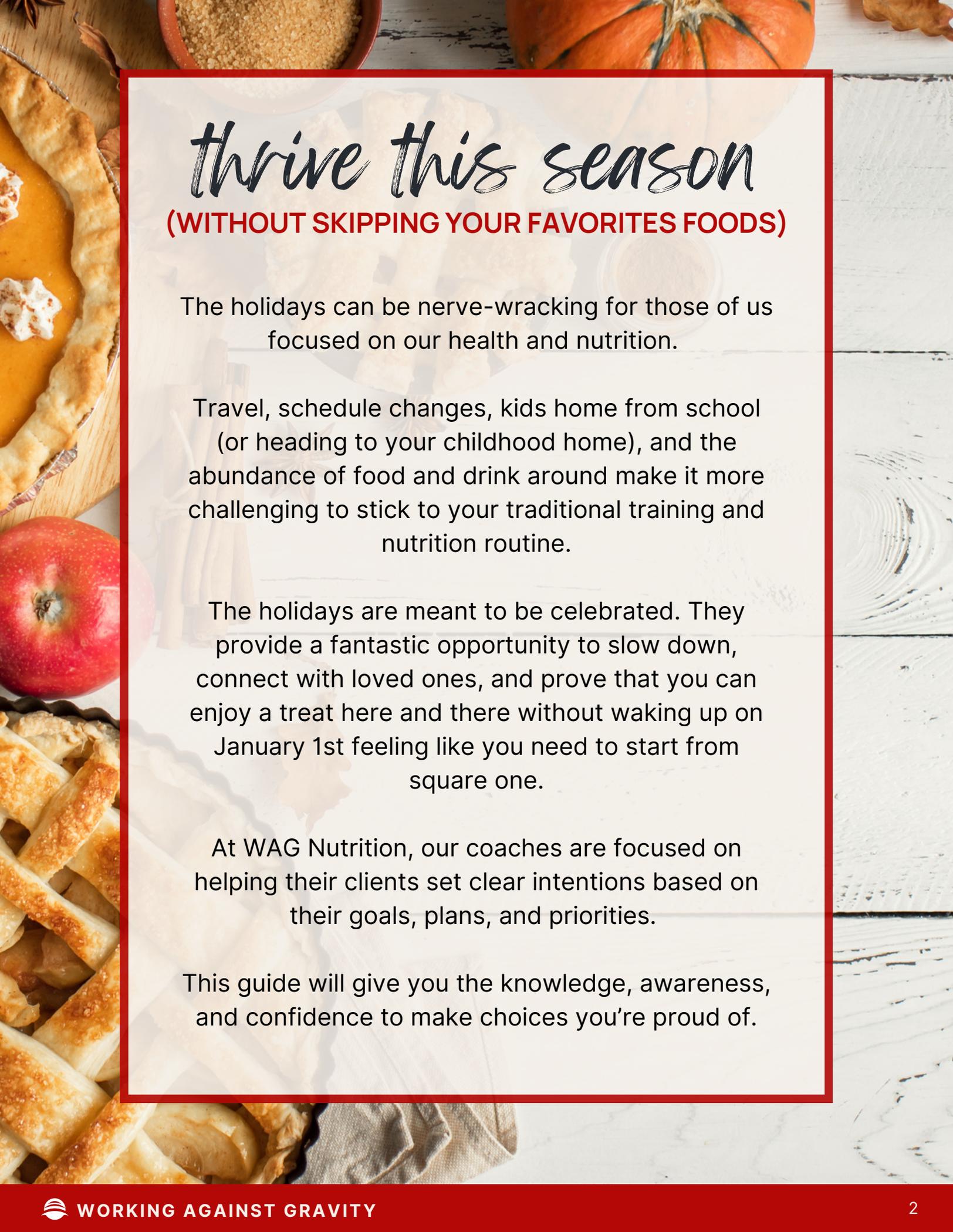




WORKING AGAINST GRAVITY

guide to a healthy holiday



thrive this season

(WITHOUT SKIPPING YOUR FAVORITES FOODS)

The holidays can be nerve-wracking for those of us focused on our health and nutrition.

