

HAPPY HOLIDAYS



A note from our office...

During this Holiday season, we want you to know just how important you are to our Kanodia MD family. We would like to extend our sincere gratitude and thanks that you are a part of our growing family, and look forward to what 2019 has in store for all! Please enjoy this time of year, and take care of yourself in the process. Wishing you a Happy Holiday!

1

BOOST YOUR IMMUNE SYSTEM

- * Allow time for increased sleep
- * Manage stress
- * Get in the sunlight
- * Supplemental support ([Contact our office](#))

2

BE GRATEFUL & FIND JOY

- * Journal
- * Meditate
- * Read a good book
- * Deep belly breathing
- * Engage in gentle activity

3

EAT MINDFULLY & PURPOSEFULLY

- * Listen to your body
- * Fill up with colorful, nutrient dense foods
- * Savor each bite and taste the flavors
- * Avoid grazing and distractions

Need ideas? Check out the [Holiday Gift Guide](#) by [WholeKitchenSink](#)



DIETITIAN PICKS!

1. APPLIANCE:
[Instant Pot](#)

2. BOOK:
[The Whole Smiths Good Food Cookbook](#)

3. ECO-FRIENDLY:
[Reusable Produce bags](#)

RECIPES

1. INSTANT POT ZUCCHINI BOLOGNESE by [Nom Nom Paleo](#)

2. SLOW COOKER BEEF BOURGUIGNON by [Joyful Healthy Eats](#)

3. BLUEBERRY BALSAMIC ROSEMARY CHICKEN by [Driscoll's](#)

4. COCOA LEMON BITES by [E.A. Stewart](#)

Continue reading...

Tackle the Holiday Season

- ✱ *Make a list.* Feeling overwhelmed? Maybe not yet! Write down everything that you want to accomplish, prioritize this list, and check them off as you go. Remember they don't have to all be done in one day.
- ✱ *Stay Organized!* This applies to various parts of the Holiday season, but it all starts with decluttering. Keep a space that is ready for action. Need inspiration? Check out, "Minimalism: A documentary about the important things".
- ✱ *Find your Happy!* Do more of the activities that you love. Don't forget to make time for YOU! If you are a list person... you can now make a list of all the things that bring you joy. Then do them!
- ✱ *Create your Game Plan.* Whether this is preparing for travel, buying gifts, planning food options, or navigating the mall... HAVE A PLAN!



Sample 3 Day Holiday Trip: (REAL LIFE planning from your Dietitian!)

- ☑ *Pack cooler/ snacks- eggs, bag of mixed greens, cucumbers, banana/ grapes, carrots, sweet potato, deli meat, jerky, tea, protein bars*
- ☑ *Make a dish for Friday party- Instant pot roast, vegetable/ meat soup or spaghetti squash casserole*
- ☑ *Make a dish for Saturday party- double batch from above, broccoli salad and/ or holiday greens salad with butternut squash*
- ☑ *Pack proper attire to go on walks/get sun/ workout (insert packing list)*
- ☑ *Purchase gifts (insert list of people + gift) and don't forget to put in the car!*

STAFF PICKS/ RESOURCES:

1. *Book Recommendation-* The Untethered Soul: The Journey Beyond Yourself by Michael Singer
2. *Daily Reminders-* Mike Dooley's Notes from the Universe: Free personalized reminders of life's magic and your power! (www.tut.com)
3. *Song/ Movies:* Carol the Bells, The Holiday and The Family Stone
4. FoodSafety.gov- Safe minimum cooking temperatures chart, food thawing guidelines and food storage times for the Holidays

