



NUCIFIC

FIT LIFE MONTHLY

3 Tips | 3 7 Recipes | 3 Exercises

HAPPY THANKSGIVING!

November 2016



AMY LEE, MD

THANKSGIVING IS COMING!

*The big eating day is in just a couple of weeks.
Are you ready?*

November 24th is Thanksgiving — one of the biggest diet-wrecking days of the year. However, it's also an important day of togetherness and gratitude. So, rather than stress you out about Thanksgiving... I'm going to help you enjoy it to the *fullest!*

As always, you have 3 items in each of 3 different categories... except I've included a few extra goodies in the recipe section! :)

- ✓ **Section 1: Inspiration Cheats**
3 tips for staying inspired and sticking to your health goals. Think of this as your monthly "**Inspiration Cheat Sheet.**"
- ✓ **Section 2: Healthy Eats**
3 7 recipes for easy, healthy holiday dishes you can try at home. I'll help you make your Thanksgiving Day both healthy and delicious!
- ✓ **Section 3: Get on Your Feet!**
3 simple exercises you can do to stay active and energized and keep your metabolism burning all day long!



I never, ever sell anything in this eBook. Fit Life Monthly is my gift to you for being a loyal Nucific subscriber! :) Thank you so much for being part of the Nucific family. Now, let's tackle Thanksgiving together!

- Amy Lee, MD



SECTION 1: INSPIRATION CHEATS

3 tips to help you dodge common pitfalls as you progress toward your health goals!

Tip #1:

When it comes to your health, act NOW, not later!

“ Do not let the fact that things are not made for you, that conditions are not as they should be, stop you. Go on anyway. Everything depends on those who go on anyway. ”

~ Robert Henri

The Robert Henri quote above is one of my all-time favorites. Henri points out the fact that there are a million reasons to put off something you should be doing — like eating healthy and taking care of your body. Why? Because conditions are NEVER totally perfect for this. Period. Never, ever, ever.

And that goes *double* for the holidays, by the way! You have family recipes... hosts who are offended if you don't have at least 3 servings (like my mother, whom I love to pieces)... snacks that are only available this time of year...

It's just a total onslaught of temptations that are pretty much designed to derail your health efforts! This is when making healthy choices really counts. This is when you must *unmercifully* forbid yourself from making excuses... *and you can do it!* It just requires this simple mindset adjustment: **Make your healthy choices NOW, not later. Always NOW.**

Swearing off that dessert after Thanksgiving, you say? Swear it off NOW. Going to the gym starting next week? Go NOW. Or how about that unhealthy breakfast this morning? Fell off your diet? That's okay. This morning's over. Eat right NOW.

You've got this! All it requires is making healthy decisions NOW, not later. No matter what the excuse is, push it to the side. Go on with your healthy choices anyway. Everything depends on those who go on anyway. Your health and goals depend on YOU going on anyway... starting right this moment.

In fact, you've already started by reading this eBook. *Keep it up! :)*

Tip #2:

Don't eat out of boredom or routine. There's ALWAYS something else to do.

“Boredom eating” is one of the worst things you can do... and we all do it from time to time. It's literally adding calories you don't need — simply to pass the time. This is especially easy to do with those Thanksgiving leftovers...

“Time to watch the holiday special on TV. I think I'll have a leftover turkey sandwich... and some dressing... and yams... and cranberry sauce... and those chicken and dumplings look good...” There's just a pile of food sitting there, waiting to be eaten!



The trick is... when you feel the impulse to eat out of boredom... do another activity instead. Get out of the house and go for a walk. Read a book. Go to the park. Write a journal entry. Play a chess game with a friend. Go swimming. Anything. The point is... boredom eating is NEVER the only thing to do.

It's tempting sometimes, but don't trick yourself into eating when you're not even really hungry.

Tip #3:

Don't clean your plate. Practice the art of “nonfinishing.” (Or just make a smaller plate.)

“ Starting something doesn't automatically justify finishing it. If you're full after a half plate of ribs, put the fork down and don't order dessert. More is not better, and stopping something is often 10 times better than finishing it. ”

~ Tim Ferriss, *The 4 Hour Work Week*

Bestselling author Tim Ferriss hits the nail on the head in the quote above. The old tradition of “cleaning your plate” is an overeating trap. If your plate has 1,200 calories of heavy food on it, you probably shouldn’t clean it!