Travel, schedule changes, kids home from school (or heading to your childhood home), and the abundance of food and drink around make it more challenging to stick to your traditional training and nutrition routine.

The holidays are meant to be celebrated. They provide a fantastic opportunity to slow down, connect with loved ones, and prove that you can enjoy a treat here and there without waking up on January 1st feeling like you need to start from square one.

At WAG Nutrition, our coaches are focused on helping their clients set clear intentions based on their goals, plans, and priorities.

This guide will give you the knowledge, awareness, and confidence to make choices you're proud of.

WORKING AGAINST GRAVITY

HOLIDAY

guide



CONTENTS

- 4 — Common Holiday Conundrums
- 6 — Holiday Tips from WAG Coaches
- 7 — Focus on Life Outside the Party
- 8 — Travel Workouts
- 10 — Macro-Friendly Recipes
- 21 — A Holiday Gift from WAG

COMMON HOLIDAY *conundrums*

(AND HOW TO SOLVE THEM)

The holidays are an amazing time to unwind and connect with loved ones. They can also pose specific obstacles when focusing on your health and nutrition. Use these strategies to overcome common holiday misconceptions and sticky situations you may encounter.

MISCONCEPTION:

Drinking more alcohol lightens social anxiety, so drink up!

SOLUTIONS:

- If you're socially anxious, get plenty of sleep the night before a big event. This helps with stress management and ensures you have a calmer frame of mind.
- Set a drink goal or limit ahead of time and sip slowly.
- "Seltzer down" wine and spiked seltzers to make them last longer.
- Drink a non-alcoholic drink between alcoholic drinks.
- Keep a mocktail on hand so you can join in the festivities and limit the number of times people offer you another drink.
- Communicate with a trusted friend or family member before stressful situations for you and ask for support if needed!

MISCONCEPTION:

Visiting family means eating all your childhood favorites.

SOLUTIONS:

- Identify the foods that you don't have access to during other times of the year, like home-cooked recipes. Enjoy small portions of these dishes and save the treats you always have access to for another time. Space out these treats over your visit instead of feeling like you have to eat them all in one sitting.
- Removing the 'off-limits' label from holiday treats. When you realize you're not restricted in what you can eat, it is easier to stop eating after the first serving.
- Focus on people and activities. Get outside, move your body, engage in conversation, drink plenty of water, and avoid the temptation to sit around a snack table at all times.

COMMON CONUNDRUMS *continued...*

STICKY SITUATION:

Big social gatherings make it hard to keep track of how much you're eating. There are SO many options — it's overwhelming.

SOLUTIONS:

- Don't put anything on your plate until you've explored all the options. Ask yourself, "Is this what I really, *really* want?". If so, put it on your plate and enjoy! If not, you can probably leave it without feeling like you've missed out.
- Fill your plate with lean protein and veggies, then let yourself digest before returning for your favorite sides or dessert.
- You do not *have* to track your food. Instead, focus on balanced food choices. For example, if you know you want to enjoy a drink and dessert, grab smaller portions of high-carb and fat sides.

HOW TO RESPOND TO *unsolicited comments* ABOUT YOUR FOOD CHOICES

"Why are you tracking your food? It's the holidays!"

"I like to stay aware of my intake, even when celebrating! It helps me feel in control."

"You can eat cookies? I thought your diet was really strict."

"My diet is flexible, and these are my favorite cookies! Did you try one?"

"Why won't you enjoy dessert with us? It's the holidays, live a little!"

"I can eat dessert whenever I want to. These just aren't my favorite, so I'll enjoy some other time"

"Why are you working out? You can take a break sometimes."

"I could skip a workout if I wanted to, but movement makes me feel good."

"Wow, you're only having one plate?"

"Yep, I feel satisfied! It was so good."

"You really cleaned your plate."

"Yes, it was awesome!"

EAT THE PIE

enjoy the cookie

You've heard it before, **"Everything in moderation."** This is especially helpful to remember during the holiday season.

A few treats won't make or break your nutrition program or your progress, but we encourage you to ask yourself, *"Is this food worth it?"* Even if you're not tracking macros on a certain occasion, thinking about balance throughout your day and on your plate will help you make choices you're proud of.

