Avoid Holiday Weight Gain

Nutrition Guide

WITH

Fabiana

QUEEN WARRIORS



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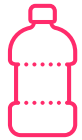
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NUTRITION GUIDELINES TO SLAY THE HOLIDAYS



START WITH A CUP OF TEA

Start each day with ACV Anti-Inflammatory Tea or Lemon-Ginger Detox tea
(see recipe on pages 5 & 6)



DRINK A GALLON A DAY

Aim for ½ a gallon of water before 1PM and the second half before 9PM. Add lime to your water or try the detox water recipe
(see page 7)



EAT PLENTY OF FRUITS & VEGGIES

Aim for 6+ cups of whole fruits and veggies throughout each day. Choose slow releasing and nutrient rich 100% whole grain complex carbs to keep you full.



PRIORITIZE POWERFUL PROTEINS

Aim for 25-35g of protein in every meal. See page 8 for proteins to curb cravings



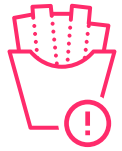
THE BIG EVENT

Plan the event (such as Thanksgiving, Christmas, etc.) as your cheat meal for the week.



KEEP FOODS LEAN & SKINLESS

Limit saturated animal fat. Stick to lean cuts of meats. Incorporate healthier fat from nuts, seeds, avocado & fish.



KEEP FOODS REAL, MINIMAL & SIMPLE

Avoid foods made with artificial colors & ingredients. Use natural preservatives like sea salt. Aim for 10g of sugar or less per meals and no more than 24g of sugar daily. Choose plant based sweeteners like sugar cane, coconut sugar, honey, agave, stevia & monk fruit. Avoid artificial sweeteners like aspartame, sucralose & saccharin.



