each provolone slice into 4 pieces and set 1 piece on top of each parmesan cheese mound. Bake for 10 minutes, flipping halfway through.

Jalapeño can be placed between the 2 cheeses, if desired.



Spinach Artichoke Dip :

1/4 Cup Onion

2 Cloves Garlic

1 Tbsp Olive Oil

4 oz. Cream Cheese

1/2 Cup Heavy Whipping Cream

1/4 Cup Sour Cream

1/4 Cup Mayonnaise

1/2 Cup Parmesan Cheese

1 Cup Shredded Mozzarella Cheese

2 Tbsp Red Wine Vinegar

2 oz. Frozen Spinach, thawed, squeeze dried, and chopped

2 14oz. Cans of Artichoke Hearts, drained and chopped

1 tsp Sea Salt

1/2 tsp Ground Pepper



Saute onion, garlic, and oil until softened. Add cream cheese and heavy whipping cream to the pan and stir until the cream cheese is melted. Add all remaining ingredients, stirring frequently over medium heat. Serve with parmesan crisps or vegetables.

Holiday Cocktails

Cranberry Lemon Spritzer :

(makes 8)

16 oz. bottle Sparkling Water

1/4 cup Water

1/2 cup Stevia

1/2 cup Lemon Juice

1/2 cup Cranberries

1 cup Unflavored Vodka, if desired.



Hot Cocoa :

2 cups Unsweetened Milk (almond or coconut)

1/4 cup Heavy Whipping Cream

2 Tbsp

2 Tbsp Unsweetened Cocoa Powder

1/4 tsp Vanilla Extract

1/4 tsp Cinnamon

1/4 tsp Salt

1/4 tsp Cayenne Pepper (optional)



Add all ingredients to a small sauce pan over medium heat. Stir until cocoa powder is completely absorbed. Can be served hot or blended in a mixer for a frothier drink.

Bloody Mary :

- 4 oz. Unsweetened Tomato Juice
- 2 oz. Unflavored Vodka, optional
- 1 tsp Worcestershire Sauce
- 2 tsp Horseradish
- 1/2 tsp Tabasco Sauce
- 1/2 tsp Stevia
- 1/2 tsp Ground Black Pepper
- 1 tsp Fresh Lemon Juice



Combine all ingredients into a shaker with ice.
Shake well. Serve over ice, garnished with celery, pickles, and olives.

Strawberry Lemonade :

- 4 Cups Sugar Free Strawberry Lemonade (recommended brand: “True Lemon”)
- 1 Cup White Rum, optional
- 1/8 Cup Fresh Mint, chopped
- 2 Strawberries, sliced

Combine all ingredients in a large pitcher. Stir and serve over ice.



Strawberry Spritzer :

- 1 Can Berry Flavored Sparkling Water
- 2 oz. Berry Flavored Vodka, optional
- 1 Strawberry, sliced

Mix all ingredients over ice and serve.



Pumpkin Pie Martini :

- 4 oz. Unflavored Vodka, optional
- 2 tsp Vanilla Extract
- 1 Cup Unsweetened Almond Milk
- 1/4 Cup Pumpkin Puree
- 1/3 tsp Pumpkin Pie Spice

Shake all ingredients until pumpkin puree is dissolved. Serve immediately.



Holiday Dishes

Cranberry Relish :

- 12 oz. Fresh Cranberries
- 1 Orange
- 1 cup Monk Fruit

Cut Orange into 8 pieces, removing the stem ends, but keeping the peel. Combine cranberries and orange pieces into a food processor and pulse. Transfer to a bowl and mix with monk fruit sweetener. Cover and refrigerate 24 hours before serving.



Green Beans with Mustard Lemon Sauce :

- 1 lb Green Beans
- 2 tsp Butter
- 1tsp Dijon Mustard
- 1/4 Lemon
- Dash of Salt
- Dash of Ground Pepper

To make the green beans, trim 1 lb. of green beans and cut them in half crosswise. Bring 1/2 a pot of water to a boil. Add the green beans, cover, reduce the heat and steam them for 6-8 minutes until they reach desired tenderness. (I find that I need closer to 10 minutes for larger beans). Drain them and return them to the pot. (I let them sit in the pot a bit to let off steam, as the sauce does not stick well to wet beans.) In a separate pot, gently melt 2 tsp. butter and then add 2 tsp. Dijon mustard (equal parts butter to mustard). Whisk vigorously until an emulsion forms (like mayonnaise or hollandaise.) Add the juice of 1/4 lemon, and salt and pepper to taste. Pour over the green beans and serve immediately.