Enjoy a piece of your grandma's special pie or your mom's once-a-year holiday cookies. Skip the boxed brownies and store-bought cake you can get at any time.

Identify your favorites, enjoy them slowly, and remind yourself that nutrition is something you *get to do*, not something you *have to do*.

MORE TIPS FROM

wag coaches



"When you're headed to a get-together, bring a macro-friendly dessert, side dish, or drink that you can share and eat confidently. If you're tracking your macros, you can even track it ahead of time!"

- Coach Maria

"If you're tracking your macros, pick out your favorite holiday meal or treat and create a recipe for it in your food tracking app."

- Coach Amy



"Fill up with protein and veggies first. Don't be afraid to be the person who cuts a dessert in half and brings the rest home for later!"

- Coach Sean



"Have a plan. Prep some healthy meals and snacks you can grab when things get busy. If things go a little sideways, start fresh the next day."

- Coach Brittany



"Try not to go into your special meals hungry. Willpower decreases as hunger increases, so it is harder to make healthy choices with temptations around. Keep your other meals relatively normal."

- Coach Jess



"Think ahead to your special events and prioritize when you want to be more flexible and when you want to be more dialed in."

- Coach Ali



Hear these (expanded) tips and more in this episode of the Inside WAG Nutrition Podcast:

[Nutrition Tips & Tricks to Crush the Holidays](#)

FOCUS ON LIFE

outside

THE PARTY



A few days of enjoying extra treats are no big deal in the grand scheme of things. But if you let a few days turn into a few weeks (or even months!), you may start to notice some backward steps.

Focus on food prep, staying active, and healthy sleep and hydration habits during the days and weeks between parties and get-togethers so you don't find yourself saying, "I'll start again on January 1st."

1. STICK TO YOUR NORMS

The shift in schedule during the holidays can be tricky for people who rely on routine to stay healthy. So, stick to your normal meals and training schedule as much as possible between get-togethers to ensure you get the most bang for your routine buck.

2. USE A MEAL PREP SERVICE

If there's any time of year to enlist a meal prep service, it's the holidays. Have your nutritious meals delivered straight to your door so you can open up some mental space for the rest of the season's "to-do's." If you're a first-timer, [read our tips on how to use a meal prep service.](#)

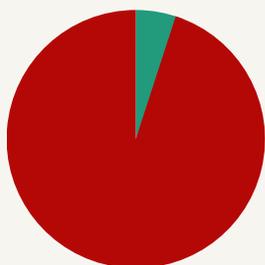
3. FOCUS ON FITNESS

Focus on the variables within your control and set specific goals for your physical activity. Here are some ideas:

- Walk at least 30 minutes per day
- Do your workout first thing in the morning before the day gets away from you.
- Commit to working out a set number of times per week.
- Get in at-home sweat sessions with bodyweight movements.

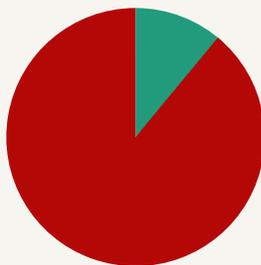
"Normal" Days Add Up!

It is common to get caught thinking a few days will ruin progress, and you may as well start over on January first. But there are 61 days in November and December which add up quickly if you commit to healthy habits!



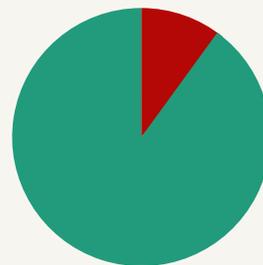
3/61 Days

Three special occasions = 5%



7/61 Days

One week vacation = 11%



54/61 Days

Healthy habit days = at least 89%

body weight holiday travel workouts

Whether you're out of town, your gym is closed, or you just need a little at-home sweat sesh, we have you covered. Use these bodyweight workouts as inspiration!

