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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.

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| **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  |

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