

TRAIN 4 LIFE

#train4life

"Life itself is a privilege, but to
LIVE LIFE TO THE FULLEST
- well, that is a choice."

ANDY ANDREWS

K FUEL YOUR TURKEY DAY

Thanksgiving Day is near and **Studio K's** Registered Dietitian, Courtney Sullivan, has prepared a healthy alternative to prepare those infamous Thanksgiving Mashed Potatoes. Be inspired by the **K Fuel** Thanksgiving Day tips that will keep you in line to eating and living a healthy lifestyle on this traditional day to feast.



Meet Courtney

Courtney Sullivan is a Registered Dietitian (Academy of Nutrition and Dietetics) and a NASM Certified Personal Trainer.

Courtney is passionate about helping her clients reach optimal health through the delicate balance of nutrition and exercise.

Schedule a Private Nutrition Tour

Courtney Sullivan
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CAULIFLOWER MASHED "POTATOES"

INGREDIENTS

- 1 head cauliflower
- 1 clove garlic
- 1 leek, white only, split into 4 pieces
- 1 tbsp. soft tub margarine (non hydrogenated)
- Black pepper to taste

PREPARATION

Break cauliflower into small pieces. In a medium saucepan, steam cauliflower, garlic, and leeks in water until completely tender (20-30 minutes).

While cauliflower is hot, puree until the vegetables resemble mashed potatoes.

Add a little hot water if vegetables seem dry and stir in margarine and black pepper for taste.

SHOPPING LIST

- Cauliflower
- Garlic
- Leek
- Margarine

NUTRITION FACTS:

Makes 4 servings. Per serving:
67 calories, 3 g fat (0.5 g saturated, 1.5 g monounsaturated),
75 mg sodium, 9 g total carbohydrate, 3 g fiber, 2 g protein.

THANKSGIVING DAY TIPS:

- » Keep your body on its regular schedule – small frequent meals are best for weight loss or maintenance.
- » Don't skip breakfast on Thanksgiving, you will be at a higher risk of lean muscle breakdown and simultaneously increasing your body fat %
- » Rev your metabolism with exercise in the morning – join the Studio K Team @ the Turkey Trot!
- » Listen to your body! If you're hungry, have a snack: nuts, a side salad, apple with almond butter or veggie tray with yogurt chive dip/hummus
- » Eat early if you can! The earlier you consume Turkey dinner, the better you'll feel because your body will have more time to digest and metabolize the nutrients before bed (and reduce heartburn risk)
- » FYI, the amino acid tryptophan in turkey will make you sleepy, so snuggle up by the fire for a movie or board game with your family and call it a night!

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