

Turkey Day Tips, Tricks and Gobbles

So you are trying to either a) lose fat over the holidays or b) at least not gain it. You know its funny because Thanksgiving and Christmas are just two days. Their destruction of good eats however, haunts and temps us for weeks! What do we do? How do we best navigate through this sea of gravy temptation? What is the best to eat, how do we recover if we over eat? How are we not rude about not eating bad, how do we sneak in others eating good? I am going to cover all these things and more for you right now but broken down into two categories.

The visitors and the home team!

The Visitors Team-

1. My mama always said bring a gift-No I am not talking about being preachy and handing over the low carb/low fat/ dry organic free range stuffing. I said bring a gift! There are some foods that own their own are healthy and taste quite good. Bring some safe items with you that you can fill up own so that you wont have as much room for the bad and that also goes nicely with the spread. But what if you can't cook or don't care too, well some ideas...
 - Veggie or Fruit Plates-Fill up on fruit and veg, lower calories.
 - [Hummus](#) for dipping-Most are only 30-50 calories a serving. Goes great with those veggies too.
 - [Tea Biscuits](#) and Coffee (you can find these in most grocery store in the kosher/specialty section. 2 yummy biscuits for 32 calories!)
2. Don't be a boring lump-Look we know that you can be 1 or 2 visitors. The I sit, am a little grumpy don't want to be here where is the food person or the lets do something person!!! Now my family is nothing but the first, as most are, you shake things up! Since you don't have to prepare, then you do them a favoring by helping

entertain. Play some football, get outside and do something if its too cold gets some charades going on. SPEND TIME WITH EACH OTHER!!

3. Have another plate-I know right, I am nuts! The first plate I want to be all the good stuff, the lean meat, the veggies, the fruit, all the low calories goodness. After you finish that then whatever you have room for you can have on the 2nd plate. This will limit the actual amount of the bad you can take in and save you some calories right there alone PLUS you don't look the "dieter" because you are having a dessert, you are having a 2nd plate.

4.Help clean up-Not only does it help out the stressed out mom/dad, you burn a few extra calories.

The Home Team-

1.Cook!-Look you have the advantage, you get to do the cooking!! That doesn't mean to serve tasteless guck either, just make smart choices. Get a bigger turkey and serve the white meat only. Where you can substitute some items, for example you can totally use skim milk and [light butter](#) in your potatoes and it not make a difference.

2.Smart Choices-Okay look you can't make a low calories pecan pie, it is what it is people. You can however make a healthy and low calories pumpkin pie or better yet, a [pumpkin cheese cake](#) that is to die for. Another idea is you yeah you could make "canned cranberry sauce" or you can whip up [cranberry nut bread](#) and at least get something nutritious for the calories like grain and good fats. Want deviled eggs? Great but stuff them with something different like some roasted garlic hummus and turkey meat.

3.Have actives-Don't just make the visit to your house all about the food, be a good example. Have some sack races for the kids, spoon

games for the adults. Don't let the TV rule the house anymore. Play some sports, even have a turkey bootcamp (see below). I assure you the less awkward the visit, the more fun that is being had just hanging out, the less food becomes the star!

4. Cook for only those you know- Seriously, don't get carried away. This isn't the last meal, this isn't the send off to war. You don't need 2 turkeys, 1 chicken, 3 pies, 10 sides. Less is more. Pick some solid dishes and go with them. This also will stress you out less and make you less likely to eat because of being upset.

Turkey BootCamp!

Want a fun fitness game to play with the young ones? Welcome to Leigh Peele's Ultimate Turkey BootCamp.

Objective: Complete all challenges in teams of two. Whoever wins gets the ultimate prize of Turkey Bootcamp champion and prize of your choice (trophy, jersey, make it fun, even for friends).

Items Need: Good Attitude, Stuff to use as course markers, lemons, bean bag/ball (something small you can toss) and stopwatch or clock.

Rules: Best of 5-No cheating-Keep It fun, Keep it Clean

Challenge 1- [Wheel Barrow Race](#)

Challenge 2-Plank Wars-The two of you try to hold a [plank](#) for as long as you can. Whichever team has the longest time wins!

Challenge 3-Wall Sits- The two of you try to hold [wall sits](#) for as long as you can. Whichever team has the longest time wins!

Challenge 4-Lemon Roll Relay-Each team has to relay from one marker to the other pushing the lemon only using their nose. First team done wins!

Challenge 5-Bulls Eye-Setup a target with points, stand 2-3 yards away depending on the challenge you want and toss into the target area. Best team points win!

Gobble!

Here is my favorite recipe for thanksgiving leftovers.



- 1 Pound turkey breast, cut into 1/4-inch strips**
- 1/2 Teaspoon salt**
- 1/4 Teaspoon freshly ground black pepper**
- 1 Tablespoon olive oil, divided**
- 1 Medium red bell pepper, seeded & cut into 1/4-inch strips**
- 1 Medium yellow bell pepper, seeded & cut into 1/4-inch strips**
- 1 Pound Swiss chard, stalks removed & coarsely chopped**
- 2 Tablespoons balsamic vinegar**
- 2 Tablespoons sugar**

1. In a medium bowl, toss turkey strips with salt and pepper.
2. Heat 2-teaspoons oil over medium-high heat. Sauté turkey in hot oil for 4 to 5 minutes or until turkey is no longer pink in the center. Do not over cook. Remove turkey from the pan and set aside.
3. Add remaining 1-teaspoon oil to pan and sauté peppers for 2 minutes. Gently fold in Swiss chard.
4. In a small bowl, combine vinegar and sugar; stir into vegetable mixture. Reduce heat to medium and stir-fry mixture 2 to 3 minutes or until vegetables are tender.
5. Return turkey to pan and heat well. Serve immediately.

Nutrition Facts			
Calories 220			
		% Daily Value*	
Total Fat 4g			
Saturated Fat 0.5g			
Cholesterol 70mg			
Sodium 570mg			
Total Carbohydrate 15g			
Protein 31g			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:			
	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

87% of People are attempting fat loss and failing. Not Anymore!

Get the sexy body you always wanted without starving yourself again. The Fat Loss Troubleshoot e-book is the education you need to start on changing your life. This book contains an all inclusive, proven 12 week fat loss program, meal planning and easy to follow methods to insure you don't fail. Don't put it aside any longer. I hope you enjoy learning about true fitness and nutrition and how to finally get the body you always wanted.

The Fat Loss Troubleshoot

An E-Book by Leigh Peele

- Support Your Weight Loss Goals
- Easy Meal Planning
- Exercises that Bust through Fat in less than 60 minutes
- Shopping Made Simple
- Supplements You Can Trust
- New Aerobic Fat Loss Helper



About the author

The following was written in whole by Leigh Peele. Leigh Peele is certified by the National Academy of Sports Medicine and the American Fitness Professionals & Associates.



The NASM-CPT certification
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Leigh Peele currently trains clients in North Carolina as well as those around the country. Published and already making a name in the field of fitness training this is the first of what is to be expected of many releases in the future. For more information of contact please visit <http://www.fatlosstroubleshoot.com>

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