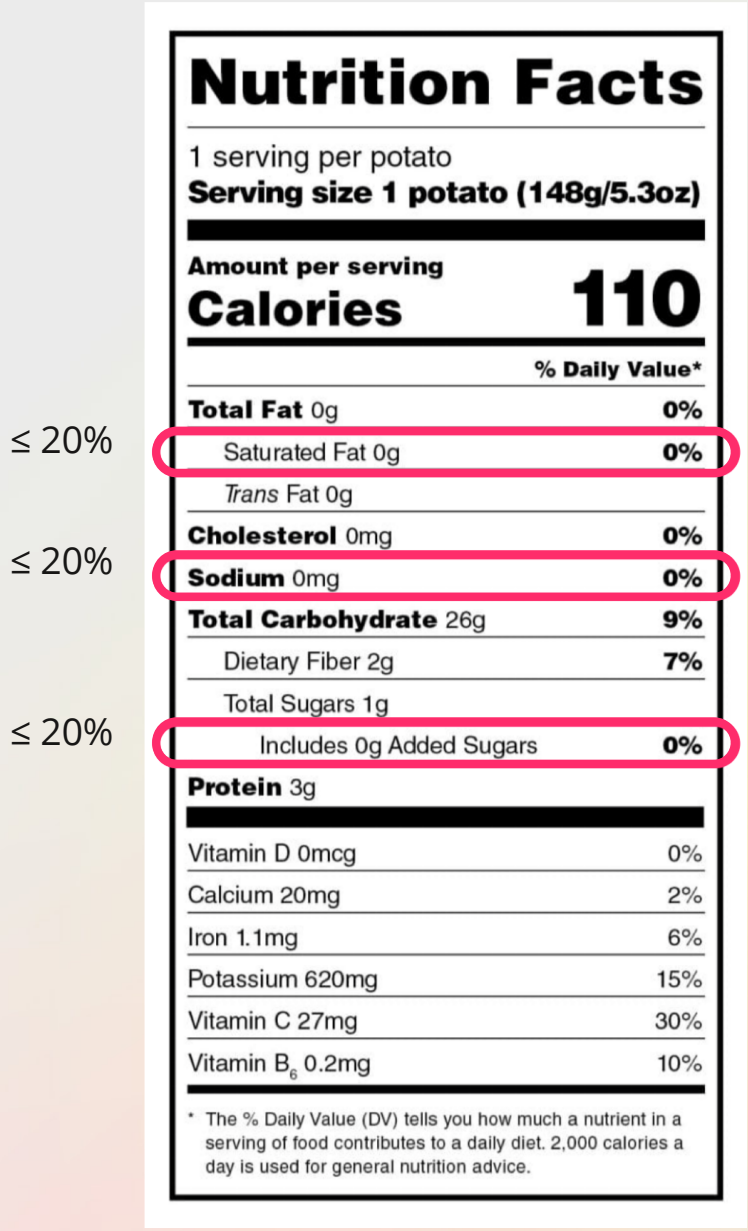
CALORIC GOALS

Aim to keep Breakfast, Lunch & Dinners at 300-500 calories. Aim to keep snacks at 150-250 calories.

NUTRITION GUIDELINES TO SLAY THE HOLIDAYS

Read the nutrition facts and stick to foods that are real, minimal and simple.

Meaning, the ingredients on the ingredients label **are real ingredients** that are easy for you to clearly understand, **minimally processed** and a **relatively short ingredients list**. Stick to foods and beverages that **do not exceed 20%** of the daily value when it comes to saturated fat, sodium and added sugars per serving and meal.





APPLE CIDER VINEGAR ANTI-INFLAMMATORY TEA

Ingredients:

- 1 cup water, hot
- 2 Tablespoon apple cider vinegar
- 2 Tablespoon lemon, juiced
- 1 teaspoon cinnamon
- 1 pinch cayenne pepper (optional)
- 1 teaspoon honey (optional)

Instructions: Stir ingredients together & sip



LEMON-GINGER DETOX TEA

Ingredients:

- 1 cup water, hot
- 1 organic ginger tea bag
- 2 Tablespoons fresh lemon, juiced
- ¼ teaspoon ground cinnamon

Instructions: Pour water over 1 tea bag. Squeeze lemon and sprinkle with cinnamon. Cover & Seep for 10 minutes. Enjoy 1-2 cups daily.



DETOX WATER

Ingredients:

- 2 Apples, thinly sliced
- 2 Cinnamon Sticks
- 1 large pitcher of water

Instructions: Combine cinnamon & fruits in a pitcher of water and enjoy the infused water throughout the day.

POWERFUL PROTEIN

CHICKEN



Boneless, skinless chicken breast
31 grams protein

TURKEY



93-99% lean
27 grams protein

WHITE FISH



Cod, Tilapia, or Flounder
24 grams protein

EGG WHITES



Without yolks
11 ***grams protein***

GREEK YOGURT



Plain, non-fat
10 ***grams protein***

PROTEIN PER 100 GRAMS OF FOOD

PROTEIN + HEALTHY FATS



NUTS
1 serving - 1/4 cup
Provides 4-7g of protein, depending on the variety



SEEDS
1 serving - 1 ounce
Provides 5-10g of protein, depending on the seed



TEMPEH
1 serving - 4 ounce
Provides 20g of protein, depending on the variety



EDAMAME
1 serving - 1 cup shelled
Provides 17g of protein,

PROTEIN + CARBOHYDRATES



LENTILS
1 serving - 1/4 cup
Provides 14g of protein



BEANS
1 serving - 1/2 cup cooked
Provides 6-9g of protein



QUINOA
1 serving - 1 cup cooked
Provides 8g of protein



MILLET
1 serving - 1 cup cooked
Provides 6g of protein



AMARATH
1 serving - 1/4 cup
Provides 4-7g of protein, depending on the variety



WHOLE GRAIN PRODUCTS
1 serving - 1/4 cup
Provides 4-7g of protein, depending on the variety



SEITAN
1 serving - 85g Provides roughly 20g of Protein depending on brand.