1 7 ROUNDS FOR TIME

- 200m run
- 30 push-ups

2 4 ROUNDS FOR TIME

- 30 air squats
- 1 min max lateral jumps
- 1 min max burpees
- 2 min rest

3 6 ROUNDS FOR TIME

- 20 walking lunges
- 1 min max mountain climbers
- 1 min max squat jumps
- 2 min rest

Add weight to lunges and squats if desired.

4 15 MINUTE AMRAP

- 100m run
- 20 sit-ups
- 10 burpees
- 10 jumping lunges

5 5 ROUNDS FOR TIME

- 20 hollow rocks
- 30 push-ups
- 400m run
- 2 minute rest

6 TAP OUT

- 0:00-1:00: 6 burpees
- 1:00-2:00: 10 squat jumps
- 2:00-3:00: 7 burpees
- 3:00-4:00: 12 squat jumps

Burpees increase by 1 each minute. Squat jumps increase by 2 each minute. Continue until you can't complete the work in the minute.

7 14 MINUTE EMOM

40 seconds on/20 seconds off

- Burpees
- Squat jumps

8 10 ROUNDS FOR TIME

- 100m sprint
- Rest 1 minute

9 5 ROUNDS

- 20 air squats
- 20 push-ups
- 20 v-ups
- 20 tuck jumps

10 5 ROUNDS FOR TIME

- 50 Russian twists
- 40 high knees
- 30 sit-ups
- 20 lunge jumps
- 10 burpees

simple gym holiday travel workouts

Use these workouts if you're staying in a hotel with a gym or only have access to a basic commercial gym with dumbbells (DB) and floor space.

1

STRENGTH

- 1A. 3X15 DB bench press
 - 1B. 3x10 lateral raises
 - 1C. 3x20 push-ups
 - 1D. 3x20 leg lifts
- Rest 2 minutes

12 MINUTE AMRAP

- 30 double under
- 15 DB snatches
- 20 sit-ups

2

STRENGTH

- 1A. 3x8-15 DB overhead press
 - 1B. 3x8-15 DB bent-over rows
 - 1C. 3x1 min plank
- Rest 90 seconds

3 ROUNDS

- 30 dumbbell thrusters
- Run 400m
- Rest 2 minutes

3

STRENGTH

- 1A. 3x8-15 goblet squats
- 1B. 3x1 minute static lunge (each)
- 1C. 3x20 glute bridges

3 ROUNDS

- 14 DB snatches
- 14 DB overhead squats
- 20 burpees
- Rest 2 minutes

4

STRENGTH

- 1A. 3X8-15 single-arm DB overhead press (each)
 - 1B. 3x8-15 sing-arm DB row (each)
 - 1C. 3x15 v-ups
- Rest 90 seconds

12 MINUTE AMRAP

- 20 hang DB clean & jerk
- 1 min max burpees
- 1 min max squat jumps

5

STRENGTH

- 1A. 3x8-15 DB bench press
- 1B. 3x8-15 DB goblet squat
- 1C. 3x10 min plank w/ elbow touch (each)

8 ROUNDS

- 20 seconds work/40 seconds rest
- Min 1: Push-ups
 - Min 2: Jump squats
 - Min 3: Burpees
 - Min 4: Sit-ups

6

STRENGTH

- 1A. 3x8-15 DB Romanian deadlifts
- 1B. 3x6-10 Bulgarian split squats
- 1C. 3x10 single-leg glute bridge (each)

14 MINUTE AMRAP

- 10 Devil's presses
- 10 Burpees
- 10 Push-ups

HEALTHY HOLIDAY

RECIPES

FROM WORKING AGAINST GRAVITY



CONTENTS

- 11 — Appetizers
- 13 — Mocktails & Macro-Friendly Cocktails
- 15 — Main Courses
- 17 — Side Dishes
- 19 — Desserts



appetizers

Roasted Butternut Squash & Cranberries

149 CAL | 1F | 33C | 2P

Serves 5 (86g per serving)

Ingredients

- 655g Diced Butternut Squash (1 Medium Squash)
- 80g Frozen Or Fresh Cranberries
- 175g White Onion, Sliced Into 1/3-Inch-Thick Slices
- 5g White Sugar
- 2 Tsp Dried Sage
- Olive Oil Spray
- Salt And Pepper
- Optional: Squeeze Lemon Or Orange

