

FASTER WAY

T O F A T L O S S [®]



SAMPLE HOLIDAY
MEAL GUIDE

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A FASTER Way Holiday



| Do you want to be able to say YES to delicious, mouth-watering holiday meals?

Now you can!

And the best part? You can do so without sacrificing your health or your fat loss goals.

Most holiday food is notoriously unhealthy - but it doesn't have to be! Our Registered Dietitian has curated this selection of traditional holiday courses - with a FASTER Way twist!

Enjoy these festive meals at your holiday table, and give your guests something to rave about!

These seasonal meals will help you go from...

Stuffed → Slim

Drained → Revitalized

Uncomfortable → Satisfied

That's truly something to celebrate! Eat, drink, and be merry and healthy!

But first, let's share with you the guiding principles that make the FASTER Way lifestyle so effective. Read on for background information that will help you understand why we've selected these specific recipes for your enjoyment!



Overview of the **Core Components**



WHOLE FOOD NUTRITION

Whole food nutrition includes natural food sources to flood the body with micronutrients, promoting optimal health.



INTERMITTENT FASTING

Intermittent fasting is a simple eating schedule to ignite fat loss and promote cellular repair.



MACRONUTRIENT TRACKING

Macronutrient tracking prioritizes the amount of carbs, protein, and fat you consume to create a balanced body and enjoy food freedom.



CARB CYCLING

Carb cycling is an intentional variation of carbohydrate intake throughout the week to train your metabolism to use stored fat for fuel.



WHOLE FOOD NUTRITION

In general, whole foods are those that have few ingredients which are all easily pronounced and are minimally processed, modified, or refined and do not have added sugars or chemical additives. Modern diseases such as diabetes, heart disease, depression, autoimmune disease, and more, have unique features, but they all share a common origin: nutrient poor diet, stress, lack of sleep, and the wrong type of exercise, to name a few. Whole food nutrition floods the body with key vitamins and minerals, armors against disease, and reduces inflammation.

Gluten and dairy tend to be two favorites in the Standard American Diet (SAD). But as much as we wish they were good for us, they tend to be calorie-dense and cause an inflammatory reaction in the body, which is why we recommend avoiding them in the **FASTer Way to Fat Loss®**.



FRUITS



VEGETABLES



MEAT, POULTRY, FISH, EGGS



NUTS & SEEDS



LEGUMES, BEANS LENTILS, PEAS



INTERMITTENT FASTING

Intermittent Fasting is not a type of diet, but an eating schedule. There are several ways to implement this strategy, but in the **FASTER** Way to Fat Loss we use a daily 16/8 protocol. This means that every day we fast for 16 hours and eat during an 8-hour window. You'll eat your normal amount of macros according to the daily nutrition cycle. This is not a deprivation-based program—you need those calories!

HOW DOES IT WORK?

Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it hard to burn fat. However, in the fasted state (**8–12 hours** after you finish digesting), your insulin levels are lower, so your body is

better able to reach into your fat stores. People rarely go into a fasted state throughout the day. In fact, the traditional theory of several small meals per day keeps us from ever reaching the fasted state! Plus, eating that way regularly spikes insulin levels, which we now know hinders fat loss.

Eating several small meals per day can lead to weight loss (calorie deficits always do—at least at first), but you will likely be losing both muscle and fat. When you lose calorie-burning muscle, you actually lower your metabolism and make it harder for your body to burn fat. You won't ever feel toned and fit even though you're working out and eating clean.



Intermittent fast and your body will thank you for it.

INTERMITTENT FASTING



Benefits Summary

- ✓ Increased insulin sensitivity
- ✓ Reduced insulin resistance
- ✓ Induction of cellular repair
- ✓ Increased human growth hormone
- ✓ Enhanced hormone function
- ✓ Increased metabolism
- ✓ Weight loss
- ✓ Fat loss
- ✓ Reduced inflammation
- ✓ May prevent disease



MACRONUTRIENT TRACKING

Macros, or macronutrients, are made up of carbohydrates, fats, and proteins. These are the basic building blocks of our diet, and we benefit from eating them in specific amounts. As a general guideline, most people need to consume approximately **45% carbs**, **25% protein**, and **30% fat**. Each gram of protein and carbs has 4 calories, while each gram of fat has 9.

