

24 DAYS OF
healthy holidays
ADVENT 2017

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No matter what you believe, the holidays are always a magical time of the year. Families gather, people celebrate, yummy food is passed around the table...and the promise of a small miracle to happen thanks to the standards of Hallmark Christmas movies. Yes, it sure is a magical time—while also being a time that people feel an incredible amount of guilt. Why? Holiday food.

If you're anything like me, between Thanksgiving and Christmas all dedication to fitness and healthy eating is completely chucked out the window. December is never a healthy time. It's full of parties that involve too many drinks and too many cookies. I mean, I don't even like cookies that much. But I still eat them during the holidays because for some reason, I can't help myself.

This year, I want it to be different. I celebrate Christmas, and when Christmas Eve rolls around the last thing I want to feel is chubby and guilty for not caring the last few weeks. I want to enter into the holidays (and my lovely holiday break laying on the beach) feeling really good about the skin I'm in.

So I developed this new advent calendar for myself, and for my followers, to feel good about the holiday season. It comes with meal ideas and a complete fitness calendar (all workouts that you can do right at home) to follow.

HERE'S HOW IT WORKS: Print out the last two sheets (sometimes it helps to hang it somewhere you can see) and go to the resource link below. At this link you will find workout videos to try for the different days listed in the calendar. You will also find links to the recipes available in the meal plan.

And remember, have fun! It is the holidays after all, so if you sneak one cookie a week, no judgment over here! ;)

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**All workout videos & recipes are
available at the following link:**

www.kierstenhickman.com/24-days-of-healthy-holidays-advent-2017/

fitness calendar

| Su | M | T | W | Th | F | S |
|------------|----------------------------|---------------------|---------------------|-------------|--------------|--------------|
| | | | | | 1 Cardio | 2 *Fun* |
| 3 Yoga | 4 Total Body Cardio | 5 Arms & Abs | 6 Legs | 7 Cardio | 8 Butt | 9 *Fun* |
| 10 Yoga | 11 Total Body Cardio | 12 Legs | 13 Arms & Abs | 14 *Fun* | 15 Cardio | 16 Butt |
| 17 Yoga | 18 Total Body Cardio | 19 Arms & Abs | 20 Legs | 21 Butt | 22 *Fun* | 23 Cardio |
| 24 Yoga | | | | | | |

meal plan

BREAKFAST

Yogurt w/ Berries & Granola

Egg Cups

Smoothies

Oatmeal

LUNCH

Asian Chicken Salad

Tuna in Pita Pockets

Honey Sriracha Meatballs

Feta/Cranberry/Walnut Salad

SNACKS

Popcorn

Pickles

Cheese

Pepperoni

Bell Peppers

Carrots w/ Hummus

Banana w/ Peanut Butter

Dark Chocolate

DINNER

Meatballs with Zoodles

Taco Salad

Sausage w/ Peppers & Onions

Pork Chops w/ Greens & Squash

Chicken Fried Rice

Stuffed Peppers

Pesto Chicken

Buffalo Chicken Zucchini Boats

Chicken Zucchini Fritters

Paprika Chicken Thighs

Teriyaki Chicken

Tuna Melts on Sweet Potato Toast

Taco Lettuce wraps

Sweet Potato Enchilada Skillet