Instructions

1. Preheat oven to 400 F and line a baking sheet with foil or parchment.
2. In a small bowl, combine the cranberries and sugar. Set aside.
3. Peel the squash with a sharp knife or vegetable peeler. Cut the peeled squash in half and scoop out the seeds. Dice the squash into 1-inch chunks and arrange on the baking sheet along with the sliced onions, sage, and a generous sprinkle of salt and pepper. Spray everything with olive oil spray, toss and arrange in a single layer on the baking sheet. Scatter the sugared cranberries over the squash.
4. Roast for 45–55 minutes, or until the squash is tender, tossing once or twice to make sure the onions aren't burning.
5. If you're feeling super fancy, squeeze a bit of orange or lemon juice over the top and serve.



Perfect Roasted Carrots

62 CAL | 2F | 10C | 1P
Serves 2 (57g per serving)

Ingredients

- 200g Baby Rainbow Carrots, Washed, Trimmed, And Cut In Half Lengthwise (No Need To Peel)
- 4.5g Or 1 Tsp Olive Oil
- 1 Tbsp Fresh Thyme Leaves, Removed From Stems
- 1-2 Tsp Coarse Sea Salt
- 1-2 Tsp Fresh Cracked Black Pepper

Instructions

1. Preheat oven to 400 degrees.
2. In a bowl, toss carrots with olive oil, thyme, salt and pepper.
3. Arrange carrots on a cookie sheet in a single layer, making sure the carrots don't touch each other.
4. Roast for 25 minutes or until carrots are soft and the bottoms are golden brown.

Notes:

If you're making this recipe in bulk, split it into more than one pan so the carrots can rest in a single layer without touching each other. Dip these carrots in our [Creamy Maple Mustard Sauce](#) for a delicious snack.

Spinach & Artichoke Hummus

66 CAL | 2F | 8C | 4P
Serves 10 (75g per serving)

Ingredients

- 2 Cloves Garlic
- 1/2 Tsp Salt
- 1 15 Oz Can Of Chickpeas, Drained
- 140 G 2% Plain Greek Yogurt
- 1 12 Oz Jar Of Marinated Artichoke Hearts, Drained (About 200 Grams Of Artichokes)
- 1 10 Oz Box Of Frozen Spinach, Thawed And Drained
- The Juice Of 1 Lemon
- 1/2 Tsp Red Pepper Flakes

Instructions

1. Place the defrosted spinach in a paper towel and squeeze to remove any excess water. Roughly chop the spinach and the artichokes.
2. Blitz the garlic and salt in a food processor until it sticks to the side of the bowl. Scrape the bowl down and add the drained chickpeas and Greek yogurt. Pulse until smooth.
3. Transfer the hummus to a bowl and add the chopped spinach, artichokes, the juice of one lemon, and red pepper flakes. Stir until combined, and add more salt, pepper, and lemon juice to taste.
4. Store in an airtight container in the refrigerator.





mocktails & macro-friendly cocktails

Festive Eggnog

Bolthouse Farms

Cocktail: 1.5F | 41C | 4P
Mocktail: 1.5F | 13C | 4P

Califia Farms Holiday Nog Version

Cocktail: 1.5F | 37C | 1P
Mocktail: 1.5F | 9C | 1P

Ingredients

- Ice
- 4oz Low Fat Egg Nog
- Fresh nutmeg
- 1 cinnamon stick
- 1oz Mezcal or Bourbon

Instructions

1. Add ice to ball glass
2. Combine egg nog and alcohol of choice in a shaker or sealed mason jar
3. Pour over ice
4. Grate fresh nutmeg on top, garnish and enjoy!



Learn more about tracking alcohol in your macros in our free course: [Happy Hour Made Easy](#).





