



NUCIFIC

# Fit Life

## MONTHLY

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3 Tips | 3 Recipes | 3 Exercises

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**HAPPY HOLIDAYS!**

December 2016

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# CHRISTMAS IS ALMOST HERE!

*Snacks are everywhere, and another big feast day is on the horizon... followed by New Years. Let's prepare!*

We're smack-dab in the middle of "body-ruin" season! Feasts and fattening snacks abound... *but don't worry*. We're going to conquer these challenges together and enjoy the holiday season healthier than ever! We only have a few weeks left to go. Let this special Christmas edition of *Fit Life Monthly* be your guide!

As always, you have 3 items in each of 3 different categories... except just like last month, 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 5 recipes for easy, healthy holiday dishes you can try at home. I'll help you make your holidays 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 celebrate the holidays 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:

*Don't make a New Year's resolution... Make a new MONTH'S resolution.*

***"I'm going to turn over a new leaf with my health this year!"***

It feels good to say, but it's too far off to be a tangible goal (and too vague). If you've read previous editions of *Fit Life Monthly*, you've probably heard me say shorter-term goals are better. *I wasn't kidding.*

You see, when you give yourself something to do by the end of the year, you're giving yourself a whole year to get off track! However, when you only give yourself a MONTH to achieve something significant, you do two things:

1. Limit your time enough that you're not likely to procrastinate getting started.
2. Give yourself enough time to make working toward this goal into a **new habit** — one you'll benefit from long after this month is over.

It often takes around 30 days to settle into a new habit — like exercising every morning at 8AM, etc. So make it the healthiest habit you ever picked up!

**In other words, instead of making a New Year's resolution to lose weight... make a New Month's resolution to develop a new healthy habit. *It'll pay dividends for months and years to come!***

## Tip #2:

*If you're serving sweets in your home... serve your LEAST favorite sweets.*

I mean... if it's something crazy like dirt-flavored black licorice jelly beans — in other words, something *nobody* likes — obviously don't serve it. But if there's a treat that's reasonably popular, and yet you don't like it... THAT'S what you should serve guests in your home!

Why? Because then you aren't tempted to snatch your own snacks! A bite here, a bite there... those calories can add up quickly! But if you pick a snack you don't like... you won't snatch it. *Extra calories, be gone!*

**Let me give you an example:** I have a friend who hates apple pie. She also stays skinny over the holidays... because apple pies are all she serves in her home. And while I question her sanity for hating apple pie... I can't argue with her strategy. She looks and feels fantastic these days! *And I want the same for you!*

### Tip #3:

*ENJOY your holidays! This is not as obvious as it sounds...*



This is a special time of year. It's about togetherness and appreciation. It's about remembering to be kind to each other. And it's about remembering how wonderful it is to be *alive*.

So, even though you have health challenges to overcome... even though you're working hard to reach your goals... and even though all your holiday shopping — and holiday HOSTING — can be stressful...

Don't forget to take a moment to stop and breathe in the cool, crisp air... to hear the music... and to remember what a gift it is just to be in this world.

Take these “moments to breathe” often. Life is a gift. Never forget that.

*Use these tips and I guarantee that, come January, you'll be closer to your health goals than most of the people around you!*

*TIME TO EAT! (Next Page)*



## SECTION 2: HEALTHY EATS

*All holiday goodies here... but healthier! Enjoy!!*



### 1. Breakfast for Chilly Mornings: Sweet Potato Sausage Hash

YUM! More veggies than meat, this hash is the perfect rib-sticking breakfast to turn that stiff, shivering morning body into a high-powered, well-oiled locomotive!





#### Ingredients (serves 4-6):

- ✓ ½ cup extra virgin olive oil
- ✓ 2 sweet potatoes, scrubbed and finely diced
- ✓ 1 yellow onion, finely diced
- ✓ 1 red bell pepper, finely diced
- ✓ 4 links turkey sausage, crumbled (optional)
- ✓ 1 clove garlic, minced
- ✓ 2 cups baby spinach
- ✓ 1 teaspoon sweet paprika
- ✓ ½ teaspoon cumin
- ✓ ½ teaspoon black pepper
- ✓ ½ teaspoon dried sage
- ✓ Sea salt to taste

#### Instructions:

1. In a large skillet, heat the oil over medium high heat. Add sweet potatoes, spices, and a pinch of salt, and saute until browned and tender, 7-10 minutes.
2. Add onion, bell pepper, and sausage and cook until onion is tender and sausage is well-cooked, about 4 minutes. Add garlic and sauté an additional minute until very fragrant.
3. Add spinach and cook until wilted, about 2 minutes, then taste and season with additional salt. Serve on its own or with eggs for a REALLY hearty breakfast
4. *Squash your hunger, and take on the day with gusto! :)*



## 2. Lunch for the Hectic Holiday Season: Better-the-Next-Day Turkey Soup

Turkey, roasted peppers, greens, sweet potatoes, and just the right amount of spice... No wonder this recipe was a big hit with the Nucific staff! Now, you might be thinking, "A big hit? *Soup??*" Try it, though, and you'll see why!

