



Happy Thanksgiving Everyone!

Dear Clients and Friends,

Welcome to the fourth addition of our Thanksgiving Survival Guide! Everyday we strive to help athletes achieve their optimal performance levels through a customized and realistic approach to their daily nutrition. This doesn't get put on pause just for the holidays! We know first

hand how difficult it can be staying disciplined with your nutrition without feeling like you're sacrificing your athletic or physical goals. Our aim with this guide is to help our clients and others find that balance between enjoyment and discipline without the negative feelings that can often be associated with holiday eating. From our family to yours, have a very Happy Thanksgiving!



We even have included 2 of our most commonly requested recipes at the end of this newsletter! Be sure to check out our Instagram Monday and Tuesday this week as we post even more great recipe options for athletes!

The first thing we want all of our clients to focus on is 9 key bullet points. If you follow these points you will be well on your way to enjoying your Thanksgiving without having to feel guilty after:

- 1) **Consistency is key:** Your body is either in fat storage mode or fat burning mode. Follow your day-to-day Champion Athletes meal plan up to your actual Thanksgiving day meal. This will help keep you in fat burning mode and help keep away harmful cravings.
- 2) **The meal before the meal:** If your family is like most, Thanksgiving is more than just a meal, its a social gathering. A gathering that all to often includes high calorie drinks and appetizers. For appetizers, we recommend you choose vegetables and low-fat dip over higher calorie foods. Low fat chips and salsa, carrots and ranch, or low fat cheese and whole grain crackers are all good choices.
- 3) **Get that motor running:** 2 hours before your Thanksgiving meal, do some kind of aerobic exercise for 30 minutes. This will help get your metabolism going and prepare your body for the sudden increase in calories. You should do some sprints, or consider jumping rope, throwing a football, jumping jacks, even play tag or football with your family or friends. The goal is to get your heart rate up to about 160bpm for 20 minutes to burn some calories, not to sweat off weight.
- 4) **Impulse control:** 30 minutes before everyone is going to eat, eat either a bowl of salad or a plate of vegetables. That will fill you up a little, and decrease the intensity of your cravings, so you eat less of the higher calorie and higher fat foods.
- 5) **Trick your brain:** Studies have shown that using a smaller plate reduces the amount of food you consume. A smaller plate helps trick your brain and your stomach into believing that you had a larger meal. In other words, a smaller plate full of food leaves you feeling more satisfied, then a big plate with extra room on it.
- 6) **Mom was right:** Eat your veggies! Your dinner plate should contain lots of veggies, a lot of turkey, and a little bit of everything else.
- 7) **Don't skip desert:** You don't have to skip desert but you should save it for a later snack. Try to choose fruit over pie and cake, or have some fruit and a smaller piece of cake or pie.
- 8) **After the fact:** If you eat early and want a snack later, consider a sugar free jell-o. If you want to have some leftovers, eat more meat and vegetables, and less of potatoes, stuffing, and rolls.
- 9) **And as always...Stay hydrated!** Make sure you are drinking your full amount of water, and even a little more. Many Thanksgiving foods have a high salt content the water will help drive this out of your body. Being hydrated will help you feel more full as well.

Don't be upset if your weight is up a little the next day or if your energy level is down a bit; that is to be expected. Just get back on your plan, and add some extra cardio to burn some more calories over the next few days.

Any questions, problems or concerns, don't hesitate to call / text / or email. We are here to help you at all times. And remember it's never to late to get onto a Champion Athletes Nutrition Plan. We can help you get to your ideal body composition (or weight class for you wrestlers), increase your endurance, reduce recovery time and help you compete more confidently. [Contact us for more information!](#)



Here are some easy and simple ways that you can reduce calories, sugars and fat from your holiday meal:

1. Skip full-fat dips and eat yogurt dips instead. 1oz of sour cream has 60 calories and 1oz of greek yogurt only has 10-15 calories. The savings of even a few small scoops add up quick!
2. Try roasted sweet potatoes instead of candied yams. 3/4 of a cup of yams has approximately 215 calories vs the 100 calories in the same portion of sweet potatoes.
3. Eat white meat instead of dark. 3.5oz of dark meat is approximately 230 calories vs 160 for white meat, that's a savings of 70 calories for each serving!
4. Skip the casserole and eat fresh green beans and save 90-130 calories per 3/4 cup serving.
5. Try mashed cauliflower instead of mashed potatoes. There are plenty of easy to find recipes online. Mashed potatoes contain 2 grams of fiber and 113 calories vs the 3 grams of fiber and 25 calories in cauliflower.
6. Instead of canned Cranberry Sauce, try a organic Cranberry Relish from your local farmers market or Whole Foods store. Just a 1/4 cup of canned Cranberry sauce has more than 100 calories. By switching to a quality relish or making your own you can cut the calories by up to half and significantly reduce your sugar intake!
7. Instead of glazing brussel sprouts in a salty or sugary dressing, try using a recipe that calls for a low-sugar cider.
8. Egg nog is packed with calories and more than half your daily dose of saturated fat. So if you're craving a holiday beverage switch to a warm cider!
9. When staring down the selection of pies at your dinner, go with the pumpkin pie! Pumpkin pie has over 200 less calories per slice on average then pecan pie and as many as 500 less calories than blueberry and apple pies!
10. Want to make your pumpkin pie even healthier? Then try making the crust with a delicious roasted chickpea and cinnamon crust!