1g of protein = 4 calories

1g of carbs = 4 calories

1g of fat = 9 calories

While it's important to consider caloric intake (meaning you are eating enough!), it's important to move past counting calories alone. Not all calories are created equal because they are not metabolized by the body in the same way. A diet

high in simple sugars (carbs) may help you lose weight if you are living in a calorie deficit, but it won't help you build lean muscle—the key to burning fat!

Traditional diets focus on significantly restricting caloric intake, but they don't account for the quality of the calories you consume. This leads to a lot of “skinny-fat” people who may not look unhealthy, but are lacking in the macro and micronutrients their bodies need to be truly healthy. In the FASTER Way To Fat Loss, we focus on eating the right foods at the right time for maximum results to fuel your workouts and your life!

Each recipe contained in this book will give you the macro breakdown. Clients can easily log their macros in our app.

Macronutrient tracking
is a total game changer.

MACRONUTRIENT TRACKING



Macro Cheat Sheet

CARBS

Apples
Bananas
Berries
Brown Rice
Carrots
Gluten-free Oats
Honey
Pears
Pumpkins
Squash
Sweet Potatoes
Red Potatoes
Veggies

PROTEIN

Amaranth
Beans
Buckwheat
Chickpeas
Lentils
Millet
Peas
Quinoa
Bison
Chicken
Egg Whites
Fish
Gluten-free Sausage
Lean Ground Beef
Vegan Protein Powder
Scallops
Shrimp
Turkey

FATS

Chia Seeds
Duck
Eggs
Hempseed
Herring
Pork
Mackerel
Salmon
Steak
Trout
Avocado Oil
Avocado
Butter (non-dairy)
Coconut Milk (full fat)
Coconut Oil
Egg Yolk
Flaxseed
Nuts
Nut Butters
Olives
Olive Oil
Sesame Oil
Walnut Oil



CARB CYCLING

Carb Cycling is the intentional variation of carbohydrate intake each week. Most carb cycling plans consist of high carb days and low carb days. We don't cut carbs out completely, we simply vary our intake throughout the week to get the most out of our workouts and build the very best body composition.

WHY CARB CYCLING?

Long-term restriction of carbohydrates and calories can lower your metabolic rate and negatively affect your hormone levels. This is a big reason you might find yourself at a weight loss plateau. Restricting your calories will bring short-term results, but over time it will cause your metabolic rate to plummet. Once that happens you will see your weight loss stop and you'll have to further restrict your calories to continue losing weight, which lowers

your metabolic rate even more. This is an extremely unhealthy way to live, not to mention incredibly frustrating!

Cutting out carbs altogether typically leads to a lower intake of calories overall, but it also deprives your body of vital nutrients, while leaving your energy levels low and your cravings high.

WHAT DOES IT DO?

Carb cycling allows you to deplete your body's glycogen (primary source of fuel). When the glycogen is gone, the body must use its next-favorite energy source—fat! When you pair carb cycling with Intermittent Fasting and effective exercise, your body will turn into a literal fat-burning machine! If you've hit a plateau, this is key to breaking through and hitting your goals again!



How does it work?

Carb cycling allows for planned high carb days that increase your thyroid output and help you control hunger. Because you are cycling your carbs, you will also have low-carb days (to offset the high-carb days).

BENEFITS

- ✓ Increased fat loss
- ✓ Higher energy levels
- ✓ Better body composition
- ✓ Improved insulin levels





Shopping List



VEGETABLES

- ☐ 2 Acorn Squash
- ☐ 4 cups Baby Spinach
- ☐ 2 cups Butternut Squash
- ☐ 1 bundle of Chives
- ☐ 1 bundle Cilantro
- ☐ 30 Cremini Mushrooms
- ☐ 8 Garlic Heads
- ☐ 15 stalks Green Onion
- ☐ 1 bundle fresh Parsley
- ☐ 1 Red Bell Pepper
- ☐ 5 Sweet Potato
- ☐ 1 bundle if fresh Thyme
- ☐ 4 Yellow Onions



FRUITS

- ☐ 5 Apples
- ☐ 5 Avocado
- ☐ Lemon
- ☐ Lemon Juice
- ☐ 1 pint Lemon-Lime Soda
- ☐ Lime
- ☐ Lime Juice
- ☐ Maraschino Cherries
- ☐ 2 Navel Oranges
- ☐ 5 Pears
- ☐ Pomegranate Seeds
- ☐ 1 bag Frozen Cranberries