NUTRITIONAL YEAST
1 serving - 16g
about 2 tbsp
Provides 8g of protein

PROTEIN



TOFU
1 serving - 3 ounces Provides roughly 9g of protein, depending on the variety



SPIRULINA
1 serving - 2 tablespoons dried powder
Provides 8g of protein



PROTEIN POWDER SUPPLEMENTS
(brown and sprouted rice, pea and hemp)
1 serving = 1 scoop powder
Provides 12-25g of protein, depending on brand

CRAVINGS

WHAT YOU THINK YOU NEED	WHAT YOUR BODY MAY ACTUALLY NEED
Sweet or Starchy	• Chickpeas • Berries • Sweet potato • Spinach • Edamame • 70%+ Dark Chocolate • Pumpkin Seeds • Sprouted or 100% whole grains • Banana
Salty	• Celery • Shrimp • Avocado • Chickpeas • Banana • Sweet potato • Carrots • Coconut water • Cantaloupe • Seaweed • Apples
Fried foods, cheese and dairy	• Wild Alaskan Salmon • Albacore Tuna • Sardines • Edamame • Beans • Avocado • Yogurt & Kefir • Kidney beans • Spinach • Grass-fed beef
Red meat or Chocolate	• Kidney beans • Chickpeas • 70%+ dark chocolate • Lean beef • Edamame • Spinach • Broccoli • Pumpkin seeds • Dark leafy greens



SAMPLE DAILY MENU FOR A HOLIDAY SLAYING QUEEN

BREAKFAST

- 2 slices of Ezekiel toast
- Veggie omelet with 1 large whole egg, 4 egg whites, 1 oz. grape tomatoes and ¼ cup of spinach

SNACK #1

- 1 hard boiled egg
- 1 grapefruit with cinnamon

LUNCH

- 5.5 oz. of Wild Alaskan Salmon, baked 1 cup of whole grain
- Brown rice
- 1 cup of Arugula
- Fresh lime or lemon, juiced

SNACK #2

- 1 Kind Healthy Grains bar

DINNER

Chicken & Chickpea Salad made with the following ingredients • 4 oz. grilled chicken breast

- 4 oz. roasted sweet potato, diced
- 2 cups raw baby spinach
- 2/3 cup chickpeas
- ½ oz. pumpkin seeds
- 2 tablespoon of cilantro lime dressing

SNACK #3

- 1 serving plain Greek
- Yogurt 100g of
- Blueberries Cinnamon

EATING OUT DURING THE BUSY HOLIDAY SEASON

Let's face it, you are more likely to eat outside of your home during the busy holiday season. Here are my favorite tips for staying on track:

1. **Power up your plate**
   - Eat whole vegetables and fruits
   - first Add extra veggies and/or a side salad
2. **Portion control**
   - Serve your meals on small plates
   - Skip cheeses, dressings, sauces and mayo or request them on the side and add them yourself
3. **Aim for lean meats, remove skin and fat**
4. **Limit drinking your calories**
5. **Know the key words on the menu that indicate healthier options to keep you on track**





KEYWORDS TO LOOK FOR ON RESTAURANT MENUS

UNHEALTHY OPTIONS	HEALTHIER ALTERNATIVES
Battered	**Baked**
Buttered	**Braised**
Creamy	**Broiled**
Crispy	**Grilled**
Breaded	**Poached**
Cheesy	**Roasted**
Pan-fried	**Steamed**
Deep-fried	**Stir-fried**

TIPS FOR YOUR CHEAT DAY

1. **Eat a salad before the entrée**
2. **Use smaller plates to serve your meals**
3. **Eat a high protein breakfast with whole fruits and/or vegetables**

   Examples:
   - Veggie omelet with 1 whole egg, 4-5 egg whites and Ezekiel toast
   - Sweet potato, kale and egg hash (see recipe on page 15)
   - Strawberry cheesecake overnight oats (see recipe on page 15)
   - Smoothie made with unsweetened coconut milk, frozen berries, spinach, protein powder and ground flax seeds.
4. **Prior to the event, eat a high protein and high fiber meal with whole fruits and/or vegetables to prevent you from being overly hungry and gorging**

   Examples:
   - Turkey Anytime Skillet (see recipe on page 15)
   - Tuna ceviche (see recipe on page 15)
5. **Drink 1-2 glasses of water in between additional servings of foods and drinks**





RECOVERING THE DAY AFTER

1. Detox with water and fiber rich foods such as whole fruits, vegetables and beans
2. Focus on whole foods and lean proteins
3. Prioritize probiotics (1-2 servings daily) (kimchi, sauerkraut, tempeh, kombucha, yogurt with live cultures, etc.)

