

HOLIDAY EATING



FabulouslyFit.com

Dani Rotramel

HOW TO ENJOY THE
HOLIDAYS WITHOUT
WEARING THEM IN THE
NEW YEAR

HOLIDAY EATING TABLE OF CONTENTS

Introduction

About Dani

About Fabufit

A New Holiday Mindset

Getting on the Success
Curve

The System

Learning Mental
Strategies

The Power of a Decision

Renewing the Mind

A New View of
Discipline

The Two Major Life Pains

Mental and Physical

Power of Hoe Downs

Simple Physical
Strategies

Two Simple Actions

The Littles that Make the
Difference

Two Kinds of Foods

Favorite Recipes

ABOUT DANI



Hi, I'm Dani Rotramel. I am a Christian and for the past 40 years have loved helping others (especially women) learn simple strategies to go to the next level in their fitness and health.

In 1976, before our youngest daughter was born, my husband and I learned that God wanted us healthy. We knew it, but certainly didn't know how to walk in that knowledge. Since we had two older children who had spent many sick days, I was extremely motivated to know how. I began learning: first by searching through every healing scripture in the entire Old and New Testament to be sure healing was God's Will. After my search, I was convinced, without a doubt, "Healing is part of our Covenant as believers in and followers of the Lord Jesus Christ. Healing is His Will."

Since that time, my passion for learning about and for sharing the message of health and fitness has increased. Opportunities opened up for me to study health and nutrition and later to become a Certified Nutrition Consultant. I recognize that God has blessed me with the gift of "Encouragement" and with an ability to share hard topics in a simple way.

My calling is to study, to create and to impart this message of fitness and health.

I hope you enjoy this Ebook and accompanying Workbook and that it will be a great blessing to you. I encourage you to join me on my blog (FabulouslyFit.com) and live Zoom classes as I reveal the simple synergistic magic of addressing the entire Circle of Health in Spirit, soul, and body!

ABOUT FABUFIT



FABUFIT is a simple fitness training system based on Godly principles that encompass the entire Circle of Health - Spirit, Soul (mind, will and emotions) and Body.

"Proverbs 31:17 She girds herself with strength (spiritual, mental and physical fitness for her God-given task) and makes her arms strong and firm." AMP



A NEW MINDSET

A New Holiday Mindset This Year

Our new mindset will be based on the decision to eat, not carelessly, but with planned intention. Be looking for two simple 3 minute actions we will be putting into practice. Let's make some "I will" statements

I will plan ahead.

I will eat ONLY the Debit Foods
(Health-destroying foods) that I absolutely
LOVE

I will eat with intention and not carelessly

I will enjoy who I am with more than what I

New Holiday Mindset for You

I will Plan Ahead

I will Eat ONLY Debit Foods I
Absolutely LOVE

I will Eat with Intention
And not Carelessly

I will enjoy who I am with more
Than what I eat



I will climb the tower, I will set myself upon a watch. I will write the vision
And make it plain. Habakkuk 2:1

6

The System

You and I are a Spirit. We have a Soul, which is our mind, will and emotions. We live in a body. The system is designed by our Heavenly Father, our Creator, to be controlled by the Spirit Man.

