

### Tips for Eating Healthy During the Holiday Season

#1 **Eat a hearty breakfast the day of your holiday meal.** You should be doing this all the time anyway, but eating a filling, nutrient-dense breakfast full of fiber will help you deal with temptation later in the day. Examples include a bowl of oatmeal with chia seeds and berries.

#2 **Host the holidays at your house.** Most holiday dishes can be made healthfully, so being at home and in control of the food, is your best option.

#3 **Bring your own dishes.** If you're going to someone's house, bring at least two dishes. Most people are happy to have the additional food. Bring one healthy main dish or side and one healthy dessert.

#4 **Eat before you go.** If you don't feel comfortable bringing food, or you won't be able to, pre-eat. You won't be tempted to eat the food you know is bad for you.

#5 **Remember why you eat this way.** Remind yourself why you're eating a Plant-Based diet. In the next week or so, read or re-read an inspiring and informative nutrition book or watch a film about nutrition. When the information is fresh in your mind you'll be inspired to stay committed.

### Whole Grain Pizza with Kale Pesto

Servings 6  
Calories - 180

1/2 bunch kale, tough stems and ribs removed, leaves steamed and chopped  
1/3 cup walnut pieces  
1 small clove of garlic, chopped  
100% whole wheat pizza crust  
2/3 cup tomato basil pizza sauce, divided  
1/2 cup no-salt-added, drained and rinsed black-eyed peas  
1 tsp nutritional yeast  
Crushed red Chile flakes to taste

Preheat oven to 450°F. Combine kale, walnuts, and garlic in food processor and process until fairly smooth.

Spread pizza crust with 1.3 cup of the pasta sauce and dot with kale pesto. Dollop remaining 1/3 cup sauce on top. Sprinkle with black-eyed peas and yeast, if using. Bake until crust is lightly browned on the edges and bottom, about 10 minutes.

Cut into wedges and serves with Chile flakes on the side.

### Join Smola Consulting in

## The GOOD LIFE CHALLENGE

10 Days of Whole Food- Plant Based Eating  
Monday, January 7th – Wednesday, January 16th



#### Proven Results:

- lower cholesterol
- lower blood pressure
- lower glucose
- weight loss
- increased energy
- better sleep

There is no cost to join the challenge. Contact your wellness coordinator or Human Resources Representative to get more information and to sign up by December 20<sup>th</sup>.