Of course, the easiest way to avoid this is to only put a little bit of food on your plate at a time. But here’s the problem: You’re not always serving yourself during meals. Sometimes, the portions aren’t up to you.



So, when someone sets a big pile of food in front of you... or if you realize you put too much on your own plate... just eat slowly. And when you’re full, push the plate away. Box the rest of the food up for later if you’re worried about wasting or offending.

This simple practice can easily cut upwards of 700 calories off your Thanksgiving meal!

All three of these tips are chosen specifically to help you through Thanksgiving, and the rest of “Body Ruin Season,” but they apply to the rest of the year, too!

Now, it’s MEAL time! (Next Page)



SECTION 2: HEALTHY EATS

*Thanksgiving-themed food... delicious,
but not fattening!!*



1. SINFULLY SIN-FREE STUFFING!

Stuffing is a calorie trap, right from the start. All the factory-farmed butter (usually a cup or more) and sugar-laced bread... *forget about it!* But never fear... this amazing stuffing recipe satisfies all your comfort-food needs without ruining your waistline.





Ingredients (serves 10):

- ✓ 12 oz sourdough or whole grain bread (no sugar added), cubed
- ✓ 2 Tablespoons butter, divided
- ✓ 2 Tablespoons extra virgin olive oil
- ✓ 1 pound mushrooms (use a mixture), diced
- ✓ 2 yellow onions, diced
- ✓ 3 ribs celery, diced
- ✓ 2 carrots, diced
- ✓ 4 cloves garlic, minced
- ✓ ¼ cup fresh sage, minced
- ✓ 1 tablespoon fresh thyme
- ✓ 1 tablespoon poultry seasoning
- ✓ ¾ teaspoon sea salt
- ✓ ¾ teaspoon ground pepper
- ✓ 2 cups low sodium vegetable or chicken stock
- ✓ 2 eggs
- ✓ 1 cup dried, unsweetened cranberries

Instructions:

1. Spread cubed bread on a sheet pan and drizzle with 1 tablespoon of oil. Toast in the oven at 375°F until golden brown, about 15 minutes. Remove from oven and transfer to a large mixing bowl.*

2. Preheat oven to 350°F. Coat a 2-quart baking dish in a light mist of cooking spray and set aside.
3. In a large saute pan, heat half the butter over medium high heat. Add the onions, carrots and celery and cook until tender. Add garlic, herbs, poultry seasoning, salt and pepper, and cook until garlic is fragrant. Transfer to the bowl with the bread.
4. Add the remaining butter and olive oil to the saute pan, and cook the mushrooms until tender and golden brown – about 5 minutes over medium heat. Transfer to mixing bowl.
5. Add cranberries and stock to mixture in the bowl, stirring to combine. When mixture is cool, add eggs and stir to combine thoroughly – bread should be well-moistened.
6. Transfer to the prepared baking dish and bake for 25-30 minutes, or until well browned.
7. *Plate it, serve it, and enjoy it! :)*

**** To free up oven space on Thanksgiving, you can toast your bread up to a day in advance. Let it cool completely, then store in an airtight container.***

***** If you're into a sausage stuffing, feel free to add a little crumbled turkey sausage to this recipe – chicken apple sausage also works well. Just cook it with the mushrooms.***





2. YUMMY SAGE-RUBBED DELICATA SQUASH

This is a perfect side to your turkey or the pork tenderloin recipe you'll see in a minute. Try this instead of that bowl of gravy-soaked mashed potatoes!