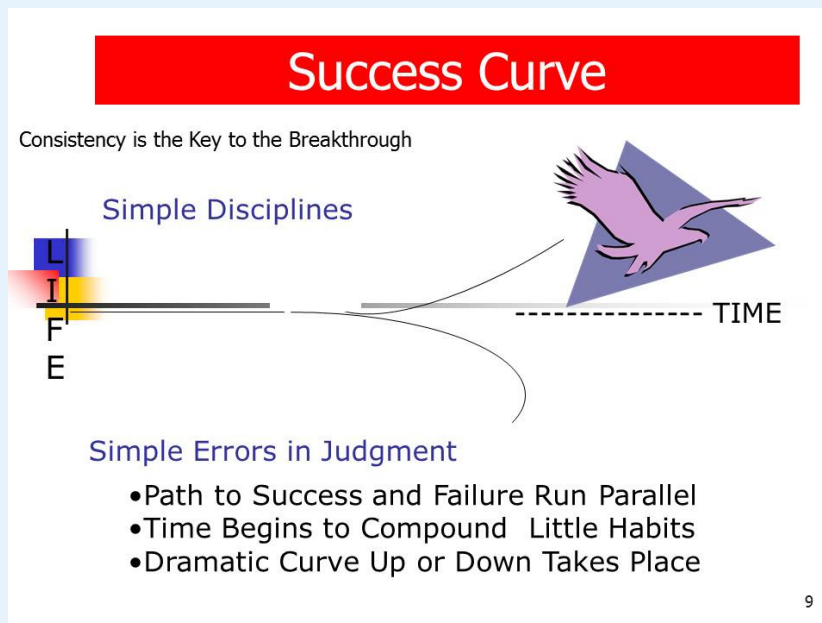
If you and I feed our flesh and pamper it by letting it eat when it wants, letting it cuss if it gets mad or letting our thoughts run wild, the voice of the flesh will begin to override the system. Each time we give in to the flesh, we empower the flesh to rule over us. We are sowing to the flesh....resulting in corruption. Each time we take authority over the flesh, we lessen its power of ruling.

THE SUCCESS CURVE

The Success Curve

The paths to success and failure run parallel. Time and consistency begin to compound little habits whether they be good or bad. For example, you and your good friend are on the path of life. You have chosen to implement small good habits on a daily basis. Your friend has chosen to continue on a path of small careless bad habits on a daily basis.

For a season of time, it looks as if your paths are running totally parallel. You don't seem to be a bit more fit or healthy than her. However, with time, you will begin on a dramatic curve upward into successful results and your friend will begin on a dramatic curve downward toward failure in health.



The little simple disciplines to get you onto the Success Curve upward spiral are very easy to do. However, they are also very easy NOT to do and most people will not do them. Will you be 1 of the everyone who will?

MENTAL STRATEGIES

Decide

A decision is always the first step. We realize we need a new mindset that may be very different from past years. Let's draw a line the the sand as to the decision we will make concerning this new mindset we will develop and the new path we will walk over these coming days, weeks, months and years.

Does this decision match with your core values? One of my core values is Health and Fitness. This is a match. In fact health and fitness match all six of my top values in life. Have you thought about your top six?

Boundaries

New boundaries will need to be set once your decision is made. We will take on the "I Can and I Will" attitude. Boundaries set guidelines for us. "If I eat this, I will do this." For example: If I eat a debit food (a health destroying food), I will immediately eat a strong credit (health building) eraser food. If I overeat, I will focus on extra water, hoe downs, eraser foods.

See yourself on the other side of the holidays feeling happy and victorious.

Another boundary that has worked well for me is having an eating cutoff time. Watch for more about this.

Remember that King Flesh is a Cruel Tyrant.. When the cravings of Flesh rule, we reap an unwanted harvest. We must keep the Flesh on a tight leash. If we sow to Flesh, we please the Flesh. When we spend time in the Word and obey the Word, we sow to the Spirit and reap life and blessings.


The System

You are a Spirit

You have a Soul= Mind, Will, Emotions

You Live in a Body (King Flesh tries to rule daily) Change Default from Flesh to Spirit

The System is Designed to be controlled by the Spirit Man



MENTAL STRATEGIES

Renewing Your Mind

Each of us probably need some new thoughts about discipline. It is too easy to think of discipline as prison. It isn't. Being disciplined is FREEDOM. Think about the opposite. Nothing is more defeating than to feel a prisoner to your own flesh.

Holidays are a time the flesh can capture you in prison, steal your hope and wreck your emotions. This year will be different as we begin to renew our minds to new thinking and find out the promises and guidelines God gives us in His Word about how to do this.

"Don't be conformed to this world, but be transformed by the renewing of your mind that you may prove what is that good and acceptable and perfect will of God."

Romans 12:1,2

Remember I Cor 6:12



Think of yourself as a soldier training for combat in an intense war. You will not be mastered and imprisoned by the enemy.

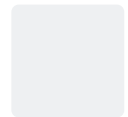
Ask the Lord God to put steel in your convictions and iron in your soul.

