



“Your Fit Guide to Surviving the Holidays!”



BRIEN SHAMP
FITNESS • NUTRITION • COACHING



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Met-Rx World’s Best Personal Trainer (1st Place)-2000
“Best in the Bay” for Weight Loss by KRON 4- 2009
Top 10 Personal Trainers by PFT Magazine-2011
Runner Up - Best Boot Camp by SF A List-2013, 2015
Best Boot Camp by SF A List-2014, 2016
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26 Tips to Fighting the Holiday Bulge

Beat ^{the} Holiday Bulge!

Intermittent Fasting: try intermittent fasting as a nutrition solution for the holidays. It's easy, cost effective and provides quick and fast fat loss results. For more information, go to: [Intermittent Fasting](#)

Stay Hydrated: staying hydrated curbs your appetite, so start your day with 1-2 glasses of water; and drink 1-2 glasses of water before every meal. We eat less when we are hydrated.

Slower Eating: it takes 20 minutes for your brain to realize that you are full so give your brain time to send the message that you are satisfied. Chew your food thoroughly to slow you down and savor the flavors! Chew! Chew! Chew!

Stay Active/Exercise: when you move more, you eat less. Our designed exercise programming makes your workouts highly effective. [We offer several programs both group and individual created just for you. This becomes your customized roadmap!](#)

Keep a Food Diary: tracking your food intake will help learn about challenges, make you aware of missed meals, overeating, or eating too much of the same type of food. You can manage what you measure! Note how you feel after you eat and adjust for optimal energy and health. Use my [Daily Nutrition Record](#) to make this easier.

Use the 80% Rule: choose healthy foods at least 80% of the time. Eat more high quality fats, proteins and veggies. Check out the model here: [Reverse Food Pyramid](#).

Avoid Hunger: don't go anywhere when you are hungry because we make healthier choices. Eat something healthy before holiday parties so you will make better choices at the event. This reduces the chances of digging into high-calorie, low quality party foods.

Portion Control: pay attention to how much you put on your plate. Use smaller plates and put less on your plate to help with portion control. Moderation is one of the most important elements in weight control. If you feel you have eaten enough, but food is still tempting you, eat a mint or a piece of gum.

Substitute Water for Alcohol: drinking water in place of alcohol keeps you hydrated, keeps your energy level high, and reduces unnecessary calories. The biggest problem is sugar calories in alcohol, it creates hormonal imbalances, which lead to fat gain and poor health.

Don't Eat Just to Eat: if you put something on your plate and it doesn't taste as good as you thought, don't eat it. Why take in extra calories on something that is not satisfying?

Bring a Healthy Dish: when attending a party or gathering, bring a healthy dish that you love and eat it! This helps you avoid unhealthy, tempting foods.

Today is a New Day/Don't Give Up: falling out of new, healthier habits for a few days, DOES NOT mean your efforts are hopeless. Instead of bailing on your health plan, simply acknowledge that you overate or deviated from your plan and get back on track. This is a huge and very important step! A healthy, planned program can incorporate a Cheat Meal or Anything Goes Day as described here: [AGD](#). Start your morning after the cheat with a fast as described in Intermittent Fasting or a diet higher in fat, protein and less carbohydrates to balance your hormones and biochemistry.

Pre-plan Your Alcohol Intake: choose light options and alternate between alcohol and soda (if you have to drink it) and water. This tip cuts hundreds of calories!!!! If you drink alcohol, combine it with fat and protein instead of carbs (alcohol is a carb). Two carbs (alcohol and chips) do not make a right. Substitute cheese, olives, meat or nuts to create balance.

Eat Your Veggies: start your meal choices by filling half of your plate with vegetables, which are good carbs. You will have less room on your plate for unhealthy foods.

Wrap Leftovers: if you wrap your leftovers immediately, you are less likely to mindlessly eat them when you are already full. Better yet, choose number 16!

