



WELCOME!

Hi there!

I used to have a tough time getting through the holiday season. I constantly had a full plate of food and a can of coke in front of me just to handle the stress. I'd find myself eating too many mashed potatoes and too many Tim-Tam Balls

I was always tired and bloated after indulging at holiday dinners or the office party, and let's not even mention the weight gain. It really put a damper on what should have been a time to celebrate and have fun.

It wasn't until years later that I discovered simple strategies to make it through the holiday season without the stress eating and inevitable tummy troubles and extra kgs.

Imagine this...

You make it through the entire holiday season without the bloating, fatigue or weight gain.

It is possible. I know because I developed a plan to make it through the holidays feeling fabulous.

This plan has solutions for you whether you're tempted by grandma's homemade pie at your family get-together, struggling to keep your cocktail intake in check at parties, or wondering what to eat if you're traveling and on the go.

I am here to walk you step-by-step through, what I call, "how to make it work in the real world when temptation is everywhere."

We are NOT talking about deprivation during the holidays. Instead, I want to give you approachable ideas to help you enjoy the sweetness in life without counting calories.

This Holiday Survival Guide includes my best tips for maintaining your weight, de-bloating after meals and handling stress this holiday season.

PLUS, I've given you a 4-day Post-Holiday Healthy Reset Plan with meals and tips to help you get back on track after a night (or few) of indulgence.

BEFORE WE BEGIN

JOIN THE PRIVATE FACEBOOK GROUP!

Adopting healthy habits and feeling great is a much easier task when you have the support of a community of like-minded people.

I want to invite you to join the joyfultumtribe, where I will be supporting you through a healthy holiday season and beyond.

In the group you'll also have access to me, as well as the tips, strategies, and recipes I'm always sharing. I want to make your experience as effective as possible.

Feel free to ask me any questions in the group, as needed. Just tag me by typing @Candice Fraser in your post. All questions are welcome.

HOW TO JOIN:

Create a [Facebook account](#) (if you don't already have one). Please add a picture so we can put a face with your name!

Click here <https://www.facebook.com/groups/JoyfulMumTribe/> to access the group, and click the green "Join Group" button at the top right. Your free membership will be approved right away.

GROUP ENGAGEMENT:

- Share your successes! This is the single most important thing you can do in this group. Did you successfully prepare for your holiday party? Did you complete the 4-day Reset? Share with others for motivation and inspiration.
- Share your "Aha! Moments." Has something dawned on you that you want to share? Did you learn something from this guide or a post in the group? Share it with others! They will benefit from hearing from you.
- Ask questions often. Use this group to engage with other participants. Visit the group at least once per day.
- Engage with each other and answer each other's questions – you'll all be going through the same thing, so share and collaborate!

THE HOLIDAY SURVIVAL GUIDE

YOU SAID TO YOURSELF, "THIS MEAL WILL BE DIFFERENT" OR "AT THIS PARTY I WILL NOT EAT _____."

But, it happened anyway, and then you woke up the next day with a raging headache and bags under your eyes. Maybe you're like me and feel all of the above when you try just a teeny, weeny bite of that chocolate cake (hello, wheat belly... ugh).

I've learned (through a lot of trial and error) that the holidays don't have to be a rollercoaster of bingeing on treats and regretting it the next day. I've learned how to maintain my health (and my waistline) while still having a blast during this time of celebration

I became a health coach because I want to teach you how to do the same thing.

I want you to have real strategies and solutions for life that still allow you to have fun.

As a coach, I teach people how to slow down when they eat, be mindful of stress and understand what foods to put on their plate to nourish their body.

In this guide I am taking you through a simple, step-by-step plan that will take the worry out of the parties and the stressful holidays so you can sit back and enjoy the season.

This is NOT about depriving yourself of all the treats and special meals. I'm giving you a plan of action that will allow you to enjoy that small piece of pumpkin pie or chocolate cake without beating yourself up or feeling like a blimp the following day.

