



Free

HOLIDAY INFLAMMATION RELEASE

2024

TAKE A LOOK

Supplements to help your metabolism kick off right!

How to get started with workouts at home with limited equipment.

Meal plan using holiday leftovers!

Recipes on how to make these meals.

Grocery list for everything you need to prep your meals!

FOOD

One of the best pieces of advice I have for you this season is to enjoy the people.

Prep some amazing treats that you can enjoy without feeling like crap after and instead of just staying away from your food sensitivities completely; try bringing some of your own food or things to add!

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MANAGING STRESS & MENTAL HEALTH

Supplements help either boost our natural creation of some vitamins & minerals

OR

Give our body what we are not getting from our environment & food.

Our hormones, metabolism, normal daily functions & overall mood are connected to the nutrients we are taking in & using.

So when we take therapeutic doses of these supplements, we are boosting the natural functioning of the body.

Pair these up with some good food and workouts over the holidays and you'll be having your best year yet!

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Vitamin B's - complex



Vitamin D



L-Theanine



Ashwaghandha



Rhodiola Rosea



Kava



Glycine

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HOLIDAY HOME WORKOUT

This type of a workout increases **metabolic rate** for up to 48 hours after the workout!!

That is a **HUGE** difference compared to only doing a 30m cardio session, where you **ONLY** burn calories during the workout.

So get off the treadmill and try this out instead during the holiday season!

YOU'LL NEED:

- o MUSIC
- o TIMER
- o WEIGHTS
(or body weight & whatever you have on hand)

TIMER SETTINGS:

- 1 minute of work
- 10 seconds rest
- 5 rounds
- 1 minute rest after each

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1

Squat & Biceps Curl

2

Mountain Climbers

3

Bent Over Row

4

Squat & Shoulder Press

5

Wall Pushups

-This will only take you about 30m, don't forget to stretch after!

- Add in some bands around the thighs for an extra burn

- Go as heavy & as fast as you can with good form & safety

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LEFTOVERS MEAL PLAN

The meal plan to follow is completely gluten/dairy/grain/egg/nut FREE

I've spent time putting together my favorite recipes with the leftovers from the holidays. To not only get you on track, but straight towards SUCCESS!

Attached are all sorts of links on the following pages, as to where you can locate some of these alternatives!

There is a full day of eating that hits a very specific macro split.

Geared towards weight loss, but still enjoying your leftovers & providing you with enough energy to really hit that workout above!

This is a sneak peek into what you could have access to!

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Gluten Free



Dairy Free



Grain Free



Egg Free



Nut Free

**Throw in those extra water bottles to keep everything moving!

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LEARN MORE

I am a personal trainer that works specifically with food sensitivity gut issues.

I set up my clients in app with everything in one place.

Linked to all your gadgets:

- MyFitnessPal
- Fitbit
- Google watch
- Apple watch
- Withings

Alongside a customized program with video instructions on form;

I also create specific meal plans built around my clients food sensitivities.

Food sensitivity testing is an option as I work closely with FITLabs here in Canada.

If you have any questions, all first consultations are FREE. Ask any questions you have.



TrainEatSmart app



Custom exercise program



Specific meal plans



Food sensitivity testing



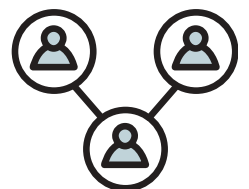
One on one check ins

Clients receive all sorts of discounts & perks!

Check out my website for more information
www.traineatsmart.com

Client success can be found on IG- @raellemarie

Facebook - /traineatsmart



Holiday Inflammation Release

December 2024



Jump To [Grocery List](#) [Dec 26](#)

December 26

1873 Cal ● 242.0g Carbs (28.3g Fiber) ● 47.7g Fat ● 127.5g Protein

Breakfast 113 Cal



Turkey Breakfast Sausage

1 patty • 113 Cal

Lunch 328 Cal



Sweet Potato Turkey Shepherd's Pie

1 serving • 328 Cal

Dinner 221 Cal



Turkey- Sweet Potato- Cauliflower Soup

1 serving • 221 Cal

Snack 755 Cal



Protein Smoothie

1 serving • 755 Cal

Snack 207 Cal



Cranberry-Apple Warmer

1 serving • 207 Cal

Snack 249 Cal



Cassava Apple Crisp

1 serving • 249 Cal

Recipes

Cassava Apple Crisp [🔗](#)



Prep 1 serving for Snack on [December 26](#)

**Cassava flour can be found on Amazon.

A gluten free flour mix works just as well!