Say No to Leftovers: toss the leftovers unless they are healthy foods that you can eat the next day for lunch or dinner.

Dirty Napkin Trick: when you are done eating, put a dirty napkin over your food. This makes your leftover food less tempting; and helps you avoid snacking on the dish.

Toss the Plate: when you are done with your plate, get rid of it to avoid refilling. The longer you hold on to your plate, the more you will eat.

Ask "Is This Healthy?": if it is not healthy for you, avoid it, take a small taste, and make healthier choices!

Go Home Earlier: the later you stay out at a party, the more you will eat and drink and the less you will sleep. This creates a bad start for the next day. Enjoy your night, but leave earlier for a great night's sleep.

Split a Treat: split the dessert or unhealthy option with a friend or leave half of it behind.

Question Yourself: check in with yourself throughout the evening. If you are full, take a pause and listen to the answer. Slow down your breathing so you will be less reactive and create a pause to make a healthier choice.

Read Your Goals Daily: keep your goals posted so you stay on track. Use my goals process here to create a plan for success: [Goal Success Form](#). FOCUS on your goals during the holidays. Look at them in the morning, throughout the day, and before bed. Think of your goals as if you have already achieved them. I work with my clients on this successful strategy on a daily basis. It works!

Mints to Curb Your Appetite: brush your teeth, eat a mint or chew gum to prevent overeating and unhealthy snacking.

Leave the Food Area: when you are done getting food, leave the area. Don't hang out by the food table at home or at parties as this creates too much mindless eating and snacking!

Don't Let Food Own You; "YOU Own YOU": You CAN be in charge instead of your cravings. I know this is easier said than done. See principles 1-25 for help.

I want you to be successful during the tempting holiday session. Following these tips can provide a huge support system for you and create a balanced approach to holiday parties and events. Good luck with your plan. We are here to support you and we are cheering you on.

Exercise During the Holidays!



Burn off the Extra Calories! Shoot for a “No Gain” Holiday!

Try this through the Holidays...
(Check with your doctor, of course first before starting an exercise program)

Odd Days of the Month:

10 Jump Squats, 10 Push-ups, 10 Bicycle Crunches, 10 Bent-over Rows,
10 Jumping Jacks (3 sets)

Even Days of the Month:

10 Bench Dips, 10 Burpees, 10 Sumo Squats, 10 Frog Jumps, 10- 1 Leg Bridges (3 sets)

(Don't forget to warm up and cool down)

Add to the Challenge: Toxic Free Tuesdays & Thursdays
- No Processed Foods ALL DAY! -

***[Consider boot camp](#) or one-on-one training to get BETTER and FASTER RESULTS!**

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Tips to Improve the Quality & Quantity of Your Meals

Breakfast:

- Select almond, cashew, hemp or coconut milk instead of regular pasteurized milk
- [Raw milk](#) is more nutritious and easier to digest than pasteurized milk
- Use a small glass for your juice (4oz.) and a small bowl for your cereal
- Get a juicer and make your own juice to avoid pasteurized (heated & destroyed) products
- Have a bowl of low sugar, organic fruit. Berries would be best
- Choose a whole fat, organic yogurt with no sweeteners and have only one serving
- If consuming bread, do your best to find high fiber (3 grams at least) bread (Ezekiel bread, Paleo bread, cultured base). Avoid bagels as much as possible (English muffin would be better if you have to have it). Add almond/peanut butter (1 tablespoon) to your bread for a better protein/fat/carb combo
- Split a whole grain bagel with someone, or wrap up the other half for tomorrow's breakfast
- Use avocado oil, coconut oil, lard, butter or ghee in place of margarine to prepare your eggs
- Try oatmeal or quinoa flakes instead of pancakes, waffles & bread
- Fill your omelet with onions, peppers, spinach, and mushrooms. Take an opportunity whenever possible to add greens to your food. Add a bed of mixed greens under your omelet
- Use organic, pastured eggs for your omelets
- For butter use Kerrygold or Organic Pastures (raw butter) or Ghee
- Have a protein shake (ask me for recipes)

