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|  | **Tip:** | **Picture**: |
| **Week 1:** | **We all LOVE pumpkin! Beware of the pumpkin flavored foods because they are loaded with sugar.**  **Try this delicious- Pumpkin Smoothie**   * 1 cup unsweetened almond milk * ½ cup pumpkin puree **(not pumpkin pie filling)** * 1 scoop vanilla whey protein powder * ½ teaspoon pumpkin pie spice * 1 medium banana * 6 ice cubes   Blend everything and enjoy! |  |
| **Week 2:** | **Brussel Sprouts**  Did you know Brussel sprouts are a great non-starchy vegetable that is a good source of protein, iron, potassium, Vitamin C, antioxidants, and folate? Fill half of your plate with this delicious veggie for a healthy meal.  **Check out our website for a healthy way to prepare your Brussel sprouts.**  [www.healthystepsnutrition.com](http://www.healthystepsnutrition.com) |  |
| **Week 3:** | **Swapping Recipes**  Many of the holiday recipes we love are loaded with fat and carbohydrates. Try swapping your heavy holiday dishes with a lighter option. Check out our holiday recipes on the website. We have a mashed cauliflower, healthy stuffing and green bean casserole recipe. You can also try cauliflower stuffing instead of bread crumbs!  [www.healthystepsnutriton.com](http://www.healthystepsnutriton.com) |  |
| **Week 4:** | **Healthy Food Swaps:**  It is important to know how to substitute food choices that are not so good with healthier options to help you stay on track.   |  |  | | --- | --- | | **Choose these** | **Instead of these** | | Applesauce for baking | Butter/oil/shortening | | Fat-free Greek Yogurt | Ice Cream | | Almond milk/skim milk | Whole milk/creamer | | Beams/carrots (pureed) | Flour/cornstarch for thickening | |  |