Scaled to 1 serving

- 0.4 medium apple** Green Apples (62 g) (Peeled)
- 0.4 tbsp** Cranberry juice (6.3 g)
- 0.1 cup** Coconut Sugar (19 g) (Monk Fruit / Stevia)
- 1/16 cup** Cassava Flour (9 g)
- 1/16 tsp** Cinnamon (0.1 g) (Nutmeg or allspice instead)
- 0.025 tsp** Nutmeg (0.1 g)
- 0.8 tbsp** Shortening (11 g) (OR Cold Coconut oil)
- 0.1 rounded scoop** Coconut Ice Cream Vegan Protein (3.3 g)

Per 1 serving :

249 Cal ● 35.6g Carbs (2.8g Fiber) ● 11.5g Fat ● 2.0g Protein

Directions are for original recipe of 10 serving

- 1** Measure out 1/2 cup palm shortening or oil. and place in the refrigerator or freezer to get very cold. You'll want to leave it in the fridge for at least an hour, or the freezer for at least 20 minutes.
- 2** Preheat oven to 350° F
- 3** Fill a 9" pie plate or an 8"x 8" casserole dish with peeled and sliced apples. Pour juice over top the apples evenly.
- 4** In a medium sized bowl, whisk together flour, sugar, cinnamon, and nutmeg until combined.
- 5** Remove palm shortening or butter from fridge or freezer, and chop into small cubes. Add to the flour mixture, and use your hands to slightly warm the shortening/butter and mix until crumbly. Do not overmix! There should still be big chunks of shortening and lots of dry flour/sugar mixture.
- 6** Sprinkle mixture over the apples.
- 7** Bake for 30-35 minutes or until apples are tender.
Serve warm with dairy free ice cream, homemade caramel sauce, or whipped coconut cream

Cranberry-Apple Warmer [🔗](#)



Prep 1 serving for Snack on [December 26](#)

Scaled to 1 serving

- 4 3/8 oz** Apple Cider (124 g)
- 3/8 cup** Cranberry juice (95 g)
- 0 cup** Coconut Sugar (3 g)
- 1/4 tsp** Cinnamon (0.7 g)
- 1/16 tsp** Cloves (0.1 g)
- 1/16 fruit without seeds** Lemons (6.8 g)

Per 1 serving :

207 Cal ● 54.4g Carbs (0.8g Fiber) ● 0.2g Fat ● 0.5g Protein

Directions are for original recipe of 16 serving

- 1** Combine all ingredients in a medium saucepan over med-high heat until it starts to simmer. Turn heat down to low and allow to warm for 5-8 minutes.
- 2** Ladle through a strainer into individual cups, and serve hot with a cinnamon stick and a few cranberries in each mug.

Protein Smoothie [🔗](#)



Prep 1 serving for Snack on [December 26](#)

Scaled to 1 serving

- 2 serving** Plant Vegan Protein Powder (60 g)
(Rice Protein?)
- 2 cup** Silk unsweetened (486 g)
(OR COCONUT)
- 2 cup** Water (473 g)
- 3 heaping tbsp** Enhanced Collagen (15 g)
- 1 cup** Mixed Berries (136 g)
- 1 cup, thawed** Sweet cherries, frozen (259 g)

Per 1 serving :
755 Cal ● 90.3g Carbs (14.3g Fiber) ● 11.3g Fat ● 73.5g Protein

Directions are for original recipe of 1 serving

- 1 Blend water & spinach FIRST
Add fruit
Finish with protein
Blend for awhile.