BAKING

- | | | |
|--|--|---|
| ☐ Almond Flour | ☐ Nutritional Yeast | ☐ Unsweetened |
| ☐ Baking Powder | ☐ Oats | ☐ Applesauce |
| ☐ Baking Soda | ☐ Organic Dark | ☐ Unsweetened |
| ☐ Coconut Flour | ☐ Chocolate Chips | ☐ Shredded Coconut |
| ☐ Cream Of Tartar | ☐ Pitted Dates | ☐ Vanilla Extract |
| ☐ Dark Chocolate Chips | ☐ Raw Honey | |
| ☐ Dried Unsweet Cranberries | ☐ Tapioca Flour | |



Shopping List



PANTRY CONDIMENTS

- ☐ Apple Cider Vinegar
- ☐ Avocado Oil
- ☐ Chicken Broth
- ☐ Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Maple Syrup
- ☐ Tamari
- ☐ Organic Coconut Milk
- ☐ Organic Vegetable Broth
- ☐ Tomato Paste



PROTEIN • FAT

- ☐ Bacon
- ☐ Eggs
- ☐ 5.5 lbs Chicken Wings
- ☐ 2.5 lbs Extra Lean Ground Chicken
- ☐ 2.5 lbs Shrimp
- ☐ 2.5 lbs Smoked Salmon
- ☐ 2 lbs Turkey Breast
- ☐ 8 oz Turkey Sausage
- ☐ Unsweetened Coconut Yogurt



NUTS • SPICES • GRAINS

- ☐ All Natural Peanut Butter
- ☐ Almonds
- ☐ Black Pepper
- ☐ Brown Rice
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Ground Mustard
- ☐ Hemp Seeds
- ☐ Lentils
- ☐ Paprika
- ☐ Sea Salt
- ☐ Walnuts



MIXERS • SUPPLEMENTS

- ☐ Cranberry Juice
- ☐ Grenadine
- ☐ Soda Water
- ☐ Vanilla Protein Powder



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Balsamic Bacon Wrapped Dates

 **1 SERVING** |  **35 MINUTES**

Calories – 384 | **Carbs** – 38g | **Fiber** – 4g | **Fat** – 23g | **Protein** – 10g | **Sodium** – 37mg
Calcium – 34mg | **Iron** – 1mg | **Cholesterol** – 37mg | **Sugar** – 31g

INGREDIENTS

3 ⅓ cups Pitted Dates (75g pitted per serving)
20 slices Bacon (cut in half)
⅓ cup Almonds (2 almonds)
2 tbsps Balsamic Vinegar



INSTRUCTIONS

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Stuff each date with one almond.
3. Roll up one date in a half slice of bacon and push a toothpick through it. Place on the prepared baking sheet. Repeat with each remaining date and bacon.
4. Bake for 25 minutes, flipping halfway through, or until desired crispiness.
5. Remove from oven, drizzle with the balsamic vinegar, and enjoy!



Honey Chili Meatballs



10 SERVINGS



30 MINUTES

Calories – 332 | **Carbs** – 24g | **Fiber** – 2g | **Fat** – 17g | **Protein** – 23g | **Sodium** – 833mg
Calcium – 35mg | **Iron** – 3mg | **Cholesterol** – 145mg | **Sugar** – 20g

INGREDIENTS

2 ½ lbs Extra Lean Ground Chicken	⅓ cup Chicken Broth
1 ¼ Yellow Onion (medium, chopped)	¾ cup Tomato Paste
5 Garlic Cloves (minced)	⅔ cup Raw Honey
2 Eggs	2 ½ tbsps Apple Cider Vinegar
2 ½ tsps Sea Salt	1 ⅛ tbsps Chili Powder
⅔ tsp Black Pepper	⅔ tsp Paprika
⅓ cup Coconut Oil	⅔ tsp Ground Mustard



INSTRUCTIONS

1. Preheat oven to 350°F (177°C).
2. In a large bowl, combine ground chicken, onion, garlic, eggs, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
3. Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
4. Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
5. Remove meatballs from the oven. In a serving dish, evenly coat meatballs with sauce. Top with chopped green onions (optional). Enjoy!
6. NOTE: Quadruple this recipe to enjoy with your family or freeze for future use!