Lunch & Dinner:

- Put lettuce, tomato, onions and pickles on your turkey burger or hamburger. Place burger between whole grain sprouted bread/sourdough bread or preferably a lettuce wrap/collard greens or between two tomatoes
- Prepare tuna or chicken salad with a vegan mayonnaise (Just Mayo) or use mustard and olive oil. You can also make your own healthy mayo.
- Make your sandwiches like your burger above or just put all the toppings on a bed of mixed greens
- Enjoy your salad with avocado/guacamole, olives, nuts & seeds instead of croutons
- Use light salad dressing instead of regular and choose non-creamy types. Get it on the side. Olive oil and apple cider vinegar are the best choices
- Avoid overcooking your food. More on food prep [here](#)
- Add vegetables zucchini, green peppers, mushrooms, and onions to your spaghetti sauce
- Add blueberries, strawberries, mango, almonds, and/or chicken to a mixed green salad or spinach salad
- Remember to measure your serving sizes (one portion the size of your fist) when eating pasta and rice
- Season steamed vegetables with fresh lemon and herbs
- Leave a couple bites on your plate (eat until you are 80% full)
- Avoid margarine and canola oil
- Use smaller plates
- Eat slowly and make your meal last to reduce your urge for second helpings

Dessert:

- Take a sliver, bite, or taste of dessert instead of a full portion
- Try coconut, almond or cashew milk ice cream. Note, they are still high in sugar but easier to digest than most pasteurized dairy ice cream sources. Consider Arctic Zero Ice Cream (whey protein-based) and if you eat real ice cream, choose whole fat and organic with minimal ingredients added like Strauss
- Choose an inside piece of cake where there is less icing
- Put berries on top of angel food cake and make your own whip cream with raw cream & Stevia
- Eat a dish of fresh fruit instead of other higher calorie desserts
- Choose apple, peach or blueberry over pecan or cream pie
- Drink a protein shake (ask me for recipes)
- Eat a piece of organic dark chocolate instead of cake or ice cream
- Eat just a half of a piece of cake or pie
- Search for “Paleo Deserts” and you will see many options for awesome and healthy tasting treats. I have many recipes on my webpage [here](#)

Snacks:

- Blend a smoothie out of coconut milk, almond milk or cashew milk, [whey protein or grass-fed beef protein](#), fresh fruit, nuts and chia seeds. Add some cinnamon to top it off
- Freeze grapes or watermelon wedges for a Popsicle-like treat
- Freeze berries and add almond or coconut milk
- Don't eat from a bag; instead, use a little bowl for chips, crackers, cookies, and snacks
- Try hummus with veggies or flax crackers
- Mix fruit in organic, whole fat yogurt
- Eat a piece of fruit
- Dip apples in sunflower butter
- Eat celery with almond butter
- Dip veggies in guacamole
- Eat a protein bar (Rise Bar, RX Bar, [Cocommune Bars](#), [Chocolate Mint Fiber Bars](#), Organic Food Bar)
- Eat a handful of pecans, macadamia nuts, walnuts or a make your own trail mix
- Eat 80% dark chocolate to curb chocolate cravings (yes, you can get used to it)
- Eat 1-2 of your favorite packaged cookies instead of three

Drinks:

- Watch out for most drinks because they have empty calories
- Watch serving sizes in containers, especially in a single bottle
- Choose water as much as possible
- If you're going to have pop, get a small one instead of medium or large. Try Zeevia
- Watch sugar content in juices and drinks, also check the content against total carbohydrates
- Drink light beer instead of regular beer and try to limit it to 1 or 2 bottles
- [Red wine](#) is the best alcohol to consume, but like all alcohol, it can be addictive. For those who are on a health or weight loss plan or for those who are sensitive to sugar (MANY people), it is not recommended for daily consumption. Moderation will help you have your wine AND achieve your health goals.
- Try sparkling mineral water and add lemon or lime instead of having a soda
- Use liquid Stevia in your tea or coffee instead of any other sweetener
- Try [Bulletproof Coffee](#) - my new favorite!

