

## ***Holiday Stuffing, Recipes and Staying Fit by Travis Kanellos***

To say this time of year, is the hardest to continue going to the gym and staying fit, is a huge understatement. In winter months, especially the holiday season it's easy to stay inside, keep warm and indulge.

Let's go through a few rules that are easy to follow and will help you get through the bountiful and always plentiful, family and holiday feasts.

### **Number 1**

Always, eat your proteins first during meals. When you eat proteins (red meat, fish, turkey, and chicken) first, they will help absorb and digest the carbs (sugars, pastas, breads, goodies) you're going to eat following the first bite. I'm assuming some of those carbs are going to be of the not-so-great variety (but they sure taste good!) so this rule is even more important to help control blood sugar levels, as opposed to not eating protein. If your insulin spikes (eating too many bad carbs) your body will stop burning fat! *Another good reason for rule number 1.*

### **Number 2**

Always eat breakfast. Let's break the word down itself. Breakfast is two words meaning **break the fast** from sleeping. Essentially, sleeping is fasting and breakfast is important to start the body on the right track. You are 200% more likely to become overweight if you don't eat a good breakfast. Eating breakfast allows you to restock your energy stores that have been depleted overnight. This allows you, to begin the day, with a full tank of the right fuel. If you don't refuel your body in the morning, after an overnight fast (sleep) you have to draw fuel from energy stores until lunchtime. The stress hormones necessary to mobilize these energy reserve's, may leave you feeling irritable, tired, and most of all a pain in the butt for others.

### **Number 3**

EAT DESSERT. Yes, that's what I said. This is what is going to happen if you don't...your will start eating junk throughout the day in smaller portions, to make up for the "missed" serving the night or meal before. Satisfy your urge and try eating something like sweet potato crunch (recipe to follow thanks to Nan) because it will curb your brains need for dessert and well...its damn good. This doesn't mean eat dessert every day, it means eat it in moderation, but it's better to consume it in one meal, rather than throughout the day, week or month of December.

### **Breakfast Recipe**

½ cup cooked oats

dash of cinnamon

smaller dash of nutmeg

one tablespoon of apple sauce

8 crushed walnuts

mix together then add 1 scoop vanilla protein (don't add the protein before the end it will denature under long periods of heat)

*add organic milk or almond milk to thin out mixture along the way*

### **Sweet Potato Crunch**

#### ***Filling***

3 cups canned sweet potato (mashed)

1 cup sugar

½ cup milk  
1/3 cup butter  
½ tsp salt  
1 tsp vanilla  
2 eggs well beaten  
mix well and pour into well buttered casserole dish

***Topping***

1 cup brown sugar  
1/3 cup flour  
1/3 cup melted butter  
1 cup chopped pecans  
mix well and sprinkle over top of filling

***Bake at 350 degrees for 30 minutes and enjoy***

*Travis Kanellos is the founder of DNAfitness Inc. (DNA Fitness). Travis is a professional strength and conditioning coach and personal trainer. He works closely with a team of experts in different fields, giving him a unique background and support for all clients. Throughout his career he has worked with countless professional and amateur athletes, Olympians and celebrities from around the world. His philosophy is to be the best you must integrate fitness, health, nutrition and mind into a cohesive package.*