Ingredients (serves 10):

- ✓ 4 delicata squash, cut in half, seeds removed, thinly sliced crosswise*
- ✓ 2 tablespoons butter
- ✓ 2 tablespoons minced fresh sage
- ✓ Zest of one orange
- ✓ 1 teaspoon dried sage
- ✓ ½ teaspoon sea salt
- ✓ Juice of 1 orange
- ✓ Olive oil cooking spray

**Available seasonally at most grocery stores – if unavailable, you can substitute thinly sliced butternut squash.*

***Need to free up oven space for that turkey? Do up to step 2 ahead of time, then reheat for just 3-5 minutes (at any temperature) before moving on to step 3.*



Instructions:

1. Preheat oven to 400°F.**
2. Arrange sliced squash in a single layer on a sheet pan (a little overlap is fine). Spray with olive oil cooking spray, sprinkle with sea salt and dried sage, and cook until tender, about 15 minutes.
3. In a frying pan, melt the butter over medium heat. Allow it to melt and foam, then begin to go brown (about 5 minutes total).
4. Remove from heat, add fresh sage and orange zest to the butter, and set aside.
5. Arrange squash slices on a plate, drizzle with butter sauce, and the zest of one orange.
6. *Enjoy on the side of your favorite Thanksgiving staples! :)*





3. ULTIMATE THANKSGIVING... SALAD?

You betcha! The tangy, comfort-food pop of that goat cheese and those toasted walnuts makes this salad irresistibly satisfying! Plus, it's super-fast and easy to make.

I highly recommend eating this as an appetizer. The fiber in those fresh veggies will help keep you from overeating the rest of the meal.

Ingredients (serves 10):

For the Salad

- | | |
|--|--|
| ✓ 4 cups kale, stems removed, shredded | ✓ 1 red onion, thinly sliced |
| ✓ 2 cups baby arugula | ✓ 2 cups orange segments (fresh, not canned) |
| ✓ 2 bulbs fennel, thinly sliced | ✓ 1 cup toasted walnuts |
| ✓ 1 cup unsweetened dried cranberries | ✓ 1 cup chopped goat cheese crumbles |

For the Dressing

- | | |
|---|----------------------------|
| ✓ 2/3 cup red wine vinegar | ✓ 1 pinch sea salt |
| ✓ 1/3 cup extra virgin olive oil | ✓ 1 garlic clove, minced |
| ✓ Juice of 2 oranges | ✓ 1 teaspoon dijon mustard |
| ✓ 1/4 cup unsweetened, 100% cranberry juice | |



Instructions:

1. Make the dressing: Combine all ingredients in a jar and shake well – set aside, and stir well before serving.
2. Put kale in a large bowl with a pinch of salt. Rub between your (clean) hands to tenderize the kale.
3. Add arugula, fennel, and onion and toss to combine. Distribute between guests' salad bowls (or transfer to a salad bowl).
4. Top with orange segments, goat cheese, and pecans. Serve with dressing on the side.
5. *Dig in! :)*





4. TASTY, TANGY CRANBERRY SAUCE

Look, I know cranberry sauce is sweet. I know it's unavoidable on Thanksgiving. So, to protect you from the SUPER-sugary stuff... here's an ABSOLUTELY SCRUMPTIOUS recipe for your own, homemade, healthier cranberry sauce.

Ingredients (serves 10):