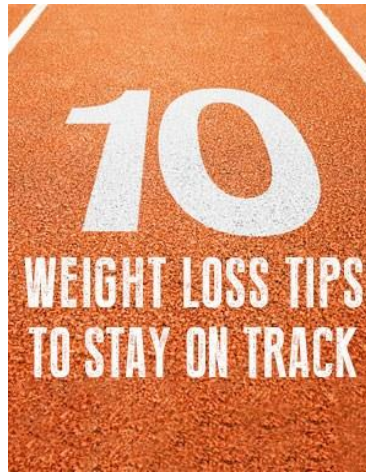
Dining Out:

- Limit yourself to 1 serving of bread, crackers or chips or don't have any at all. Ask the waiter to remove the bread from the table ASAP. Order a salad if you need food fast
- Ask for a cup of soup instead of a bowl and try not to get a cream soup. Vegetable, minestrone or other broth soups are great choices
- Ask for dressings and sauces on the side. Use it for taste and try not to use it all
- Dip your fork into your dressing, then dig into your salad
- Order a vinaigrette dressing instead of a mayonnaise-based dressing. Oil & balsamic oil is easy to make
- Ask for the vegetable for the day instead of potato, rice, or pasta
- Select an appetizer as your main dish then add soup, salad, or a vegetable side dish
- Choose a healthy option item designated on the menu
- Ask for a half-portion or don't eat everything on your plate
- Use fresh lemon to season your fish instead of tartar sauce
- Choose a side salad instead of fries when ordering fast food
- Skip the super-size portions
- Pick your restaurants wisely. Do a search on www.Yelp.com for "organic healthy restaurants"

Quick Reference Holiday List of More Tips

- *Animal protein serving should be the size of a deck of cards or your palm of your hand (minus fingers)
- *Fill up your plate with more veggies
- *Avoid white bread and preferably ALL grains
- *Don't stand near the food table
- *Eat a little before a party; don't go hungry
- *Wrap up leftovers immediately
- *Serve food in a different room than the socializing area
- *Dark meat is more nutritious than white meat
- *Use smaller plates
- *Bring something healthy that you love to the party
- *No picking- put the portion on your plate and that's it!
- *Go once around the table. If you go for seconds, choose only healthy foods. You already had your treat.
- *Say no to the one thing you would really like to eat
- *Have a small piece of a "have-to-have"
- *Drink a big glass of water before eating
- *Leave a bite on your plate
- *Say no thank you to leftovers, unless it healthy foods
- *Ask yourself, "Is this good for me?" If not, don't eat it!
- *Visualize your portions: focus on fat, proteins and lots of veggies
- *Try some gum or mints to curb cravings if needed
- *Brush your teeth or use mouthwash
- *Lose the mentality that if you don't have it today, you'll never get it again.
- *Don't use the holidays as an excuse. If you do, Mondays, weekends, Friday, and friend's birthdays become excuses as well
- *Put a dirty napkin on food to make your plate unappetizing
- *Through the snack plate away if plastic when you are done
- *Ask yourself if you're full before you take more
- *Split a treat with someone instead of having the whole piece
- *Stick to your goals, read them over & over – make them real
- *Look at that article of clothing you want to wear or visualize it and be determined to get into it
- *Don't let the food own you: "YOU own YOU!"
- *Make food your friend, not your foe