Sweet Potato Turkey Shepherd's Pie [🔗](#)



Prep 1 serving for Lunch on [December 26](#)

Scaled to 1 serving

- 3/16 lb** Ground turkey (76 g)
- 2/3 sweetpotato, 5" long**
Sweet potato (87 g)
- 1/2 cloves, minced** Garlic (1.5 g)
- 25 grams** Coconut Cream (1/2 cup 2 tbsp for other)
- 3/16 cup** Bone Broth Chicken
- 3/16 dash** Salt (0.1 g)
- 3/16 dash** Pepper (0 g)
- 3/16 tsp** Olive oil (0.8 g)
- 3/16 medium** Onions (18 g)
(Chopped)
- 3/16 stalk, medium** Celery (6.7 g)
(Chopped)
- 3/16 parsnip** Parsnips (17 g)
(Chopped)
- 1/3 cloves, minced** Garlic (1 g)
- 3/16 package** Mixed vegetables (47 g)
- 1/3 tbsp** Corn Starch (3.3 g)
(swap for wheat)
- 1/3 tsp** Tomato paste (1.8 g)
- 3/16 tsp** Worcestershire sauce (1 g)
- 3/16 tsp** Rosemary (0.1 g)
- 1/16 tsp** Paprika (0.1 g)

Per 1 serving :
328 Cal ● 34.4g Carbs (5.9g Fiber) ● 11.9g Fat ● 21.0g Protein

Directions are for original recipe of 6 serving

- 1 Recipe inspired then changed by:
<http://www.skinnytaste.com/sweet-potato-turkey-shepards-pie/>
- 2 Boil sweet potatoes and garlic in a pot of salted water until cooked and soft.
Drain and mash with 1/4 chicken broth, 2 tbsp coconut cream, salt and pepper.
- 3 Preheat oven to 400 degrees F.
- 4 In a large sauté pan brown turkey; season with salt and pepper. When cooked, set aside on a plate. Add olive oil to the pan, then add the onion and sauté one minute. Add the celery, parsnip, salt and pepper to taste; cook about 12 minutes, until celery is soft.
- 5 Add frozen vegetables, flour, remaining chicken broth, tomato paste, Worcestershire sauce, rosemary, cooked turkey, and mix well. Simmer on low about 5-10 minutes.
- 6 In 6 oven safe individual dishes spread 1 cup of the meat mixture on the bottom of each dish. Top each with 1/2 cup mashed sweet potatoes.
- 7 Use a fork to scrape the top of the potatoes to make ridges; sprinkle with paprika. Bake 20 minutes or until potatoes turn golden.
- 8 Remove from oven and let it cool 10 minutes before serving. Enjoy!

Turkey Breakfast Sausage [🔗](#)



Prep 1 patty for Breakfast on [December 26](#)

Scaled to 1 patty

- 2 2/3 oz** Ground turkey (76 g)
- 0.021 tsp** Cayenne pepper (0 g)
- 0.021 tsp** Pepper (0 g)
- 1/16 tsp** Sage (0.1 g)
- 1/16 tsp** Salt (0.5 g)
- 1/16 tsp** Ginger (0.1 g)

Per 1 patty (1 serving):

113 Cal ● 0.2g Carbs (0.1g Fiber) ● 5.8g Fat ● 15.0g Protein

Directions are for original recipe of 12 patty

- 1 In a small bowl, mix all ingredients except for ground turkey.
- 2 Place the ground turkey in a large bowl. Add spice mixture and mix by hand until well incorporated.
- 3 Heat a skillet coated with nonstick spray over medium-high heat. Form meat mixture into 12 patties using a 1/4-cup measuring scoop. Pan-fry on both sides until they're brown and center is no longer pink.
- 4 Tip: Cover with lid when browning for about 2-3 minutes on each side. Be careful not to overcook.

Turkey- Sweet Potato- Cauliflower Soup [🔗](#)



Prep 1 serving for Dinner on [December 26](#)

Scaled to 1 serving

- 1/8 lb** Ground turkey (57 g)
- 1/8 head medium** Cauliflower (74 g)
- 3/8 tsp** Olive oil (1.7 g)
- 3/8 sweetpotato, 5" long** Sweet potato (49 g) (Diced)
- 1/8 onion** Onions (41 g) (Chopped)
- 3/8 cup** Corn (54 g)
- 1/4 cloves, minced** Garlic (0.8 g)
- 7/8 cup** Water (207 g)
- 1/8 tsp** Salt (0.6 g) (To taste)
- 1/4 stalk** Onions (3 g)

Per 1 serving :