WHEN DO YOU GET TEMPTED?

Before we jump into my tips and strategies for staying healthy during the holidays, it's important to take a look at your triggers and understand when you feel tempted to overdo it with food.

Take note of the situations that you will be in this holiday season and bring awareness to your temptations. Here are some examples:

- Attending a cocktail party or a wedding
- The cake at the office party makes your mouth water
- When you're watching TV
- Cookies and chocolate being delivered to the house for the holidays
- Bringing treats to your kid's school
- Preparing food for a party you're throwing
- Family holiday parties

5 TIPS FOR SURVIVING THE HOLIDAYS

(WITHOUT NEEDING TO WEAR AN ELASTIC WAISTBAND)

These tips are separated into 3 sections to give you strategies for before, during, and after your holiday parties and meals.

BEFORE EVENTS:

TIP #1: PLAN AHEAD

Make SURE TO PLAN before you attend a gathering or party.

Find out what will be served:

If possible, ask the host what kinds of foods and drinks will be served so you'll know ahead of time how to prepare.

Bring a dish to your holiday dinner:

Don't be afraid to call ahead and offer to bring a healthier plate to share with the other guests. This isn't being rude, it's taking care of yourself so you can spend your energy on having a good time and not worrying about how you'll feel after you eat.

Pack a healthy snack:

Throw a healthy protein bar (Kind bars are one of my faves) in your bag so you'll have something to snack on besides the chips and dip.

Don't show up hungry:

Always eat at least a small meal before you go to a dinner or party. If you show up starving you'll be likely to wolf down everything in sight. Try one of the following protein-rich mini meals to tide you over and keep you from pigging out on sugar.

WHILE YOU'RE THERE:

TIP #2: HYDRATE

If you're feeling super hungry at an event, focus on drinking water before you go for that plate of food. Sometimes that hunger is actually a sign of thirst.

If you're finding yourself craving sugar and salt, your body is likely depleted in minerals. Order a tall glass of water with lemon while you're out to replenish.

Are you toasting the holiday with a glass of bubbly or red wine? Make sure to drink a glass of water before and after your cocktail.

Another awesome option is to make a healthy vitamin water and drink it both before you head out AND the morning after.

Vitamin Water Recipe:

250ml coconut water
1 teaspoon raw apple cider vinegar
2 inch piece of ginger
juice from one lemon

Stir or shake the ingredients to combine, and sip. The raw apple cider vinegar will enhance your digestive enzymes and balance PH, while the coconut water will mineralize your body.

As you are drinking your vitamin water, take 5 deep breaths. Deep breathing calms your nervous system and reduces stress levels naturally.

TIP #3 - SAY NO (MOST OF THE TIME)

The key to staying healthy and feeling good (both physically and mentally) during the holidays is to avoid eating everything in sight.

We're all human. There's no way we're going to make it through an entire month of parties and holiday treats saying NO every single time. Nor do we want to.

That kind of extreme mentality is what leaves us feeling emotionally deprived and ready to go home after the party and overeat.

The last thing we want is to get so frustrated with deprivation that we show up to a party and say *screw it, I'm eating everything!*

Practice the 80/20 rule:

Focus on eating healthy, nourishing foods 80% of the time. This gives you some leeway to indulge the other 20% of the time without feeling guilty.

TIP #4 - TAKE A TASTE

When you do decide to have the slice of pie or helping of mom's stuffing, focus on savoring the food instead of inhaling it.

Moderation and paying attention to portion sizes go a long way to keeping us healthy and feeling good.

If this relationship with food is something that you struggle with (I know I have), I recommend the work of Geneen Roth. She's been pivotal to my life and shown me that eating isn't about pulling a chair up to the fridge.

Check in with yourself before you eat:

Take a few moments to turn inward before you start eating. Ask yourself: Have I filled myself up with self-care today? Have I slowed down and addressed my emotions?