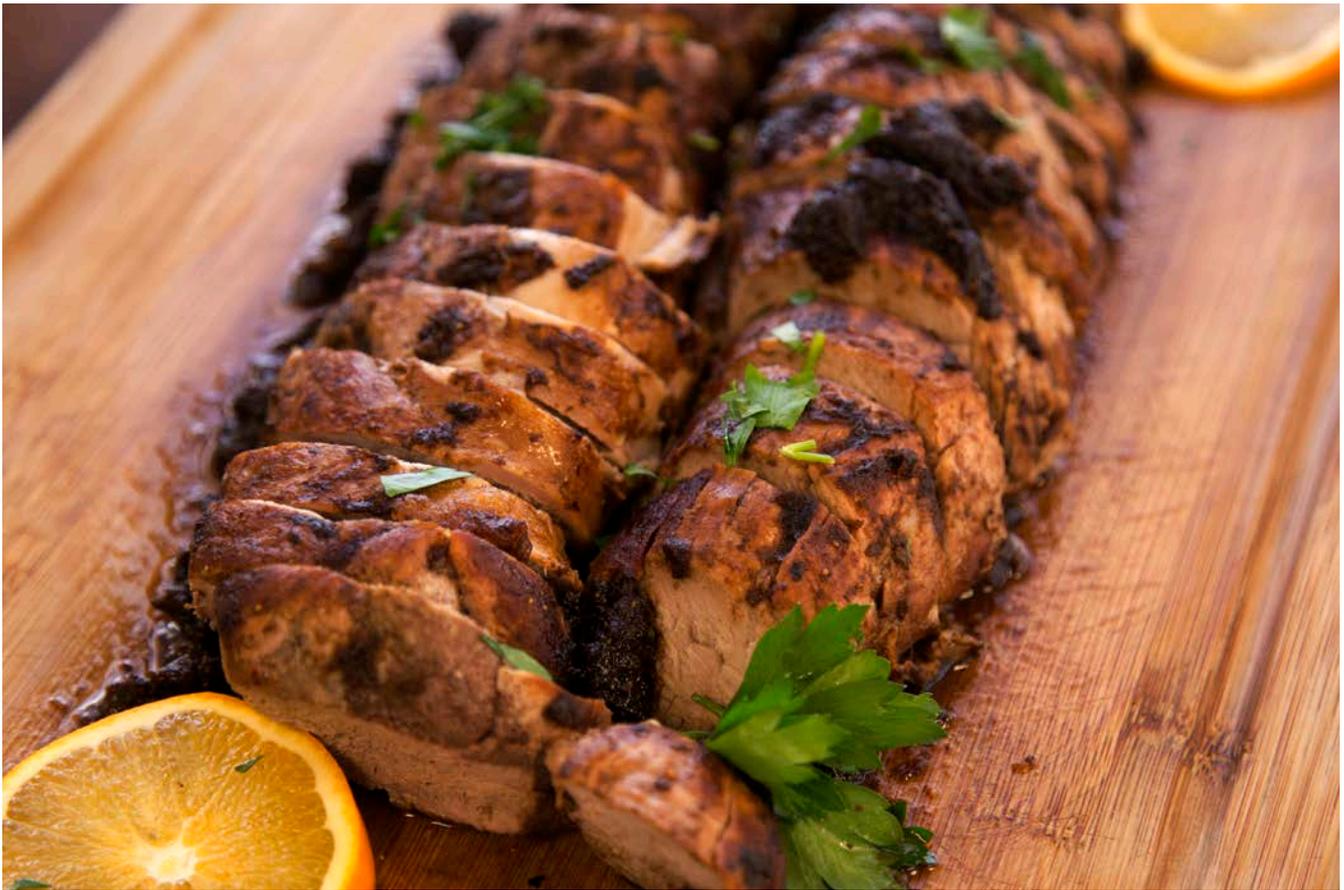
- ✓ 3 cups fresh cranberries (1 12-oz bag)
- ✓ 2 apples, skin on, grated (I like gala or fuji)
- ✓ 10 pitted dried dates, finely diced
- ✓ ½ cup golden raisins
- ✓ ¼ cup dried cranberries
- ✓ 2 oranges, peeled
- ✓ 1-2 cups water
- ✓ 1 teaspoon vanilla extract



Instructions:

1. Add cranberries, apples, dried fruit and 1 cup of water to a large saucepan. Heat over low heat and let cook slowly, stirring occasionally – cranberries should pop.
2. In a blender, puree the oranges, then add to the mixture. Continue to cook on low for 10 minutes. If mixture gets TOO thick, add more water, a little at a time.
3. Taste for sweetness – if not sweet enough, add a little more dried fruit to the mix – raisins, cranberries, dates, cherries, and figs all work beautifully. Let cook until fruit is softened.
4. Remove from heat, stir in vanilla extract, and let cool before serving.
5. *Enjoy, especially with the pork tenderloin below! :)*