Ten “Do’s” for Losing Fat and Getting Healthy Any Time of the Year



1. **Know your WHY:** keep your goals current and review them daily.
2. **Wind down in the evenings around 9 pm:** do your best to be asleep no later than 10 p.m. My goal is for you to sleep at least 7 hours per night. Your body fat will decrease and your overall health will massively improve with good, consistent, daily sleep.
3. **Focus on your food:** quality: [Good Fats, Proteins and Veggies](#). [Plan & Prepare](#) and [Avoid Overcooking Foods!](#) [Limit Grains & Sugar](#) and [Pasteurized Dairy!](#) [Slow down and Chew](#). Quantity: eat every 4-5 hours and never go hungry. Avoid eating starchy carbs past 7 p.m.
4. **Consider 1 Anything Goes Day (AGD) Per Week:** listen to my coaching call recording, [To Cheat or Not To Cheat](#)
5. **Hydrate:** start your day with 16 oz. of water (add the juice of a lemon if desired). Drink 8-16 oz. of water before a meal and one hour after each meal. Your goal for the day is to accumulate ½ your body weight in ounces of quality water. Drink another 4 oz. with each minute exercise session.
6. **Move:** [Accumulate at least 30 minutes of movement per day](#). Note that [aerobic exercise IS NOT effective for fat loss](#).
7. **Establish a Kitchen Curfew:** do your best not to eat 3 hours before bedtime. At night, your metabolism slows down; and food is more likely to get stored, rather than burned off. Turn the lights off and tell yourself the kitchen is closed until morning. If you workout at night, your dinner is an important meal and you should eat.
8. **Breathe:** take deep breaths throughout the day, especially at the start, when you are anxious, frustrated, or angry, before meals, and at the end of your day. Oxygen is needed to survive and thrive. Control your breath; control your life. You slow life down by slowing the rate of your breaths. While breathing through the nose and expanding your rib cage laterally, think about 3 things you are grateful for and then 3 things you will do today or tomorrow to achieve your goals.
9. **Smile and get as many hugs as possible:** laugh & enjoy the day. Enjoy life's simple pleasures like sunsets, books, flowers, a mindful moment with your child, or a chat with a friend.
10. **Contribution:** serve others and be grateful!

Ask Yourself, “How am I Doing?”



Use this to measure any changes you are making in your life now (during the holidays) and other times throughout the year. **What is measured can be managed.**

Questions to ask yourself as you reflect before leaving your house or before bed:

1. What am I grateful for today? What was I surprised by?
2. What were my wins of the day and this week?
3. What is working in my day/life?
4. What is not working in my day/life?
5. Am I doing what I need to do to measure my success (i.e. measuring body fat & weight weekly)?
6. What have I learned today?
7. Is my game plan (strategies) working? Do I need to revise? Do I need a coach?
8. Is my language to myself and others toxic?
9. Is my “WHY” still my “WHY”? Is it motivating me to workout, get sleep and eat healthy?
10. Do my goals need to be revised? Are they realistic?
11. Am I stressed? How can I reduce that stress?

Another Checklist to Stay on Track



1. Do you keep a food & exercise journal?
2. Are you following a planned nutrition strategy like [Intermittent Fasting](#)? I have 9 other strategies if you don't like this one... and there are probably a million diets on the market. Find one that works for you.
3. Do you drink half your body weight in ounces of water daily?
4. Do you get 25-30 grams of fiber a day?
5. Do you limit or avoid pasteurized dairy?
6. Do you mix carbohydrates, proteins & fats in most meals & snacks?
7. Do you get enough sleep?
8. Do you have a set kitchen curfew time?
9. Do you know your portion sizes?
10. Do you choose healthy meals?
11. Do you choose better snacks?
12. Do you exercise?
13. Do you have a support person?
14. Are you doing it for yourself?
15. Do you put yourself in tempting situations?
16. Are you getting filled up in your relationships?
17. Do you have quiet time each day where you just breathe and reflect?
18. Do you reflect on how grateful you are?
19. Do you take daily supplements?
20. Thinking about the above questions, how do you think you're doing?