Strawberry Mojito Bubbly Water

16 CAL | 0F | 4C | 0P

Ingredients

- 50g Fresh Strawberries, Halved
- 5–10g Stevia In the Raw
- 5g Fresh Mint Leaves (About 8 Large Leaves)
- 1 12oz Can Of Lime-Flavored Sparkling Water, Like LaCroix Or Bubbly

Instructions

1. Using the back of a spoon or a muddler, smash the fresh strawberries, granulated sweetener and mint leaves in a 16 oz mason jar or cocktail shaker until the mint leaves are broken up and the berries turn to pulp. Add the lime sparkling water and stir.
2. Serve over ice with additional mint leaves for garnish.

Rosemary and Orange Gin Fizz

Cocktail: 0F | 27.5C | 0P

Mocktail: 0F | 8C | 0P

Ingredients

- 3 Springs Rosemary
- 4g Honey
- 1/2 Fresh Orange (about 40mL) - Sub Lemon or Grapefruit if Desired
- 3oz Seltzer or Club Soda
- 1.5oz Gin (if desired)

Instructions

1. Add ice to ball glass
2. Combine honey, rosemary, and fresh citrus juice in a separate glass and muddle until well-mixed
3. Pour over ice and add gin (if desired) and seltzer.
4. Garnish with extra rosemary and a slice of citrus.



main courses

Simple Roasted Turkey

181 CAL | 5F | 0C | 2P

Serves 5 (4oz per serving)

Ingredients

- 13-15 Pound Fresh Turkey (Giblets Removed)
- 2 Tablespoons Kosher Salt, Plus More For Seasoning
- ¼ Cup Extra-Virgin Olive Oil
- 1 ½ Teaspoon Freshly Ground Pepper
- 2 Onions, Quartered
- 3-4 Oranges, Quartered
- 1 Bouquet Garni - A Handful Each Of Fresh Thyme Springs, Rosemary, And Sage

Instructions

1. Rinse the turkey inside and out under cold water and pat it thoroughly dry with paper towels. Season the cavity with ½ tablespoon of salt, then season the outside with the remaining 1 ½ tablespoons of salt. Put the turkey on a plate and refrigerate, uncovered, overnight. Air drying it overnight results in a nice crispy skin!
2. An hour before roasting, bring the turkey out of the refrigerator to stand at room temperature.
3. While it is resting, stuff the cavity with the onions, oranges, and bouquet garni, and tie the legs closed.
4. Preheat the oven to 425°. Rub the turkey with olive oil, season with salt and pepper, and transfer to a large roasting pan. Roast for about 1 hour, then reduce the oven temperature to 375° and roast for 2 ½ - 3 hours longer. Since ovens vary, just make sure to temp your bird at the inner thigh to 165°. If the breast begins to brown too quickly, you can cover it with foil.
5. Transfer the turkey to a carving board and let rest for at least 45 minutes before carving and serving.
6. Garnish your serving platter with fresh orange wedges and rosemary or thyme springs.



Baked Pork Tenderloin

140 CAL | 7F | 0C | 26P
Serves 4 (100g per serving)

Ingredients

- 1 1/2 lb (680 grams) grass-fed pork tenderloin
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 tbsp olive oil
- 2 stalks rosemary
- 2 cloves fresh garlic, peeled and chopped

Instructions

1. Preheat oven to 400 F. Line a baking sheet with foil.
2. Season the pork loin with salt, pepper, herbs and garlic.
3. Heat skillet to medium-high heat, add oil, and brown the pork evenly on all sides, then carefully transfer to prepared baking sheet.
4. Cook in the oven for 18–20 minutes or until a thermometer reads an internal temperature of 145 F.
5. Allow to rest for at least 5 minutes before slicing.

Notes:

Top with our [low-carb BBQ sauce](#), and enjoy!

One Pan Hummus Crusted Chicken & Veggies

381 CAL | 13F | 20C | 46P
Serves 2 (350g per serving)

Ingredients

- 56g (1/4 C) Plain Hummus
- 2 Tbs Fresh Rosemary, Chopped
- 1 Tbs Fresh Sage, Chopped
- 2 Large Chicken Breasts, Weighing 1.25lb Total
- 341g (1 Pint Container) Cherry Tomatoes
- 265g Broccolini
- 10g Olive Oil
- Fresh Basil Leaves, For Garnish