**TIP:** Freeze this in individual-sized servings for the perfect grab-and-reheat winter meal later.

### Ingredients (serves 4-6):

#### For the Broth:

- |  |   |
|--|---|
| ✓ 1 roast turkey carcass, most of the meat removed, chopped. | ✓ 1 teaspoon whole peppercorns                  |
| ✓ 2 onions, quartered, skin on                               | ✓ 1 tablespoon sea salt<br>(plus more to taste) |
| ✓ 3 carrots, peeled and quartered                            | ✓ 5 sprigs parsley                              |
| ✓ 3 ribs celery  | ✓ 2 cups white wine                             |
| ✓ 5 cloves garlic  |   |

### For the Soup:

- ✓ ¼ cup extra virgin olive oil
- ✓ 1 yellow onion, diced
- ✓ 4 cloves garlic
- ✓ 1 teaspoon red pepper flakes (optional)
- ✓ 2 cups chopped leftover turkey meat, cooked
- ✓ 2 cups diced sweet potatoes
- ✓ 2 roasted red bell peppers, diced
- ✓ 1 bunch kale, cleaned and thinly sliced
- ✓ 4 cups turkey broth
- ✓ Sea salt to taste



### **Instructions:**

#### **For the broth:**

1. Add all broth ingredients to a large soup pot, and fill pot with water until turkey carcass is covered.
2. Simmer for 2 hours, then strain and store – broth can be refrigerated for up to a week or frozen for up to 3 months.

### For the Soup:

1. In a large pot, heat the oil over medium heat. Saute the onion and garlic until tender and fragrant, then add red pepper flakes, turkey, and sweet potatoes.
2. Saute until potatoes are beginning to brown, then add bell peppers and kale, and cook until kale is wilted.
3. Add broth, and simmer for 20-30 minutes. Taste, and adjust seasoning accordingly.
4. Enjoy your serving now, and save the rest for later! :)



### **3. Dinner that'll Make Santa Claus Move In: Saucy Pink Pepper Seared Skirt Steak**

I know that name is a “saucy” mouthful, but so is every bite of this delicious steak! It’s festive to look at, and even more festive to taste. Even better, it calls for affordable skirt steak. So, you can save that filet mignon money for presents... yet still eat a dinner fit for royalty!



#### Ingredients (4 generous servings, or 6 sensible servings):

- ✓ 2 pounds skirt steak, or flap steak if you can't find skirt
- ✓ 1/2 cup unsweetened greek yogurt
- ✓ 1 tablespoon dijon mustard
- ✓ 1 teaspoon sea salt
- ✓ 1/4 cup balsamic vinegar
- ✓ 1/4 cup plus one tablespoon extra virgin olive oil
- ✓ 1/4 cup diced fresh parsley
- ✓ 1 tablespoon minced fresh rosemary
- ✓ 1/4 cup diced fresh cilantro (or double the parsley)
- ✓ 1 tablespoon diced fresh mint
- ✓ 2 cloves garlic, crushed
- ✓ 1 pinch sea salt
- ✓ 1 tablespoon crushed pink peppercorns
- ✓ Juice of 1 lemon

#### Instructions:

1. Combine the yogurt, mustard, sea salt, and vinegar in a large zip-top bag. Add steak and let marinate for at least 20 minutes at room temperature, or as long as overnight refrigerated.
2. While steak marinates, make the herb sauce. Parsley, rosemary, cilantro, mint, crushed garlic, sea salt, peppercorns and lemon juice in a bowl. Add 1/4 cup of olive oil, whisk to combine and set aside.