If you're feeling stressed, anxious or overwhelmed, take a few moments to do some deep breathing. Excuse yourself to the restroom if you need to step away.

Taking the time to touch base with your body and slow down will help prevent overeating.

Ask about healthy options:

Don't be afraid to talk with the party host, the waiter or your co-workers about healthy foods for your holiday events.

We might feel nervous about speaking up - what will people think? But we're not being a pain. We're being mindful of taking care of ourselves and setting the stage for success.

Slow down & enjoy your food:

If you actually want to have a taste of something, then do it! Slow down and enjoy the decadent flavor of that chocolate cake or the creamy deliciousness of those mashed potatoes. Taste the food you're eating, and don't feel guilty.

Savor the moment:

Remember that a truly healthy, happy holiday is about being present in the moment.

As you're celebrating, practice mindfulness:

- I deserve to really enjoy my life.
- I deserve to step away from a stressful situation to focus on myself for 5 minutes.
- I deserve to enjoy celebrating in the company of my friends and family.

It's not only about the plate of food. Take a taste of life, too. The food is a reflection of your life and what is happening inside and around you. Savor your life.

AFTER THE FACT:

TIP #5 - DE-BLOAT & RESET

Sometimes, regardless of our best intentions, we can still feel bloated, tired, and less-than-amazing once the party's over.

It's important to have some healthy tricks in the toolbox to nip those gross symptoms in the bud and get us back on track to feeling great. We want to focus on flushing toxins out of our bodies to reduce the acidic waste that leads to bloating and fatigue.

Here are my 2 favorite ways to de-bloat and reset the day after.

1. MY MORNING LEMON ELIXIR

Take 2 cups of room temperature water, and add the juice from 1/2 a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast cleansing diet).

Mix well, and sip to cleanse the body.

2. MOVE YOUR BODY

Exercise is one of the best ways to cleanse your body and remove toxins. Try taking a brisk walk, hitting the gym, or going to your favorite zumba class. Sweating helps the body to eliminate toxins through the skin. Be sure to shower and scrub when you're done.

IF YOU REALLY WANT TO FULLY REJUVENATE & FEEL AMAZING, DO THE 4-DAY POST-HOLIDAY HEALTHY RESET.

Keep reading to learn more...

THE 4 DAY POST-HOLIDAY HEALTHY RESET

If you feel congested, the family got you stressed, or you devoured a box of gift chocolates, no worries my friend! I have your solution right here.

I am sharing with you what I do to recharge, regenerate, and kick the bloat so my energy levels stay up and my jeans don't feel so tight!

ARE YOU READY?

This 4-day reset has everything you need to cleanse and revitalize after a party, event, or the entire holiday season.

Be sure to hop into the free Facebook Group

<https://www.facebook.com/groups/JoyfulMumTribe/> **to share your experience and receive support from me and everyone in the group!**

YOUR DAILY PLAN FOR 4-DAYS:

1. UPON WAKING: Drink Lemon Elixir to cleanse, alkalize your body, and reduce sugar cravings.
2. BREAKFAST: SEE SUGGESTED MEALS BELOW
3. SNACK: Enjoy a cup of peppermint or ginger tea and raw veggies with hummus.
4. LUNCH: SEE SUGGESTED MEALS BELOW
5. LATE AFTERNOON SNACK (around 4 pm): Enjoy a cup of detox tea made by Yogi Tea and have an apple with 1 tablespoon almond butter.
6. DINNER: SEE SUGGESTED MEALS BELOW
7. EVENING: If you are craving something sweet, have a cup of chamomile tea with stevia or 1 teaspoon of raw honey. Or enjoy a baked apple with cinnamon, walnuts, and raw honey or stevia (bake at 180C for 20 minutes). Another option is half a banana with 1 tablespoon of almond butter and 1 tablespoon of honey with slivered almonds.
8. GET SUPPORT: Be sure to join the free Facebook group <https://www.facebook.com/groups/JoyfulMumTribe/> and share your experience! I'm there to answer questions and share additional tips, recipes, and videos. Plus you can connect with others doing the reset, too.