***This sauce works excellent with other vegetables and/or fish



“Sweet Potato” Casserole :

Veggies :

4 cups Butternut Squash, peeled & cubed
1 medium Cauliflower head, chopped into florets
2 Tbsp Butter
1 ½ tsp Cinnamon
¾ tsp Garlic Salt
⅓ tsp black Pepper
4 tsp Stevia

Topping :

2 cups Pecans
⅓ cup Stevia
1 tsp Cinnamon
⅛ tsp Garlic Salt
2 Tbsp Butter

Roasting :

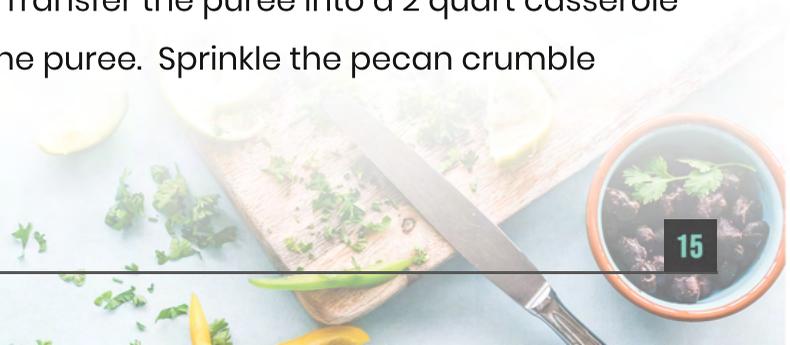
Preheat oven to 400. Line baking sheets with parchment paper. In a large bowl toss together squash, cauliflower, 1 Tbsp butter, garlic salt, cinnamon, and black pepper. Arrange vegetable in a single layer of the baking sheets. Roast for 30 minutes.

Topping :

Pulse pecans in a food processor. Place in small bowl. Add the remaining topping ingredients. Stir until the mixture is crumbly.

Assembly :

When vegetables are finished roasting, remove them from the oven, but leave the oven on. Puree vegetables in a food processor until smooth. Transfer the puree into a 2 quart casserole dish. Stir the sweetener and remaining butter into the puree. Sprinkle the pecan crumble topping over the casserole. Bake for 20 minutes.



Cauliflower Stuffing :

4 Tbsp butter
1 onion, chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped or thinly sliced
1 small head cauliflower, chopped
1 c. (8-oz.) package baby bella mushrooms, chopped
1/3 Cup Parsley, chopped
2¼ Tbsp Rosemary, chopped
1 Tbsp Sage, chopped
1/3 Cup Low-Sodium Chicken or Vegetable Broth
Ground Black Pepper, as desired
Sea Salt, as desired



In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more. Add parsley, rosemary, and sage and stir until combined. Pour over broth and cook until totally tender and liquid is absorbed, 10 minutes.

A great use of leftovers would be to make a broth using the turkey carcass. Remove the carcass and add leftover turkey and leftover stuffing to make a hearty soup.

Cauliflower Asiago Mash :

1 Medium Head of Cauliflower, cut into 1 inch pieces
1 tsp Sea Salt
4 oz. Cream Cheese
1/2 Cup Shredded Asiago Cheese
2 Tbsp Butter
2 Tbsp Fresh Parsley, chopped
1/2 tsp Ground Pepper



Place cauliflower and 1/2 teaspoon of sea salt in a pan and add water to cover the cauliflower. Place lid over pan and boil cauliflower until soft. Drain cauliflower and transfer to a food processor. Add other ingredients and process until smooth.



Roasted Brussel Sprouts :

- 1 lb. Brussel Sprouts, cleaned and trimmed
- 3 Cloves Garlic, thinly sliced or chopped
- 1/2 Cup Parmesan Cheese
- 3 Tbsp Olive Oil
- Sea Salt, as desired
- Ground Pepper, as desired

Preheat oven to 400. Place all ingredients in an oven safe dish. Toss to coat. Roast, uncovered, for 20 minutes.