3. Cook the steak: Heat a large skillet over high heat. Remove steak from marinade and pat dry with paper towels, then set aside. Add 1 tablespoon of oil to the skillet and sear the steak for 3-5 minutes per side if using skirt steak, turning once.\*
4. Slice across the grain and drizzle with herb sauce.
5. *Leave the empty-calorie sweets to Santa, and enjoy your healthy, protein-rich feast! :)*

*\*I find 4 minutes per side is a perfect medium rare. If you like a more well-done steak, though... you may need to go as long as 8 minutes per side.*



#### 4. Dessert that'll Make You Forget Cookies: Chocolate Antioxidant Truffle Clusters

Truffles are among the most decadent treats out there. But it is possible to make them healthier... and still delicious?

You betcha! In fact, I had a hard time getting these tasty little gems photographed... because they kept disappearing. Someone at my office has sticky fingers!



#### Ingredients (makes 20 truffles):

- ✓ ¾ cup chopped bittersweet chocolate – at LEAST 80% cacao, ideally stevia-sweetened
- ✓ ¼ cup unsweetened dried cranberries
- ✓ ¼ cup slivered almonds, toasted
- ✓ 1 tablespoon dried raisins
- ✓ 1 tablespoon unsweetened dried coconut

#### Instructions:

1. In the microwave over low heat, or on a double boiler, melt the chocolate, being careful not to burn it – there’s nothing worse than burnt chocolate.
2. While chocolate is melting, mix together cranberries, almonds, raisins and coconut.
3. Pour dried fruit mixture into the melted chocolate, stirring to coat. You’ll need to work quickly so the chocolate doesn’t set. If it gets hard to work, simply heat for 10 seconds.
4. Spoon teaspoon-sized dollops onto a parchment-lined sheet tray, and freeze until set, about 10-15 minutes. You should make around 20 clusters.
5. Once set, transfer to airtight container, then store in a cool dark place until serving.
6. *Enjoy! Santa may pout over his milk and cookies when he sees you eating these! :)*



## 5. Crunchy, Tasty Holiday Snackin': Amy's Special Spiced Nuts

Throw those candied nuts away. You don't need all that sugar! Not when you're armed with this delectable, savory, easy-eating version of spiced nuts. Give this snack a try, and you'll leave sugary snacks in the dust!

### Ingredients (serves 12):

- |                            |                                 |
|----------------------------|---------------------------------|
| ✓ 1 cup raw almonds        | ✓ 1 tablespoon rosemary, minced |
| ✓ ½ cup raw walnuts        | ✓ 1 teaspoon thyme, minced      |
| ✓ ½ cup raw pecans         | ✓ ½ teaspoon sweet paprika      |
| ✓ ½ cup raw cashews        | ✓ ¼ teaspoon cayenne pepper     |
| ✓ ½ cup raw macadamia nuts | ✓ ½ teaspoon sea salt           |
| ✓ ¼ cup olive oil          | ✓ ¼ teaspoon cinnamon           |
| ✓ 4 cloves garlic, minced  | ✓ 1 egg, beaten                 |



#### Instructions:

1. In a large bowl, combine the nuts, and set aside.
2. Preheat oven to 350°F.
3. Heat olive oil over medium heat and add garlic and herbs. Saute until fragrant, and add to nuts along with spices. Toss until completely cool, then add egg and toss until nuts, egg, spices, and garlic are well-combined.
4. Spread onto a parchment-lined sheet tray and bake 15-20 minutes, until nuts are dry – it may take longer in some ovens.
5. Let cool and break any large chunks into small pieces before serving.
6. *Enjoy your lean treat while others are fattening up on pralines! :)*

*Dining like royalty during holiday season... except healthy?  
Check! Now, let's work out!*