SAMPLE RECIPES

BREAKFAST

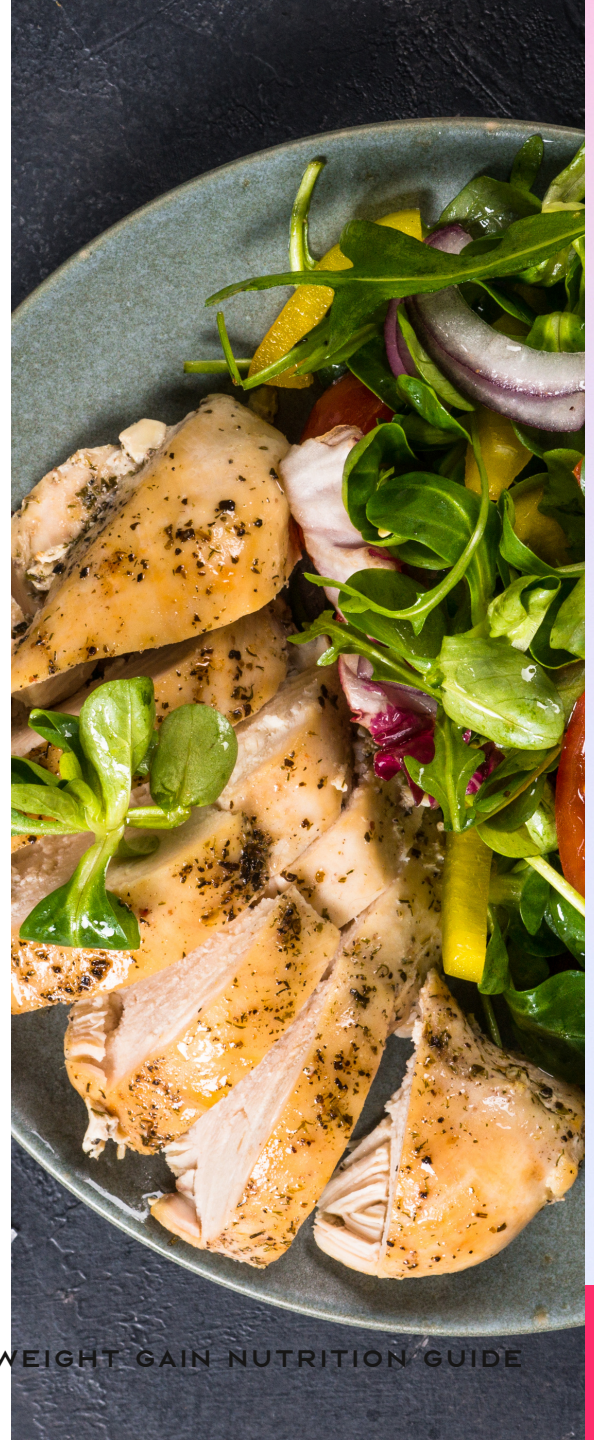
3-minute egg white oatmeal – **Link To The Recipe**
Baked Egg Cups – **Link To The Recipe**
Breakfast scramble with Italian Sausage – **Link To The Recipe**
Clean blueberry French toast casserole – **Link To The Recipe**
Cottage Cheese Breakfast Bowl – **Link To The Recipe**
Pumpkin Pie Smoothie Bowl – **Link To The Recipe**
Sweet Potato Black Bean Omelet – **Link To The Recipe**
Sweet potato bowl – **Link To The Recipe**
Turkey Breakfast Skillet – **Link To The Recipe**
Sweet Potato, Kale & Egg Hash – **Link To The Recipe**
Strawberry Cheesecake Overnight Oats – **Link To The Recipe**
Turkey Anytime Skillet - **Link To The Recipe**