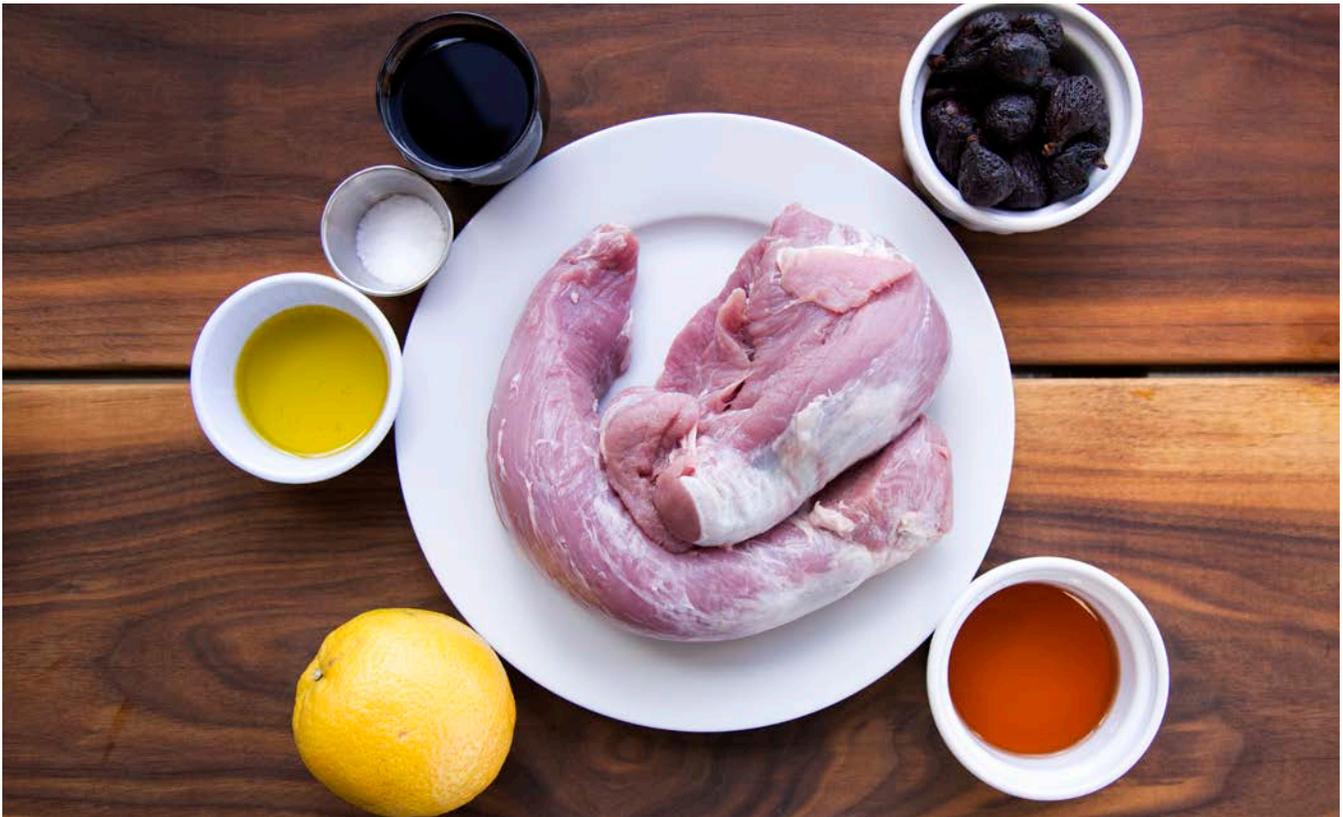


5. MELT-IN-YOUR-MOUTH PORK TENDERLOIN

The second we were done photographing this recipe, the entire Nucific office staff devoured this pork tenderloin in no time flat! Try this amazing entree, and it may replace turkey as your Thanksgiving main course!

Ingredients (serves 10):

- ✓ 3 pork tenderloin, trimmed of silverskin (ask your butcher if you don't know how!)
- ✓ 1 cup balsamic vinegar
- ✓ 1 cup dried figs OR 2 cups fresh or frozen figs
- ✓ Zest of 2 oranges
- ✓ ¼ cup red wine vinegar
- ✓ ¼ cup extra virgin olive oil
- ✓ Sea salt, to taste



Instructions:

1. Sprinkle all sides of tenderloins with sea salt, and set aside, at room temperature (don't worry, they won't be out long).
2. Preheat oven to 375°F.
3. In a saucepan, combine the vinegars, orange zest and figs. Bring to a boil, then puree in a blender (or with a stick blender.) Return to heat and let cook 4-6 minutes, until slightly thickened.
4. Heat a large skillet (large enough to accommodate at least one tenderloin) over medium high heat. Add enough oil to coat the pan, then pat tenderloins dry with a paper towel, and add to hot pan – you may need to do one at a time.
5. Sear on all sides, then transfer all 3 tenderloins to a baking dish. Pour glaze over all three and bake until the internal temperature of the tenderloins reach 160°F, turning occasionally.
6. Serve sliced, with any excess sauce drizzled over the pork.
7. *Take your first bite, and never look at pork the same way again! :)*





6. TURKEY DAY STUFFED BUTTERNUT SQUASH

This amazing wild mushroom stuffed butternut squash can be cut in sections and served as a side, or it can be eaten as a main course. Plus it keeps well in the fridge for holiday leftover meals!

Ingredients (serves 10):

- ✓ 3 butternut squash, split in half, seeds removed
- ✓ 1 ½ cups cooked barley*
- ✓ 2 yellow onions, thinly sliced
- ✓ 2 cups mixed wild mushrooms, diced
- ✓ ¼ cup minced parsley
- ✓ 2 tablespoons minced thyme
- ✓ ¼ cup minced fresh sage
- ✓ 1 tablespoon fresh minced rosemary
- ✓ ¼ cup extra virgin olive oil
- ✓ Sea salt and black pepper, to taste
- ✓ 1 cup crumbled goat cheese**



Instructions:

1. Preheat oven to 375°F.
2. Arrange squash on a lightly oiled sheet tray, cut side down. Add a little water to the pan, and bake until tender, about 1 hour.
3. Meanwhile, heat half the olive oil in a large skillet over medium high heat. Add onions with a pinch of salt, and cook until golden brown. Add the remaining oil right to the pan, along with the mushrooms and cook with onions until browned and tender.
4. Add herbs to the pan, cook until fragrant, then add barley, and cook until warm. Taste for seasoning and add salt and pepper as needed.
5. Remove from heat and add goat cheese, if using. Fill cavities in squash with the barley mixture and return to oven for an additional 15– 20 minutes before serving.
6. *Treat yourself to this decadent — but healthy — holiday dish! :)*





7. HOLIDAY SPICED WINE-POACHED PEARS

This is NOT a super-sweet dish, but it's delicious... especially with the salad above. The combo will blow your mind. I highly recommend it!

Ingredients (serves 10):

- ✓ 5 ripe bosc pears, peeled, halved, cores removed with a melon baller.
- ✓ 1 bottle red wine – I like using malbec or lambrusco
- ✓ 2 cinnamon sticks
- ✓ 3 stars of star anise
- ✓ 1 teaspoon whole allspice
- ✓ 4 cloves
- ✓ 2 oranges, sliced
- ✓ 1 bar dark chocolate, finely chopped
- ✓ 2 cups unsweetened whipped cream (or whipped coconut cream)



Instructions:

1. Pour the wine into a large pot, then refill wine bottle with water. Add water to the pan as well. Add all spices and the orange slices to the pot, and bring to a simmer.
2. Add pears and cook over low heat until tender, about 45 minutes. Remove pears from the pot and set aside. Remove and discard spices and oranges.
3. Turn pot to medium high heat, and reduce cooking liquid until thick, then set aside.
4. Serve pear halves with a drizzle of the cooking liquid, a dollop of whipped cream and a sprinkle of dark chocolate.
5. *Take your first bite, and never look at pork the same way again! :)*

Lean, delicious, fall-inspired fuel for your body? Check! Now, let's use it to get your heart pumping.

It's time to get on those feet! (Next Page)



SECTION 3: GET ON YOUR FEETS!

3 easy exercises to continue strengthening your body for the holiday season and beyond!

This month's exercises focus on three things: balance, tone, and convenience. What I mean by convenience is you can do all three of these exercises anywhere, at any time. That means there are no excuses for skipping them! :) **

****As always, check with your doctor to make sure these or any other exercises are safe for you to do.**

Alright, let's do it!