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



## SECTION 3: GET ON YOUR FEET!

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

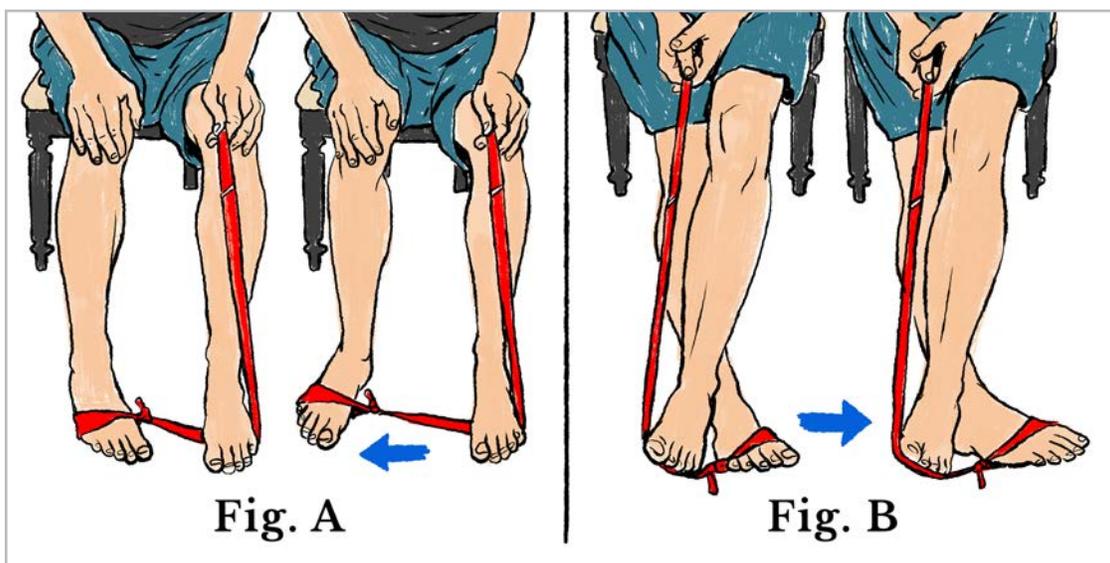
Injury prevention is the name of the game this month. All three exercises in this edition stabilize your body for movement. Exercises 2 and 3 also get your heart pumping and strengthen/tone your limbs. :) \*\*

**\*\*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: Ankle Side-Flexes (performed with elastic band)

This exercise strengthens and stabilizes your ankles and helps to prevent sideways twists/sprains. With all the running around you're doing during holiday season, I highly recommend it!



### For the outer ankles:

- Step 1:** Take a 5' elastic band (lighter resistance level) and tie one end of the band into a 6" loop (big enough to stick your foot through).
- Step 2:** Sit upright in a chair with your feet on the floor, about hip-width apart, toes pointed forward.
- Step 3:** Put the toes and ball of your right foot through the loop in the band, grabbing the other end with your left hand. Step on the band with your left foot to anchor it, and pull the band tight with your left hand.
- Step 4:** Keeping your right foot flexed upward, rotate your toes left to right slowly, then right to left slowly. Repeat 10 times.
- Step 5:** Do a mirror image of the same exercise on the opposite foot.

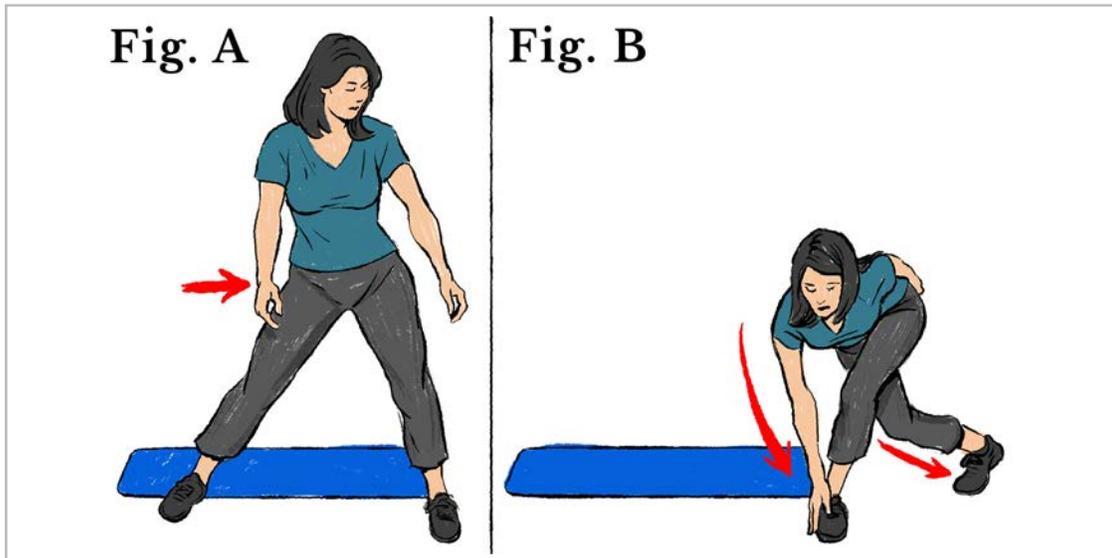
### For the inner ankles:

- Step 1:** Use the same elastic band as before, passing the ball and toes of your right foot through the loop again.
- Step 2:** This time, straighten your legs in front of you, with your heels on the floor. Cross your left leg over your right.
- Step 3:** Pass the band under your crossed-over left foot, grab the non-looped end with your right hand, and pull the band tight.
- Step 4:** Keeping your right foot flexed upward, rotate your toes left to right slowly, then right to left slowly. Repeat 10 times.
- Step 5:** Do a mirror image of the same exercise on the opposite foot.