Instructions

1. Preheat oven to 450 degrees. Spread cherry tomatoes and broccolini on a roasting pan. Toss with olive oil and salt and pepper. Set aside.
2. Pat your chicken breasts dry, add salt & pepper, and arrange them on the baking sheet. In a small bowl, combine the hummus with the fresh rosemary and sage and slather the hummus on the chicken breast. Bake for 15-20 minutes, or until chicken is fully cooked/reaches 165 degrees on a thermometer. Slice and serve.





side dishes

Apple and Sausage Stuffing

149 CAL | 1F | 33C | 2P

Serves 9 (200g per serving)

Ingredients

- 30g (2 Tbsp) Extra-Virgin Olive Oil
- 100g Onion, Chopped
- 400g Celery, Chopped
- 272g Chicken Or Turkey Sausage, Casing Removed And Crumbled
- 1 1/4 Tsp Poultry Seasoning
- 1/2 Tsp Ground Pepper
- 1/4 Tsp Salt
- 1 Lb Stale Whole-Grain Bread, Cubed
- 200g Granny Smith Apple, Peeled And Chopped
- 1 Cup Low-Sodium Chicken Broth

Instructions

1. Heat oil in a large pan over medium heat. Add celery and onion and stir until softened (about 8–10 minutes).
2. Add sausage, poultry seasoning, pepper and salt to the pan. Stir until sausage is cooked just through and you can't see any raw sausage (roughly 7–8 minutes).
3. Transfer to a large slow cooker, set to high. Add remaining ingredients: bread, apple, and broth. Stir, cover and cook for 2 hours.

Notes:

This recipe is a great opportunity to use some old bread! But, if you use fresh bread, then lightly toast by baking at 275 F for 25–30 minutes, then let it cool before cutting and cubing.



Brown Butter Citrus Sweet Potato Mash

200 CAL | 5F | 23C | 16P
Serves 5 (180g per serving)

Ingredients

- 1,340g Sweet Potatoes
- 21g Butter
- Juice From 1/2 A Lemon
- 1 Tbsp Orange Juice
- A Few Fresh Sage And Thyme Leaves, For Garnish (Optional)

Instructions

1. Preheat oven to 350 F.
2. Wash sweet potatoes and poke holes using a fork. Place the sweet potatoes on a sheet pan and roast them in the oven until soft and cooked through about 60 minutes.
3. When the sweet potatoes are cool enough to handle, peel the sweet potatoes and mash them in a large bowl.
4. To make the brown butter, add butter to a small saucepan over medium-high heat. Swirl the butter as it melts and foams up, letting it cook until it takes on an amber color and nutty aroma, about 3–4 minutes.
5. As soon as the butter browns, remove it from the heat and immediately add it to the sweet potatoes along with a squeeze of lemon and orange juice.
6. Season with salt & pepper and stir to combine. Garnish with fresh herbs like thyme or sage.

Mashed Cauliflower

303 CAL | 7F | 28C | 32P
Serves 1

Ingredients

- 690g Raw Cauliflower
- 3 Laughing Cow Garlic And Herb Cheese Wedges
- 30g Less Sodium Chicken Broth Swanson
- 15g Turkey Bacon
- 15g Chopped Green Onion
- Garlic Salt To Taste
- Rosemary To Taste
- Cheddar Cheese (Optional)
- Butter (Optional)
- Cream Cheese (Optional)

Instructions

1. Steam cauliflower until soft (stove top or microwave 10 mins in boiling water).
2. Add cauliflower, Laughing Cow cheese wedges and chicken broth into a food processor and blend until creamy.
3. Cook and dice turkey bacon into bacon bits.
4. Top with green onions and cooked turkey bacon bits.