Exercise 1: Single Leg Stand

This exercise improves your balance and strengthens your hip flexors and core. Carrying big trays around the kitchen, moving quickly up and down stairs, and walking off that Thanksgiving meal will all become easier when you do this exercise regularly!



Step 1:

Stand straight up facing the wall with your arms straight out in front of you, fingertips touching the wall for balance. **DON'T** lock your knees.



Step 2:

Exhale as you lift one knee in front of you to hip height if possible.

Step 3:

Hold your knee up for 5 seconds, then lower your foot back down to the floor.

Step 4:

Repeat with the opposite leg.

Step 5:

Alternate this exercise from leg to leg, totaling 10 repetitions (5 on each leg).

Exercise 2: Wall Press

This exercise strengthens and tones your triceps (pushing muscles in your arms) and shoulders. And you can do it anywhere that has a wall!

Step 1:

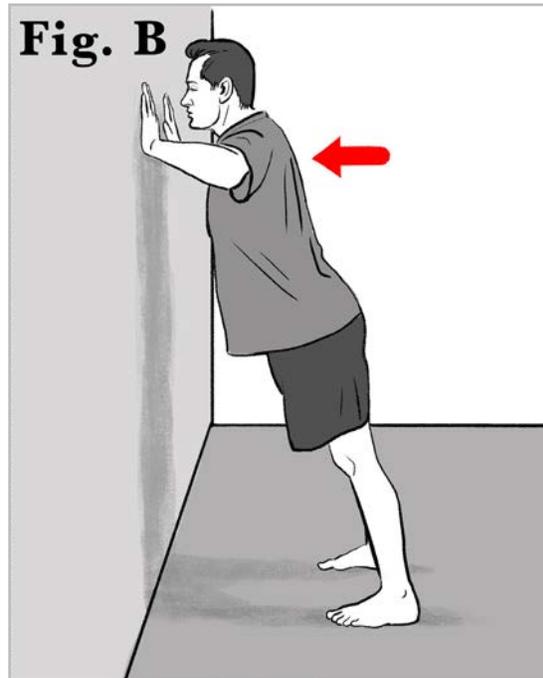
Stand facing the wall at arm's length, arms straight in front of you, with your hands placed flat on the wall at chest height, shoulder width apart. Your fingers should be spread, with index fingers pointed toward the ceiling, elbows facing the floor, and shoulders back and down.



Step 2:

Exhale as you slowly bend your arms and “lower” yourself toward the wall, keeping your body straight and your elbows close by your sides. Make sure to keep your whole body straight like a rod, and “lower” yourself as close to the wall as you can.

Fig. B



Step 3:

Inhale as you slowly press yourself away from the wall and return to the start position.

Step 4:

Repeat 10 times.

Fig. C



Exercise 3: Standing Calf Raise

This exercise strengthens your calves and the arches in your feet. This is crucial for balance and mobility. That’s why calf raises are a mainstay of most strength programs. All fitness begins with your ability to move, and that starts with your legs. As those crazy bodybuilders like to say, “Never skip a leg day!” ;)

Fig. A



Step 1:

Stand upright in neutral position with erect posture, with a chair in front of you for balance.

Step 2:

Keeping your knees straight (**but NOT locked**), exhale as you lift your heels off the ground as far as possible, coming up onto the balls of your feet.

Fig. B



Step 3:

Inhale as you lower your heels back to the ground.

Step 4:

Repeat 10 times.

Great workout! Now, eat some of that protein-rich pork tenderloin to help your muscles recover, and drink plenty of water.



THANKS FOR JOINING ME!!

This is the second “holiday prep” edition of *Nucific Fit Life Monthly* — your monthly fast-track guide to better health. Every issue will have 3 tips, 3 recipes, and 3 exercises you can use all month.

I hope you enjoyed this month’s issue. It’s designed to help you handle the health obstacles of Thanksgiving and beyond.

Just keep taking advantage of the simple tips, recipes, and exercises you read in this eBook each month, and you’ll be way ahead of everyone else by January.

I’m so proud of you for staying the course and getting healthier every day. Let’s keep going! Start putting this month’s eBook into practice today!

Have a safe, happy, and healthy Thanksgiving!

- Amy Lee, MD