Maple Glazed Chicken Wings

 **10 SERVINGS** |  **30 MINUTES**

Calories – 559 | **Carbs** – 15g | **Fiber** – 0g | **Fat** – 36g | **Protein** – 42g | **Sodium** – 1348mg
Calcium – 55mg | **Iron** – 2mg | **Cholesterol** – 252mg | **Sugar** – 13g

INGREDIENTS

5 lbs Chicken Wings
1/3 cup Extra Virgin Olive Oil
2/3 tsp Sea Salt
2/3 cup Maple Syrup
2/3 cup Tamari
10 stalks Green Onion (sliced)



INSTRUCTIONS

1. In a bowl, combine the chicken with oil until well coated. Season with salt.
2. In a separate bowl, whisk together the maple syrup and tamari.
3. Grill the chicken over medium-high heat, turning frequently until goldenbrown, about 20 minutes.
4. Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!



Vegan Stuffed Mushrooms

 **10 SERVINGS** |  **30 MINUTES**

Calories – 285 | **Carbs** – 16g | **Fiber** – 4g | **Fat** – 23g | **Protein** – 8g | **Sodium** – 159mg
Calcium – 43mg | **Iron** – 2mg | **Cholesterol** – 145mg | **Sugar** – 10g

INGREDIENTS

2 ½ tbsp Extra Virgin Olive Oil	2 ½ tsps Nutritional Yeast
1 ¼ cup Yellow Onion (finely chopped)	¾ cup Dried Unsweetened Cranberries (roughly chopped)
2 ½ cups Walnuts (raw, chopped)	30 Cremini Mushrooms (whole, stems, gills removed)
1 ⅔ tsps Thyme (fresh)	⅓ cup Parsley (chopped)
2 ½ Garlic Cloves (minced)	
⅔ tsp Sea Salt	



INSTRUCTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16–18 min.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.



Crispy Coconut Shrimp

🍴 10 SERVINGS | ⌚ 20 MINUTES

Calories – 330 | **Carbs** – 17g | **Fiber** – 4g | **Fat** – 19g | **Protein** – 25g | **Sodium** – 163mg
Calcium – 78mg | **Iron** – 2mg | **Cholesterol** – 183mg | **Sugar** – 2g

INGREDIENTS

$\frac{2}{3}$ cup Tapioca Flour
 $\frac{2}{3}$ cup Coconut Flour
1 $\frac{2}{3}$ cup Shredded Coconut (Unsweetened)
5 Limes (zested)
1 $\frac{1}{4}$ cups Organic Coconut Milk
(full fat, from can)
2 $\frac{1}{2}$ tbsps Coconut Oil
2 $\frac{1}{2}$ lbs Shrimp (peeled, deveined, tail attached)
1 $\frac{1}{4}$ cups Cilantro (finely chopped, for topping)



INSTRUCTIONS

1. On a small plate or bowl, add the tapioca flour. On a separate plate add the coconut flour, shredded coconut and lime zest. Mix well to combine. In a small bowl, add the coconut milk.
2. One by one, dip the shrimp in the tapioca flour and shake off any excess. Then dip in the coconut milk, shaking off any excess. Then dip in the shredded coconut mixture. Place on a plate and repeat until all of the shrimp are done.
3. Heat a skillet over medium heat and add the coconut oil. Add each shrimp to the pan and cook for 3 to 4 minutes per side. Divide onto plates and top with cilantro. Enjoy!