Notes:

Macros do not include optional cheddar cheese, butter or cream cheese





desserts

Apple Cranberry Crisp

200 CAL | 8F | 30C | 2P

Serves 6 (150g per serving)

Ingredients

- 500g Apples, Cored And Sliced Into 1/4-Inch Slices (About 3 Large Apples)
- 100g Fresh Cranberries
- 1/4 Cup Water
- 1 Tsp Cinnamon
- 1/2 Tsp Salt
- 57g Butter (1/4 Cup), Cubed
- 24g (2 Tbsp) White Sugar
- 24g (2 Tbsp) Dark Brown Sugar
- 2 Tsp Truvia Natural Sweetener*
- 25g Rolled Oats
- 40g All-Purpose Flour
- 1/2 Tsp Ground Allspice

Instructions

1. Preheat oven to 350 F.
2. In a shallow 9-inch baking dish, toss the sliced apples with the cranberries, water, cinnamon, and salt until the fruit is evenly coated. Arrange the fruit so it's in an even layer and set aside.
3. In a medium-sized bowl, combine the butter, white sugar, brown sugar, Truvia, rolled oats, flour, and allspice. Using your fingers, combine all the ingredients together until everything is incorporated and you have coarse clumps.
4. Sprinkle the topping over the filling and bake uncovered until the filling is bubbling and the topping is brown, about 45–55 minutes.
5. Serve at room temperature or warm with your favorite macro-friendly ice cream.



Pumpkin Pie Bites

16 CAL | 0F | 3C | 1P
Serves 48 (15g per serving)

Ingredients

- 48 Wonton Wrappers
- 1 15.5 Oz Can Of Pumpkin Puree
- 80g (1/4 Cup) Maple Syrup
- 48g (1/4 Cup) Monk Fruit Sweetener
- 45g Full-Fat Coconut Milk
- 1 Tsp Vanilla
- 1/4 Tsp Salt
- Pinch Of Black Pepper
- 3 Large, Room Temperature Eggs
- Cooking Spray
- Optional Whipped Topping (Not Included In Macro Count)

Instructions

1. Preheat oven to 325 F.
2. Spray mini muffin tins with a light coat of ghee spray. Gently press a wonton wrapper into each muffin tin cup, letting the wrapper fold into itself. Spray the inside of the wrappers with a very light coating of ghee spray. If any oil pools in the bottom of the wrappers, soak up the excess with a paper towel. Set the wrappers aside.
3. In a large bowl, whisk together the pumpkin puree, room-temperature eggs, maple syrup, monk fruit sweetener, coconut milk, vanilla, salt, and a pinch of black pepper until combined. Carefully spoon 1 tbsp of filling (15 g) into each wrapper.
4. Bake the pumpkin pie cups for 16 to 18 minutes until the filling is set. When the bites are cool enough to handle, remove them from the mini muffin tins and let them cool on the counter for at least an hour. Top the pumpkin pie bites with your favorite whipped topping before serving.

Chocolate Peppermint Cookies

154 CAL | 10F | 12C | 4P
Serves 18 (28g each)

Ingredients

- 242g Creamy Almond Butter
- 145g Maple Syrup
- 40g Cacao Powder
- 1 Egg (55g)
- 1/4 Tsp Sea Salt
- 1/2 Tsp Baking Soda
- 1/2 Tsp Vanilla Extract
- 1 Tsp Pure Peppermint Extract
- 75g Dark Chocolate Chips
- 12g Peppermint Candies Or Candy Canes For Topping

Instructions

1. Heat oven to 350° and line a cookie sheet with parchment paper.
2. In a mixing bowl combine all the ingredients except the chocolate chips and peppermint candies using a wooden spoon until well combined.
3. Stir in the chocolate chips.
4. Using a 1.5" cookie scoop or tablespoon, place cookies roughly 2" apart on the cookie sheet and press down gently on the tops to flatten slightly.
5. Bake for 12 minutes.
6. While the cookies are baking, take your peppermint candies and put them in a plastic bag and crush them with the back of a wooden spoon.
7. When cookies come out of the oven sprinkle the peppermint on top and they will melt a bit to adhere. This makes the cookie crunchy on top.





don't wait until
JANUARY 1ST

Contrary to popular belief, the holidays are the best time to have a nutrition coach in your corner. Our members love working 1-on-1 to set goals and intentions, let go of food guilt, and enjoy the season to the fullest without sacrificing their health.

WAG Coaches are people, too—we love to grab a cookie (or two) and sip a cocktail (or mocktail) with friends and family. We'll help you do the same while working toward your goals.

JOIN NOW