The more you say, “Yes” to these questions, the more successful you will be!

Healthy Holiday Drinks

Pomegranate Punch (Serves 6)

- 2 ½ Cups of Seltzer
- 2 cups of Pomegranate Juice
- Lemon twists

Directions: Mix Seltzer & Pomegranate juice in bowl and then garnish with lemon twists. To add alcohol: add 2 cups of champagne, decrease both Pomegranate juice & Seltzer to 1 cup each, and add ½ cup vodka.

Banana Split to Sip (Serves 2)

- 1 packet Greek plain yogurt
- 6 strawberries
- 1 banana, peeled and sliced
- ½ cup almond milk
- 1 tbl. of light chocolate syrup

Directions: Combine all ingredients in blender. Pour into serving glasses and garnish with a fresh strawberry slice.

Low-fat Egnog (Serves 4)

- ¾ cup organic sugar
- ¼ tsp cinnamon
- ¼ tsp freshly grated nutmeg
- 1 egg
- 4 egg whites
- 1 ½ cups organic raw milk
- 1 ½ tsp vanilla extract
- ¼ cup rum or brandy (optional) (can use rum extract instead)
- freshly grated nutmeg to garnish

Directions: Combine sugar, cinnamon and nutmeg in a large bowl. Add egg and egg whites, and beat with a mixer for 3-4 minutes. Gently heat fat-free milk in a large saucepan. Gradually stir egg mixture into the hot milk. Continue to heat, stirring constantly, until mixture is slightly thickened. Stir in vanilla extract and remove from heat. Let the milk and egg mixture cool a little before blending with fat-free half-and-half milk. Cover and chill in the refrigerator. Before serving, add rum or brandy if desired and sprinkle with freshly grated nutmeg on top.

Healthy Holiday Appetizers

Stuffed Mushrooms (Makes 24)

- 24 large button mushrooms, cleaned and stems removed, reserving stems
- 2 tablespoons onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup unsalted organic butter
- 2 cups bread crumbs (whole wheat) or make your own with better breads
- Juice from 1/2 lemon (about 1 tablespoon)
- 2 tablespoons dry sherry (or substitute apple juice)
- 2 teaspoons dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 3/4 cup freshly grated Parmesan cheese, divided

Directions: Preheat oven to 400 degrees. Arrange mushrooms, cavity facing upwards, on a lightly greased baking sheet. Set aside. Finely chop the reserved mushroom stems. Heat a small frying pan over medium heat; melt butter and sauté the mushroom stems, onion, and celery until soft, about 3 minutes. In a large mixing bowl, combine breadcrumbs, lemon juice, sherry, parsley, garlic powder, salt, basil, oregano, pepper, and 1/2 cup Parmesan. Mix well. Add sautéed vegetables and mix well to combine. Using a small spoon, stuff the prepared mushrooms. Bake in the preheated oven for about 12 minutes, or until stuffing is starting to brown. Remove mushrooms from the oven and sprinkle with remaining Parmesan cheese. Turn the oven to broil and return the mushrooms to the oven, until the cheese has browned nicely. *Serve warm from the oven.

Herbed Tomato Cheese Spread

- 1-cup whole/low-fat cream cheese
- 2 cloves garlic, minced
- 1 Tbsp. freshly snipped or frozen chives
- 1 Tbsp. snipped dill or seasoning
- 4 tomatoes, peeled, seeded and diced

Directions: In a medium bowl, combine cheese, garlic, chives, and dill. Add tomatoes and mix well. Good as a spread for gluten free crackers.