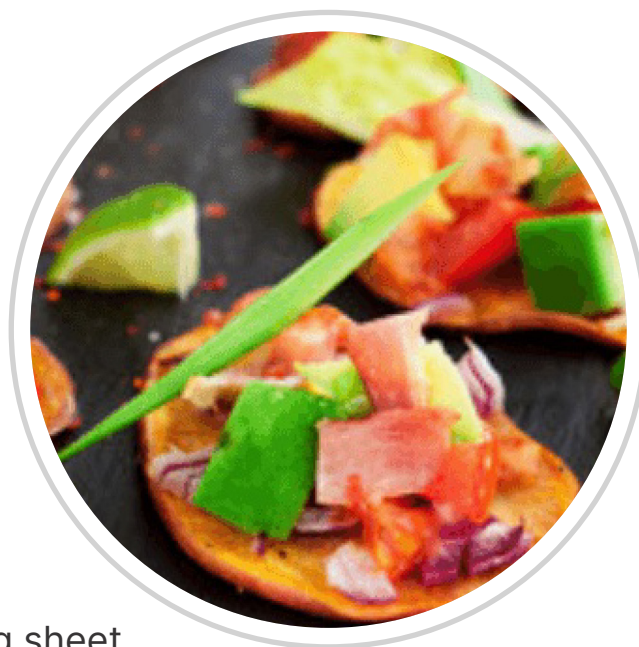
Smoked Salmon & Sweet Potato Crostini

10 SERVINGS | 20 MINUTES

Calories – 354 | **Carbs** – 22g | **Fiber** – 9g | **Fat** – 20g | **Protein** – 24g | **Sodium** – 878mg
Calcium – 44mg | **Iron** – 2mg | **Cholesterol** – 27mg | **Sugar** – 3g

INGREDIENTS

5 Sweet Potato (large, sliced, even rounds)
1 ¼ tsps Avocado Oil
⅓ tsp Sea Salt
5 Avocado
2 ½ lbs Smoked Salmon
(roughly chopped or sliced)
2 ½ tbsps Chives (finely chopped)



INSTRUCTIONS

1. Preheat the oven to 425°F and line a baking sheet with parchment paper or baking mat.
2. In a bowl, add the sweet potato rounds along with avocado oil and sea salt. Toss to combine. Place the rounds on the baking sheet, ensuring they are spread out evenly. Bake for 12 minutes, flip and bake for 10 minutes more. Remove and set aside.
3. In a bowl, add the avocado and mash with a fork. Add the mashed avocado to the sweet potato crostini and top with smoked salmon and chives. Serve and enjoy!



Turkey Rolls with Cranberry Sauce

🍴 4 SERVINGS | ⌚ 1 HOUR 10 MINUTES

Calories – 337 | **Carbs** – 16g | **Fiber** – 3g | **Fat** – 7g | **Protein** – 54g | **Sodium** – 275mg
Calcium – 70mg | **Iron** – 3mg | **Cholesterol** – 120mg | **Sugar** – 9g

INGREDIENTS

1 ½ tsps Extra Virgin Olive Oil
4 cups Baby Spinach
2 lbs Turkey Breast
Sea Salt & Black Pepper (to taste)
½ cup Organic Vegetable Broth
2 cups Frozen Cranberries (diced)
1 Navel Orange (juiced)
1 tbsps Raw Honey
Twine



INSTRUCTIONS

1. Preheat the oven to 425°F (218°C).
2. Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
3. Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
4. Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
5. Spread the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
6. Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
7. Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
8. Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!



Lentil Salad with Maple Roasted Squash

 **4 SERVINGS** |  **30 MINUTES**

Calories – 392 | **Carbs** – 43g | **Fiber** – 10g | **Fat** – 21g | **Protein** – 13g | **Sodium** – 158mg
Calcium – 82mg | **Iron** – 5mg | **Cholesterol** – 0mg | **Sugar** – 15g

INGREDIENTS

2 cups Butternut Squash (chopped into 1 cm cubes)	2 cups Lentils (cooked, can)
1 ½ tsps Avocado Oil	4 stalks Green Onion (chopped)
¼ tsp Sea Salt (divided)	¼ cup Dried Cranberries
2 tsps Maple Syrup	¼ cup Unsweetened Parsley (chopped)
¼ cup Extra Virgin Olive Oil	¼ cup Hemp Seeds
2 tsps Apple Cider Vinegar	
1/4 tsp Cinnamon	



INSTRUCTIONS

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion,
4. cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!



Acorn Squash with Brown Rice and Turkey Sausage

4 SERVINGS | **45 MINUTES**

Calories – 404 | **Carbs** – 64g | **Fiber** – 7g | **Fat** – 10g | **Protein** – 17g | **Sodium** – 364mg
Calcium – 140mg | **Iron** – 6mg | **Cholesterol** – 43mg | **Sugar** – 4g

INGREDIENTS

2 Acorn Squash (2 ½ lbs)	Salt & Ground Black
1 tbsp Olive Oil	Pepper
8 oz Turkey Sausage	1 cup Brown Rice
1 Yellow Onion (small)	2 cups Parsley (fresh,
1 Red Bell Pepper	chopped)