There is no magic bullet that's going to make your Thanksgiving meal super healthy. But with some discipline, if you follow the survival guide steps and try a few simple food substitutions, you can save hundreds of calories and avoid ruining your diet

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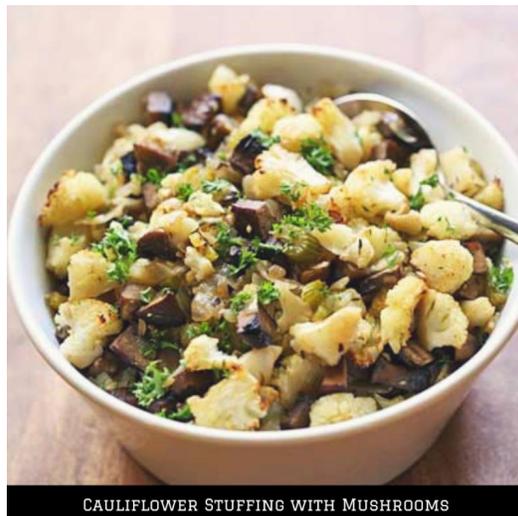
1. Turkey will deliver you about 20 g of protein and is also low in carbs and fats. Besides a nice dose of protein, turkey also provides good sources of vitamin B6, B12, and minerals iron, phosphorus, potassium, zinc and selenium.
2. If your Thanksgiving Meal consisted of Turkey, mashed potatoes, gravy, stuffing, a dinner roll, cranberry sauce, green beans and a slice of pumpkin pie you would need to run between 13-15 miles to burn off all of the calories.
3. While it is true that tryptophan makes people drowsy, turkey doesn't contain enough of it to be the cause of post-feast sleepiness. There is a sufficient amount of energy producing protein and iron in turkey to negate any effects of tryptophan. The real reason people feel sleepy after dinner is because of overeating. The more you eat, the more blood that has to travel to the digestive system to help process the food, which takes blood away from the brain and other extremities.
4. About 50 million pumpkin pies are consumed each Thanksgiving in the US!
5. The average person consumes in excess of 3,000 calories at Thanksgiving dinner.
6. Want to have fun and put on a show? Bounce a cranberry off your kitchen floor. A ripe cranberry has air pockets that allow it to bounce. An old or damaged cranberry will just go limp.

We all know that stuffing is one of the most anticipated foods of the holiday season. But many recipes are high in fat, carbohydrates and salts, not ideal for an in-season wrestler. This year we decided to provide you with this healthy and delicious stuffing recipe that you can enjoy guilt free!

Cauliflower Stuffing with Mushrooms

DIRECTIONS

- Preheat the oven to 450 degrees F. Line a large baking sheet with parchment paper.
- In a large bowl, stir together the chopped cauliflower, onion, celery and garlic. Toss with the melted butter, 1 teaspoon kosher salt, black pepper, thyme and sage.



CAULIFLOWER STUFFING WITH MUSHROOMS

Ingredients

- 1 medium head cauliflower, cut into bite size pieces (2 lb. whole, 1 lb. after trimming)
- 1 medium onion, chopped (6 oz)
- 1/2 cup thinly sliced celery
- 1 tablespoon minced garlic

- Spread the cauliflower mixture on the prepared baking sheet. Roast for 15 minutes.
- Remove the pan from the oven. Add the chopped mushrooms, stirring them into the mixture. Sprinkle with the remaining teaspoon of salt and lightly spray with olive oil.
- Return the pan to the oven and roast until the stuffing is browned, about 15 more minutes. To promote browning, you can also roast for just 10 minutes, then broil, 6 inches below the heat element (not directly below or it will burn), for 2-3 more minutes.
- Garnish the cauliflower stuffing with chopped parsley and serve.

- 6 tablespoons unsalted butter, melted
- 2 teaspoons coarse kosher salt, divided (not fine salt)
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 2 Portobello mushrooms, chopped (10 oz)
- Olive oil spray
- 2 tablespoons chopped parsley for garnish

If you're looking for more healthy recipes you can check out our food blog, but for more information about this particular recipe check out, HealthyRecipesBlog.com

Nutrition Facts	
Cauliflower Stuffing	
Amount Per Serving (0.5 cup)	
Calories 111	Calories from Fat 81
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Sodium 308mg	13%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	4%

* Percent Daily Values are based on a 2000 calorie diet.

We personally think that one of the best parts of Thanksgiving is the left-overs the next day! But as an athlete you have to keep your weight and performance in mind, which makes many feel guilty about indulging in some left-overs the next day.

Well we're here to take the guilt out of those next day cravings with a great breakfast recipe that's healthy, packed with protein and will have you ready to train or compete at 100%!



TURKEY FRITTATA

DIRECTIONS

Preheat the broiler.

Heat oil in a large non-stick skillet over medium high heat. Add onion and bell pepper and cook for 3 minutes. Stir in potatoes and cook until golden brown. Add cooked leftover meat and toss to coat.

In a mixing bowl beat together the eggs and cream and season with salt and pepper. Pour egg mixture into skillet and

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 1/2 red or green bell pepper, chopped
- 1 cup boiled potatoes, chopped
- 1/2 cup leftover cooked chopped turkey
- 6 eggs, lightly beaten
- 1/4 cup cream (you can use half-n-half to cut a some more calories and fat)
- Salt and pepper
- 2 tablespoons chopped parsley, basil or cilantro
- 1/2 cup grated cheddar, Monterey jack or mozzarella

stir in chopped herbs. Top with grated cheese and brown under broiler for about 2 to 3 minutes until the frittata puffs.

We hope you enjoy this recipe and have a Happy Thanksgiving!

If you're looking for more healthy recipes you can check out our food blog, but for more information about this particular recipe check out, FoodNetwork.com

Nutrition Facts	
Serving Size 4	
Servings Per Container 4	
Amount Per Serving	
Calories 316	
	% Daily Value*
Total Fat 22g	34%
Saturated Fat 10g	50%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 20g	40%

*Percent Daily Values are based on a 2,000 calorie diet.

If you would like more information about our programs or help with your nutritional and sports performance goals, then please consider contacting us!

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