



Trainer Highlights

WAYS TO BEAT THE POST-HOLIDAY BULGE

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HAPPY HOLIDAYS FROM DFM!!



It's December, and we all know what that means. Food, drinks, family, friends and a lot of sitting. While this is a time we should all enjoy, we also have to make sure the hard work we've done all year to stay healthy isn't going to waste. Here are some ways to keep yourself fitting into your clothing come January:

1. Plan ahead for the healthy substitutes you're going to make during your holiday cooking. If you normally have used whole milk in the past, switch to skim. Instead of oil, use applesauce for cakes to keep

that moistness in your baked goods. Instead of more salt, use some herbs and spices in your dishes. Knowing what you like ahead of time will help you to not fall back on old habits at the last minute before the party.

2. Plan an activity for after your meal. If you know you're going to have to move around, you'll be less likely to overeat. Nobody wants to feel sick at a party!

3. Start your workout plan early. Don't hesitate to start

your workouts and don't put it off until it's New Year's Resolutions time and the gym is packed. Know your way around, learn from your trainer and get moving!

4. Find new healthy recipes. We have a new one in this newsletter each month. Your trainer can help you with how to eat. There are many resources for you to utilize this holiday season, so don't put it off! Talk to your DFM trainer today about your diet and possible recipes for the holiday season!

HOLIDAY RECIPES

Spiced Pecans

1 pound pecan halves
1 tablespoon packed dark brown sugar
1 1/2 teaspoons kosher salt
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1/2 teaspoon freshly ground pepper
Pinch of cayenne pepper
2 tablespoons extra-virgin olive oil

Preheat oven to 350°F.
Spread pecans on a large baking sheet. Roast until fragrant, about 12 minutes. Watch carefully so they don't burn.
Combine brown sugar, salt, thyme, rosemary, pepper and cayenne in a small bowl. Transfer the roasted pecans to a large bowl, drizzle with oil and toss well to coat completely. Sprinkle with the spice mixture and toss again. Serve warm or cool and store in an airtight container.

Golden Turmeric Latkes with Applesauce

SAUCE
1 tablespoon canola oil
2 teaspoons grated fresh ginger
1/2 teaspoon ground turmeric
1/2 teaspoon ground cloves
1 cup unsweetened applesauce

LATKES
2 cups shredded peeled russet potatoes
1 small onion, finely chopped
1-2 fresh green serrano chiles, stemmed and finely chopped
3 tablespoons finely chopped fresh cilantro leaves and tender stems
1/2 cup chickpea flour or unbleached all-purpose flour
1 teaspoon ground cumin
1 teaspoon kosher or sea salt
1/2 teaspoon ground turmeric
2 large eggs, slightly beaten
2 tablespoons canola oil, divided

To prepare sauce: Heat 1 tablespoon oil in a small skillet over medium-high heat. Add ginger and cook,

stirring, until light brown and aromatic, 30 seconds to 1 minute. Stir in turmeric and cloves. Cook until the spices are fragrant, 30 seconds to 1 minute more. Scrape the spices into the applesauce in a small bowl and stir well to combine.

Preheat oven to 200°F. Place a baking sheet in the oven.

To prepare latkes: Thoroughly mix potatoes, onion, chiles to taste, cilantro, flour, cumin, salt, turmeric and eggs in a large bowl.

Heat 1 tablespoon oil in a large nonstick skillet or griddle over medium heat. Place a heaping tablespoon of the potato mixture in the skillet and flatten with a spatula into a disk roughly 3 inches in diameter. Form

as many latkes as you can in the pan without overcrowding. Cook until golden brown and crispy on the bottom, 3 to 5 minutes. Flip and continue cooking until the other side is golden brown and crispy, 3 to 5 minutes. Briefly drain on a paper towel-lined plate, then transfer to the oven to keep warm. Repeat with the remaining oil and potato mixture.