Reduced Calorie & Reduced Fat Buffalo Chicken Dip

- 1 package (8 oz.) 1/3-less-fat cream cheese, softened
- 1/2 cup low-fat ranch dressing (no HFCS)
- 1/3 cup buffalo wing sauce
- 2 tablespoons water
- 1 1/2 cups shredded cooked chicken breast

- 1 cup shredded reduced-fat Colby-Monterey Jack cheese blend or reduced-fat Cheddar cheese (4 oz)
- 2 tablespoons chopped green onions (2 medium)
- Gluten free crackers or celery sticks

Directions: Heat oven to 350°F. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in dressing, buffalo wing sauce and water until blended. Stir in chicken and cheese. Spread in ungreased 1-quart baking dish or 9-inch pie plate; cover with foil. Bake 30 to 35 minutes or until hot and bubbly. Stir; top with onions. Serve hot with crackers or celery sticks.

Healthy Holiday Desserts

Chocolate Coconut Haystacks (Source: [Café Solstice](#))

- 3/4 cup coconut oil melted
- 1/2 cup raw cocoa powder
- 1/3-1/2 cup agave nectar
- 1 tsp. vanilla extract
- 3 cups of shredded coconut

Mix the above batter in with the shredded coconut in a mixing bowl. Shape the batter into balls on a tray lined with parchment paper. Set in the refrigerator. Haystacks will last 6-12 months in refrigerator or freezer.

Chocolate Soufflés (Source: www.wellnessbakeries.com) (Serves 4)

- 4 large organic eggs
- 1/2 cup organic raw milk
- 2 Tbsp. organic raw butter
- 4 Tbsp. organic cocoa
- 4 Tbsp. organic erythritol

Directions: Preheat oven to 350°. Melt butter in a medium saucepan over low heat. Add 2 Tbsp. erythritol to butter and stir to dissolve. Continue stirring butter and erythritol, and incorporate cocoa. Add milk and turn heat to medium while whisking. Once fully mixed, remove from heat and allow to cool. Separate eggs. In a small bowl, beat egg whites with remaining erythritol on high speed until soft peaks form. Whisk egg yolks into cooled cocoa mixture (NOTE: if the chocolate mixture is too hot, you will have scrambled eggs, not soufflé). Fold the cocoa mixture gently into egg white mixture. Spoon into 4 small (7 oz.) ramekins and bake for 20 minutes.

Raw Chocolate Truffle (Source: www.ttfatloss.com)

- 1 cup Raw Walnuts/Almonds
- 3-4 Tbsp. Raw Cacao/Cocoa powder (will say on the package it's raw)
- ½ cup Dates or 4 Tbsp. raw honey or raw Agave nectar to taste
- 1 Tsp. Cinnamon or a dash to taste
- 1 teaspoon vanilla extract

- Dash of salt
- 1 Tbsp. Raw Coconut Oil

Blend all ingredients in food processor until almost smooth. You may need to modify ingredients a bit to get the taste you like. You can roll into balls and have as treats or crumble over fresh cut fruit.

Happy Holidays! Thank you for taking the time to read through my “Holiday Survival Guide.”

I hope you enjoyed this e-book and found some very valuable health and fitness tips! Please share with your friends. I do my best to provide high quality and current information. Some of this information may question your current beliefs and I would be happy to help if you have any questions.

You can find a lot more fitness tips and healthy recipes on my site: www.BrienShamp.com

FREE TO YOU for reading this guide: If you are looking for accountability, motivation, and results from a structured health & fitness program, I encourage you to give us a try with our FREE 1-week boot camp trial here: [Week Trial](#)

Let us help YOU make your New Year’s Resolution of “Getting in shape” in 2017 a reality!

Please feel free to contact me at any time! Best of luck with your health and fitness goals over the holiday season and the New Year!

Thank You! Your friend & coach,

Brien

Fit Body Boot Camp is the only 30 minute group personal training program that’s fun, affordable, gives you fat loss results and challenges your body every time. Best of all, we guarantee you’ll be happy with the results or you get your money back.

The boot camp sessions are approximately 45-50 minutes long. Each session includes a 10-15 minute warm up phase with mobility and core movements to prepare you for the 30 minute metabolic workout, and then it ends with a 5 minute cool down phase.

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