INSTRUCTIONS

1. Cook rice per package directions
2. Lightly grease microwave-safe large plate; place squash half, cut side down, on plate. Note: Feel free to cook both halves and freeze the second half to use on a later date.
3. Cook squash in microwave oven on High 8 to 9 minutes or until fork-tender; set aside until cool enough to handle.
4. Meanwhile, preheat oven to 375 degrees F. Line 15 1/2" by 10 1/2" jelly-roll pan with foil. In nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add sausage and cook until browned, breaking up sausage with side of spoon.
5. With slotted spoon, transfer sausage to large bowl. To same skillet, add onion, red pepper, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, and cook over medium heat 6 to 8 minutes or until lightly browned and tender, stirring occasionally; add to sausage in bowl.
6. With spoon, scoop out squash, leaving 1/4-inch-thick shell. Add scooped-out squash to bowl with sausage; stir in rice, and parsley until combined.
7. Spoon sausage mixture into squash shell; place in prepared pan. Bake 20 minutes or until heated through.





Coconut Snickerdoodles

 **10 SERVINGS** |  **20 MINUTES**

Calories – 133 | **Carbs** – 8g | **Fiber** – 2g | **Fat** – 16g | **Protein** – 3g | **Sodium** – 94mg
Calcium – 54mg | **Iron** – 1mg | **Cholesterol** – 0mg | **Sugar** – 5g

INGREDIENTS

1 $\frac{1}{16}$ cup Almond Flour
2 $\frac{1}{2}$ tbsps Coconut Flour
 $\frac{3}{4}$ tsp Baking Powder
 $\frac{1}{4}$ tsp Sea Salt
 $\frac{1}{4}$ tsp Cream Of Tartar
3 $\frac{1}{3}$ tbsps Coconut Oil
3 $\frac{1}{3}$ tbsps Maple Syrup
 $\frac{3}{4}$ tsp Vanilla Extract



INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a small bowl, mix together the almond flour, baking powder, coconut flour, salt, and cream of tartar. In a small bowl, mix the remaining ingredients.
3. Add the egg mixture to the dry ingredients and mix until everything is combined.
4. Roll 2 tbsps of dough in your hand, and roll in cinnamon if desired. Place each ball on the baking pan and bake for 10-12 min, or until golden brown.
5. Remove from the oven and let cool. Enjoy!
6. Note: Store the cookies in an airtight container for up to 1 week.



Chocolate Chip Cookies

🍴 10 SERVINGS | ⌚ 20 MINUTES

Calories – 151 | **Carbs** – 11g | **Fiber** – 2g | **Fat** – 9g | **Protein** – 8g | **Sodium** – 117mg
Calcium – 6mg | **Iron** – 1mg | **Cholesterol** – 0mg | **Sugar** – 6g

INGREDIENTS

½ cup Coconut Flour
½ cup All Natural Peanut Butter (No added sugar or oil)
⅔ cup Unsweetened Applesauce
¾ tsp Baking Soda
1 ⅔ servings Vanilla Protein Powder (25g protein)
⅓ cup Dark Chocolate Chips (dairy free)



INSTRUCTIONS

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine all of the ingredients (except the chocolate chips) together in a mixing bowl. Mix well. Then add in the chocolate chips and mix again.
3. Drop cookies by 3 tablespoon balls. Flatten with the palm of your hand just slightly. Note: this recipe should make 24 cookies
4. Bake for 10-12 minutes until edges/bottom are browned.
5. Remove from oven and let cool. Enjoy!



Apple Crisp Yogurt Bowls

 **10 SERVINGS** |  **20 MINUTES**

Calories – 452 | **Carbs** – 68g | **Fiber** – 11g | **Fat** – 10g | **Protein** – 26g | **Sodium** – 93mg
Calcium – 673mg | **Iron** – 3mg | **Cholesterol** – 4mg | **Sugar** – 23g

INGREDIENTS

5 Apple (cored, chopped)
5 cups Oats (rolled)
 $\frac{2}{3}$ cup Maple Syrup
 $1\frac{2}{3}$ tbsps Cinnamon
10 cups Unsweetened Coconut Yogurt
 $2\frac{1}{2}$ cups Vanilla Protein Powder



INSTRUCTIONS

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup, protein powder and cinnamon.
2. Cook for 6 to 8 minutes, stirring often.
3. Scoop the yogurt into bowl. Top with the apple crisp mixture. Enjoy!