## Exercise 2: Lateral Step Toe Touches

This exercise gives you a nice cardio pump while improving your balance and strengthening your legs and glutes. Any time you need to get a good, quick, energizing workout in, this exercise is a great option!



**Step 1:** Stand straight up with your legs, feet, and hips aligned.

**Step 2:** Step laterally to the left (as wide a step as you can safely make).

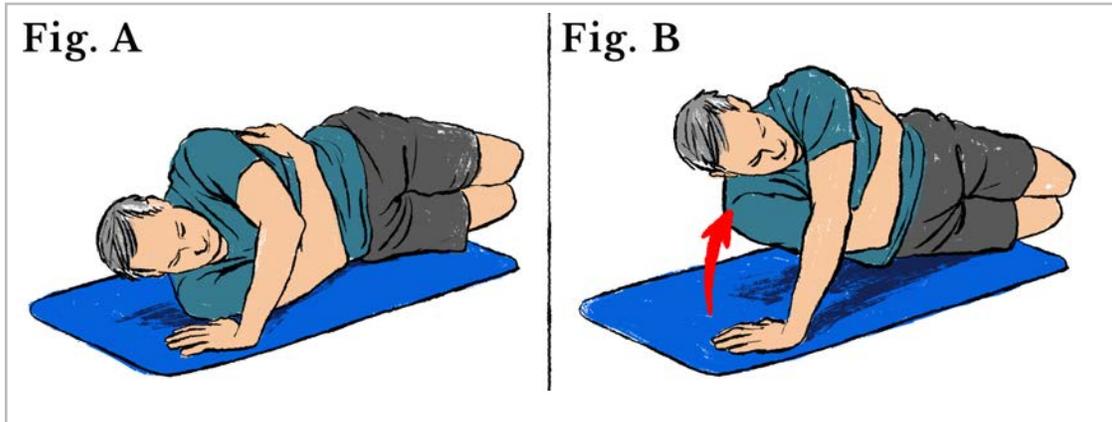
**Step 3:** Bend your left knee and lower down to touch your left toes with your right hand, while your right leg crosses behind you and you touch the floor with your right foot. When performed properly, your right hand and right foot should make contact with their targets at the same time.

**Step 4:** Come up, cross over, and repeat on the opposite side.

**Step 5:** Alternate like this — step left, cross/touch, come up/step right, cross/touch, come up/step left — for a total of 10 repetitions (5 cross/touches on each side). **Make sure to keep your back straight during this exercise, even if you can't go down as far. No back bending!**

## Exercise 3: Side Push-Ups

This exercise strengthens your arms, shoulders, chest, and core — all at the same time! And it couldn't be simpler. Plus, you can do it anywhere!



- Step 1:** Lie on your right side, with your right arm folded across your stomach, right hand grabbing your left side. Pull your knees in toward you until your thighs are perpendicular to your body. (This is so you can come comfortably up onto your hips when you push up.)
- Step 2:** Place your left hand on the floor in front of your right shoulder, elbow pointed away from your body at a 45° angle, fingers pointed back in the opposite direction from your elbow.
- Step 3:** Exhale and tighten your core as you press your left hand into the ground to lift your upper body off the floor. Straighten out your left arm as much as you can. At the top of the exercise, your weight should be on your right hip and left hand. Keep your upper body as straight as possible!
- Step 4:** Inhale as you lower yourself back to the floor. Repeat the push-up up to 10 times. (This is a challenging exercise. It's okay if you can't do many reps!)
- Step 5:** Switch sides and do the same exercise — and same number of reps — on your left side using your right arm.

Good job! Now, enjoy your steak, stay hydrated, and make this your best holiday season ever!



# THANKS FOR JOINING ME!!

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

I hope you enjoyed this month’s issue. My goal is to help you start 2017 healthier than ever... instead of feeling guilty and out-of-shape like other people!

Just keep taking advantage of the simple tips, recipes, and exercises you read in this eBook each month, and you’ll quickly learn how much better it is to start the year on a high, healthy note!

Finally, I just want you to know how inspiring it is for me to see your commitment to your health... and how honored I am to be able to help you make progress!

There’s no stopping you now! Start using what you learned in this month’s eBook today!

Have a magical December, and I’ll talk to you soon!

**- Amy Lee, MD**