RECIPES DAY 1

BREAKFAST

SMOOTHIE

2 cups spinach
1 handful of parsley
1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)
1 banana
1/2 cup berries
1 tablespoon flax meal

LUNCH

SALAD WITH MUSTARD VINIAGRETTE

(Makes 2 Servings)

1 cup dandelion leaves (or rocket), chopped
1 cup red cabbage, chopped
1 large carrot, shredded
1/2 cup parsley, chopped

MUSTARD VINIAGRETTE

1/4 cup raw apple cider vinegar
1 tablespoon Dijon mustard
1/3 cup extra virgin olive oil
1 small garlic clove, minced
1 lemon, juiced
liquid sweetener to taste
sea salt to taste
black pepper to taste

Prepare the dressing. In a small bowl, add raw apple cider vinegar, Dijon mustard, extra virgin olive oil, garlic, lemon juice, liquid sweetener, sea salt, and black pepper. Whisk until well incorporated. Set to the side.

Assemble the salad. In a large salad bowl, add dandelion leaves, red cabbage, shredded carrot, and chopped parsley. Top with mustard vinaigrette and mix until well coated. Serve immediately.

DINNER

SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower
Few dashes Garam masala (optional)
3 medium to large sized peeled sweet potatoes, cut into 1" pieces
1 sweet onion, diced
6 cups vegetable broth
1 teaspoon salt

Preheat oven to 200 °C. Wash and cut cauliflower, then sprinkle lightly with Garam masala. Place cauliflower onto parchment covered baking sheet and lightly drizzle with olive oil. Roast about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil.

Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine.

DAY 2

BREAKFAST

GRAIN-FREE PORRIDGE

¼ cup raw pumpkin seeds
2 tablespoons flax seeds
1 tablespoon chia seeds
2 tablespoons unsweetened shredded coconut
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon vanilla extract
½ cup warm dairy-free milk of your choice

Grind the cereal. In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add the warm dairy-free milk of your choice, as well as the cinnamon, ginger and vanilla extract into the cereal and stir.

Serving Suggestions: Add allspice or garam masala to your cereal. You may also add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

LUNCH

HEALTHY SALAD

2 cups chicory lettuce (or your choice)
1 bunch beet greens, thinly sliced
½ cup shredded beets
½ cup shredded carrots
¼ small red cabbage, thinly sliced

DRESSING

2 lemons, juiced
10 basil leaves
1 small capsicum
¼ cup extra virgin olive oil
1 small apple, chopped
1-inch piece of fresh ginger
1 small garlic clove
¼ teaspoon salt
¼ teaspoon pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing.

Toss the salad. Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Enjoy!

DINNER

BASIL LEMON QUINOA WITH LENTILS

2 cups lentils, soaked overnight
2 tablespoons extra virgin olive oil
1 cup cooked quinoa
¼ cup raisins
1 cup basil leaves, chopped
½ large lemon, juiced
Sea salt to taste

Cook your lentils. Drain your lentils and add them to a pot. Cover the lentils with water and cook over medium heat for 20 to 30 minutes.

Add remaining ingredients. When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked quinoa, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and add olive oil.

DAY 3

BREAKFAST

ENERGY SMOOTHIE

1 ½ cups dairy free milk (almond, coconut or hemp)
½ cup frozen or fresh pineapple
1 cup kale
1 handful of parsley
¼-inch fresh ginger root
Juice of 1 lemon

LUNCH

BERRY SALAD

2 cups baby spinach
½ cup purple cabbage, chopped
½ cup fresh blueberries
½ cup fresh raspberries

BLUEBERRY VINAIGRETTE

½ cup blueberries
1 tablespoon raw apple cider vinegar
2 tablespoons extra virgin olive oil
1 small garlic clove
Sea salt to taste
Black pepper to taste

Prepare your vinaigrette. Add blueberries, raw apple cider vinegar, extra virgin olive oil, garlic, sea salt, and black pepper to a blender. Blend until smooth. Set to the side.