221 Cal ● 27.2g Carbs (4.4g Fiber) ● 7.0g Fat ● 15.6g Protein

Directions are for original recipe of 8 serving

- 1 Preheat your oven to 400 degrees F and cut up your cauliflower into bite sized pieces. Place cauliflower onto ungreased cookie sheet and lightly drizzle with olive oil. Place in oven and let roast until golden brown on the tops and tender, but not mushy, about 20-30 minutes. Remove from oven and let cool while you cook the rest of the soup.
- 2 Saute ground turkey in some onion and olive oil - add in at the end after everything else is done.
- 3 In large stockpot, bring sweet potato, onion, corn, garlic, and water to a boil. Salt and stir. Reduce heat and allow to remain at a constant simmer until sweet potatoes are tender. Add in cooked cauliflower and divide soup into 2 parts.
- 4 Let soup cool and then blend one part soup in blender until very smooth. Combine with second part soup and stir. Salt to taste and warm up over stovetop if needed. **Add turkey after

Grocery List

Vegetables



Plant Vegan Protein Powder

2 serving (60 g), Fusion



Sweet potato

1 1/4 sweetpotato, 5" long (162 g), Raw, unprepared



Garlic

1 1/4 clove (3.75 g), Raw



Onions

1/3 medium (2-1/2" dia) (37 g), Raw



Celery

1/4 stalk, medium (7-1/2" - 8" long) (10 g), Raw



Parsnips

1/4 parsnip (25 g), Raw



Mixed vegetables

1/4 cup (56 g), Frozen, unprepared



Tomato paste

1/4 cup (66 g), Canned, without salt added



Cauliflower

3/4 cup chopped, (1/2" pieces) (80 g), Raw



Corn

2/3 ear, medium (6-3/4" to 7-1/2" long) yiel (68 g), Sweet, yellow, raw



Onions

1/4 stalk (3 g), Young green, tops only

Fruits and Fruit Juices



Mixed Berries

1 cup (136 g), Unsweetened Frozen Mixed Berries - Safeway



Sweet cherries, frozen

1 cup, thawed (259 g), Sweetened



Cranberry juice

1/2 cup (126 g), Unsweetened



Lemons

1/4 fruit without seeds (27 g), Raw, with peel



Green Apples

1/2 medium apple (77 g), Evans Apples

Beverages



Water

3 cup (710 g), Plain, clean water

Poultry Products



Ground turkey

7 1/3 oz (209 g), Poultry food products, raw

Spices and Herbs



Cayenne pepper

1/4 tbsp (1.32 g), Spices, red or cayenne



Pepper

1/4 tbsp (1.6 g), Spices, black



Sage

1/4 tbsp (0.5 g), Spices, ground



Salt

1/4 tbsp (4.5 g), Table



Ginger

1/4 tbsp (1.35 g), Spices, ground



Corn Starch

1/3 tbsp (3.33 g), Compliments



Rosemary

1/4 tbsp (0.425 g), Fresh

**Paprika**

1/4 tbsp (1.73 g), Spices

**Cinnamon**

1/4 tbsp (1.95 g), Spices, ground

**Cloves**

1/4 tbsp (1.65 g), Spices, ground

**Nutmeg**

1/4 tbsp (1.75 g), Spices, ground

Soups and Sauces**Worcestershire sauce**

1/4 tbsp (4.25 g),

Soy & Legumes**Silk unsweetened**

2 cup (486 g), Soymilk

Nut and Seed Products**Coconut Cream**

26 2/3 ml (27 g), Extra Thick & Rich - Trader Joe's

Baked Products**Coconut Sugar**

5 2/3 teaspoon (23 g), Organic Granulated - Trader Joe's

Fats and Oils**Olive oil**

1/4 tbsp (3.38 g), Salad or cooking

**Shortening**

1 tbsp (14 g), Confectionery, fractionated palm

Uncategorized**Enhanced Collagen**

3 heaping tbsp (15 g), Organika

**Bone Broth Chicken**

1/4 cup , Imagine

**Apple Cider**

1 1/4 Serving (125 g), Musselman's

**Cassava Flour**

1/4 cup (10 g), Anthony's

**Coconut Ice Cream Vegan Protein**

1/4 rounded scoop (8.2 g), Ghost