Nutty Pears

 **10 SERVINGS** |  **35 MINUTES**

Calories – 108 | **Carbs** – 17g | **Fiber** – 3g | **Fat** – 5g | **Protein** – 1g | **Sodium** – 1mg
Calcium – 16mg | **Iron** – 0mg | **Cholesterol** – 0mg | **Sugar** – 11g

INGREDIENTS

5 Pears (sliced in half, cored)
½ tsp Cinnamon
½ cup Walnuts (chopped)
2 ½ tsps Maple Syrup
3 ⅓ tbsps Pomegranate Seeds
1 ⅔ tbsps Organic Dark Chocolate Chips
(for drizzling)
¾ tsp Coconut Oil (for drizzling)



INSTRUCTIONS

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
3. In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
4. Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!



Dark Chocolate Almond Fat Bombs

 **4 SERVINGS** |  **50 MINUTES**

Calories – 164 | **Carbs** – 4g | **Fiber** – 2g | **Fat** – 16g | **Protein** – 4g | **Sodium** – 2mg
Calcium – 58mg | **Iron** – 1mg | **Cholesterol** – 0mg | **Sugar** – 1g

INGREDIENTS

¼ cup Almond Butter (no added sugar or oil)
2 tbsps Coconut Oil
1 ⅓ tbsps Cocoa Powder
½ tsp Vanilla Extract
¼ tsp Stevia Powder

INSTRUCTIONS

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the almond butter and coconut oil to the double boiler and allow them to melt. Stir to combine. Stir in the cocoa powder.
4. In a small bowl combine the vanilla and stevia powder and stir until the stevia has fully dissolved. Add the sweetened vanilla extract to the almond butter mixture and stir well to combine.
5. Pour chocolate almond butter mixture in the paper baking cup then transfer to the freezer. Allow the fat bomb to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!
6. Make a batch (8 servings) and freeze for later use: ½ cup Almond Butter, ¼ cup Coconut Oil, 2 ⅔ tbsps Cocoa Powder, 1 tsp Vanilla Extract, ½ tsp Stevia Powder





Cosmopolitan Mocktail



4 SERVINGS



5 MINUTES

Calories – 58 | **Carbs** – 15g | **Fiber** – 0g | **Fat** – 0g | **Protein** – 1g | **Sodium** – 3mg

Calcium – 17mg | **Iron** – 0mg | **Cholesterol** – 0mg | **Sugar** – 14g

INGREDIENTS

12 fl oz Cranberry Juice

4 fl oz Lime Juice

8 fl oz Sparkling Water

4 fl oz Orange Juice



INSTRUCTIONS

1. Place cranberry juice, lime and soda in a cocktail shaker. Add plenty of ice and shake gently. Pour into a glass and add a splash of orange juice. Enjoy!



Sangria Mocktail

🍴 4 SERVINGS | ⌚ 5 MINUTES

Calories – 97 | **Carbs** – 24g | **Fiber** – 1g | **Fat** – 0g | **Protein** – 1g | **Sodium** – 28mg
Calcium – 32mg | **Iron** – 0mg | **Cholesterol** – 0mg | **Sugar** – 15g

INGREDIENTS

½ Lemon (sliced)
½ Lime (sliced)
½ Navel Orange (sliced)
½ cup Frozen Cranberries
8 fl oz Cranberry Juice (optional for garnish)
8 fl oz Grapefruit Juice
8 fl oz Orange Juice
2 fl oz Lemon Juice
1 pint Soda Water



INSTRUCTIONS

1. In a large pitcher, add the lemon slices, lime slices, orange slices, and cranberries. Add cranberry juice, grape juice, orange juice and lemon juice. Stir well and refrigerate until ready to use.
2. Just before serving, add the sparkling mineral water or lemon-lime soda and mix well. Enjoy!



Shirley Temple Mocktail

 **4 SERVINGS** |  **5 MINUTES**

Calories – 144 | **Carbs** – 36g | **Fiber** – 0g | **Fat** – 0g | **Protein** – 1g | **Sodium** – 28mg
Calcium – 14mg | **Iron** – 0mg | **Cholesterol** – 0mg | **Sugar** – 33g

INGREDIENTS

4 fl oz Grenadine
Ice Cubes
1 pint Lemon-Lime Soda
1 pint Ginger Ale
Maraschino Cherries (optional for garnish)



INSTRUCTIONS

1. Pour the Grenadine over ice in glass and top with the lemon-lime soda and ginger ale. Stir gently to combine and garnish with a maraschino cherry. Enjoy!

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