Assemble the salad. Add the baby spinach, purple cabbage, fresh blueberries and raspberries to a large salad bowl. Top with blueberry vinaigrette and mix until well coated.

DINNER

LEMON GINGER QUINOA

- 1 tablespoon extra virgin olive oil
- 1 small carrot, grated
- 1-inch piece of ginger, grated
- 1 small onion, minced
- 2 large garlic cloves, minced
- 2 cups quinoa
- 3 ½ cups water
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ lemon, juiced

Sauté the vegetables. Add extra virgin olive oil to a large sauce pan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

Add the quinoa. After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

Serving suggestions. This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

DAY 4

BREAKFAST

GREEN SMOOTHIE

1 cup water or almond, hemp, or coconut milk
1 banana, frozen
½ avocado
Handful of parsley
1 cup kale or baby spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
½ teaspoon vanilla (optional)
Stevia to taste
3 to 4 ice cubes

LUNCH

YUMMY SALAD

2 cups mesclun lettuce (or lettuce of choice)
1 cup flat leaf parsley, chopped
1 carrot, shredded
1 large apple, chopped
¼ cup shredded beets
10 fresh mint leaves, roughly torn to small pieces
1 avocado, chopped
Kalamata olives, chopped (optional)

DRESSING

2 large garlic cloves, minced
1 large lemon, juiced
¼ cup red wine vinegar
¼ cup extra virgin olive oil

½ teaspoon Dijon mustard
1 teaspoon dried oregano
¼ teaspoon sea salt
¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

DINNER

APPLE SQUASH CARROT SOUP

1 tablespoon extra-virgin olive oil
1 small onion, chopped
1 medium butternut pumpkin,
peeled
and chopped
1 large apple, cored and chopped
2 carrots, chopped
2 teaspoons cinnamon

1 teaspoon nutmeg
2 teaspoons curry powder
½ teaspoon sea salt
½ teaspoon black pepper
3 cups broth (chicken or vegetable)
or water
½ cup dairy-free milk of your choice

Create the soup base. In a large pot, add the extra virgin olive oil. When the oil is hot, add onion and sauté for 2 to 3 minutes. Add chopped butternut squash, apple, and carrots, cinnamon, nutmeg, curry powder, sea salt, and black pepper to the pot. Sauté for 3 to 5 minutes. Add broth (or water) to the pot and stir. Let it come to a boil. Then reduce the heat and simmer for 15 minutes.

Make it creamy. You can use an immersion blender to make the soup smooth or blend the soup in batches using a standup blender. When the soup is blended, then add it back to the pot and add the dairy-free milk. Reheat the soup. Taste and adjust seasonings. Enjoy!

READY TO TAKE YOUR RESET TO THE NEXT LEVEL?

Think about how amazing your body could feel with even more nourishing food and healthy habits.

If you're ready to gain more energy than you ever thought possible & look and feel better than you have in years, it's time to try my proven Joyful Mum Formula. It's worked for me and countless clients, and I know it will work for you, too.

Join me for my Joyful Mum Formula at

<https://www.homeofhealthymums.com/joyful-mum-formula>

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

“Candice helped me identify my long term goals, taught me how to change my habits one at a time. It took a little longer than a crash diet to lose the weight, but now it's gone for good.”

REBECCA

“As a working Mum with four children I was busy, so busy I hadn't even realised that I was completely lost in myself. I loved my children and I loved my work, but I was exhausted and had no direction, I felt numb towards myself. I had neglected my health for years, none of the clothes I loved fit any more, and the thought of playing in the yard with the kids was too much, I just didn't have the energy. Things had to change.

I was amazed at the impact meditation had on me and how it really helped me get into a good space to be able to make better health choices.”

ZOE

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