Dessert

Coconut Oil Fat Bombs- Peppermint Chocolate :

1 Cup organic coconut oil
1/2 Cup cocoa powder, unsweetened
Pinch of sea salt
1/4 tsp of organic vanilla extract
2-4 drops of organic peppermint essential oil
20 drops liquid Stevia

Coconut Oil Fat Bombs- Orange Chocolate :

1 Cup organic coconut oil
1/2 Cup cocoa powder, unsweetened
Pinch of sea salt
1/4 tsp of organic vanilla extract
2-4 drops of organic orange essential oil
20 drops liquid Stevia

Lemon Fat Bombs

7.1 oz. coconut butter, softened
1/4 cup extra virgin coconut oil, softened
fresh lemon zest from 1-2 organic lemons (1-2 Tbsp)
15-20 drops Stevia
Pinch of sea salt

Instructions for ALL of the above recipes :

1. Process all the ingredients of the recipe together in a food processor until the mixture is smooth and creamy.
2. Pour into ice cube trays or silicone molds and freeze.
3. Once frozen, pop the coconut oil fat bombs out of the molds and store them in a freezer zip lock bag or jar.
4. Keep frozen/refrigerated. Enjoy!



Crust-less Pumpkin Pie :

15 oz. can of Pumpkin Purée
2 large eggs
1/2 cup Stevia (I used powdered)
1/4 tsp Sea Salt
1 Tbsp Pumpkin Pie Spice
1 tsp cinnamon
1 cup Heavy Whipping Cream



Whisk all ingredients and put in an oiled pie pan. Bake for 15 minutes at 420, then reduce heat to 350 and bake another 35 minutes. Top it with homemade whipped cream. (Recipe to follow)

Whipped cream :

1 cup Heavy Whipping Cream
2 tsp Stevia

Chill a metal bowl and whip the heavy cream at a high speed until peaks form. Then add stevia to taste.



Pumpkin Bars :

1 Cup Pumpkin Puree
1 Tbsp Unsweetened Almond Milk
5 Eggs
10 Drops Liquid Stevia
1/2 tsp Almond Extract
2 Cups Almond Flour
1 tsp Baking Powder
1 tsp Baking Soda
1 tsp Pumpkin Pie Spice
1 Cup Monkfruit Sweetener
1 Cup Monkfruit Sweetener, powdered
1 tsp Sea Salt
1 ½ tsp Vanilla Extract
1 Cup Butter, softened
8 Tbsp Melted Butter
16 oz. Cream Cheese



Cake Layer :

Preheat oven to 350 and grease a 9x13 pan. In a large bowl, mix eggs, 1 cup of butter, monkfruit sweetener, and pumpkin puree until well mixed. In a separate bowl, mix almond flour, baking soda, baking powder, salt, and pumpkin pie spice. Combine the dry mixture to the egg mixture. Pour mixture into pan and bake for 25-30 minutes.

Frosting :

Mix cream cheese, 8 tablespoons of melted butter, 1 cup of powdered monkfruit sweetener, vanilla extract, almond extract, liquid stevia, and unsweetened almond milk with a hand mixer until it has a frosting consistency. Apply frosting to cake while it is warm.



Carrot Cake :

Cake :

2 $\frac{3}{4}$ Cups Almond Flour
1 $\frac{1}{4}$ Monkfruit Sweetener, powder
2 tsp Baking Powder
2 $\frac{1}{2}$ tsp Cinnamon
1/3 tsp Sea Salt
6 Eggs
1/2 Cup Melted Butter
1/4 Cup Unsweetened Almond Milk
2 Cups Grated Carrots
2 tsp Vanilla Extract
1/3 Cup Pecan Pieces

Frosting :

8 oz. Cream Cheese
1 Cup Monkfruit Sweetener, powdered
1/2 Cup Heavy Whipping Cream
1/3 Cup Pecan Pieces



Cake :

Preheat oven to 325. Grease a 9x9 cake pan. In a large bowl, mix together almond flour, powdered monkfruit sweetener, baking powder, cinnamon, and sea salt. In a separate bowl, mix together eggs, melted butter, almond milk, and vanilla extract. Combine the egg mixture with the dry ingredients. Then, stir in the grated carrots and pecans. Pour the cake mixture into the pan and bake for 50 minutes.

Frosting:

Using a hand mixer, beat cream cheese and heavy whipping cream together, then slowly add in powdered monkfruit sweetener. Frost the cake while it is warm, sprinkle pecan pieces on top.





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HAPPY HOLIDAYS!