SNACK RECIPES

Blueberry & Spinach Smoothie- **Link To The Recipe**
Broiled Banana & Honey Grapefruit – **Link To The Recipe**
Cinnamon Vanilla Chia Pudding – **Link To The Recipe**
Green Smoothie with Kiwi & Apples – **Link To The Recipe**
Honey roasted cinnamon pumpkin seeds – **Link To The Recipe**
Kale Chips – **Link To The Recipe**
Restaurant Style Edamame – **Link To The Recipe**
Roasted chickpeas – **Link To The Recipe**
Sweet Potato Toast – **Link To The Recipe**

LUNCH/DINNER RECIPES

Autumn Sausage & Veggie One Sheet – **Link To The Recipe**
Chicken Chipotle Cauliflower Rice Bowl – **Link To The Recipe**
Chicken Tortilla Soup – **Link To The Recipe**
Chickpea Tuna Salad – **Link To The Recipe**
Cilantro Lime Fish Tacos – **Link To The Recipe**
Edamame Quinoa Salad – **Link To The Recipe**
Foil wrapped salmon – **Link To The Recipe**
Garlic Dijon Chicken & Brussels Sprouts – **Link To The Recipe**
Hummus & Avocado Toast – **Link To The Recipe**
Kidney bean salad – **Link To The Recipe**
Lemon Shrimp & Asparagus Skillet – **Link To The Recipe**
Lemon garlic tilapia sheet pan – **Link To The Recipe**
Lime shrimp avocado salad -**Link To The Recipe**
Maple Glazed Salmon Sheet Pan – **Link To The Recipe**
Mediterranean Chickpea Salad – **Link To The Recipe**
Mediterranean Chicken & Chickpea Soup – **Link To The Recipe**
Tuna Ceviche - **Link To The Recipe**



SAMPLE SHOPPING LIST

VEGGIES

Beets
Bell Pepper
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Garlic
Green Beans
Lettuce
Mushrooms
Spinach
Squash
Sweet Potato
Tomatoes

FRUIT

Avocado
Apples
Bananas
Berries
Figs
Grapefruit
Kiwi
Lemons/Limes
Mangoes
Melons
Oranges
Papaya
Pears
Pineapple
Plum
Pomegranates

LEGUMES

Cannellini
Edamame
Garbanzo
Kidney
Lentils
Split peas

GRAINS

Buckwheat
Oats
Rice: Brown or Wild
Quinoa

OILS & FAT

70%+ Dark Chocolate
Avocado
Olive Oil

SEEDS & NUTS

Almonds
Cashews
Chia Seeds
Flax Seeds
Pumpkin Seeds
Sunflower Seeds

ANIMAL PROTEIN

Chicken, skinless
Eggs
Ground Chicken or Turkey
Salmon
Shrimp
Steak (lean cuts)
Tilapia
Tuna
Turkey

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DISCLAIMER: I strongly advise that you consult your physician before beginning this workout program, as not all exercises are suitable for different individuals and levels of fitness. This program was built for healthy individuals with a solid baseline of fitness. Fabiana Ferrarini has no medical experience or title and cannot suggest which exercise or workouts will work for specific individuals. This program is for educational purposes only and should not be used as substitute for professional medical advice. You should understand that when you are involved in any exercise or workout program, there is the possibility of physical injury. If you engage in this exercise workout program, you agree that you do so at your own risk, and is voluntarily participating in these activities, assume all risk of injury to yourself and agree to release and discharge Fabiana Ferrarini from any and all claims or causes of action, known or unknown, arising out of Fabiana Ferrarini negligence.

FOLLOW US AND HASHTAG YOUR RESULTS!

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QWchallenge