MY PRAYER FOR YOU



My Prayer for You

- Steel in your Convictions
 - The Holy Spirit will put steel in your convictions. I Thes 1
- Iron in your Soul
 - Invigorate my soul so I can praise you well, use your decrees to put iron in my soul. Ps. 119:175

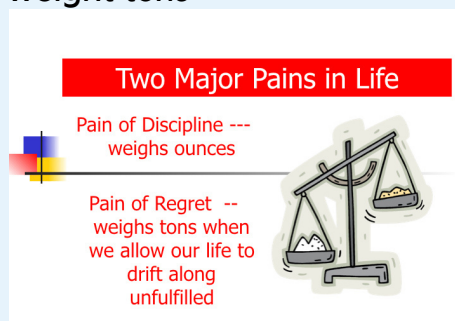


MENTAL STRATEGIES

The Anointing of Discipline

There are two major pains in life.

1. The Pain of Discipline -- it weighs ounces
2. The Pain of Regret -- it weight tons



As Christians, we can call on the "anointing of discipline," (the power of God to remove burdens and destroy yokes.)

II Timothy 1:17 "For God did not give us a spirit of timidity (of cowardice or fear, but [He has given us] a spirit of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]." AMPC

We can root out slothfulness with diligence. Think about the ants. They are consistent. In fact, they are the epitome of being "constantly consistently the same." We wish to become "constantly consistently the same", making small choices that continue us onward on the Success Path.

The ant does what he needs to do without having to be told, begged, supervised, or prodded in any way. With God's strength, we will take our good habits to positive rituals so they become on autopilot..

MENTAL AND PHYSICAL STRATEGIES

EXERCISE

HOE DOWNS



Exercising the Brain and Body



- 2 Min Energy Boost – Prevention
- Drops Glucose 62-85% upon Completion and Average of up to 100 points at 10 min Post
- Burns Excess Glucose before Conversion to FAT
- Increases Mental Clarity
- Increases Brain Balance

- Full Fiber Muscle Activation works the whole body

Find the short How To Video at <http://fabulouslyfit.com/hoe-downs-and-senior-fit/>

Because health is a circle, most Holiday Strategies will encompass more than one area. Doing the exercise called "Hoe Downs" is one such prime example of this. This short exercise created by Teresa Tapp of t-tapp.com is not only an energy booster, but is also a tool to increase mental clarity and brain balance.

Exercise of all kinds will wake up those wonderful "feeling good" neurotransmitters and will increase our metabolism. During the Holiday Season, plan some extra walks: through the mall, around the block, even around the house. Do you have a Fitbit to track your steps? It might be both an eye opener and also a very good motivation for extra steps. It is for me.

Even a Little More Exercise

- Wake up those wonderful "feeling good" neurotransmitters that take message to the brain
- Increase your Metabolism
- Walk



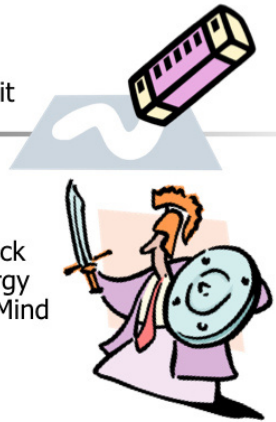
PHYSICAL STRATEGIES

HOE DOWNS FOR ERASING

Let's look more at Teresa Tapp and her amazing T-Tapp workouts? Many years ago I learned about and began implementing her famous three minute Hoe Downs. Although this is no excuse to eat carelessly and then think we can just erase, on those limited special occasions during the Holidays, eraser strategies can be a Godsend. This one has multiplied benefits. Hoe Downs have been proven to lower glucose levels and thus greatly lessen the chances of glucose from debit food being turned to and stored as FAT.

Hoe Downs

- Drops Glucose Level
- Sugar Buster
- Burn Excess Glucose before it Converts to FAT
- Fast Way to Boost Energy
- Depression Fighter
- 3 Minutes
 - After a Meal or Carb Snack
 - When needing Extra Energy
 - When needing Clarity of Mind



Hoe Downs are revved up by using your broom this way.



The Big Finish: Repeat sequence with 4 lifts/touches on each side. Continue with 2 sets of 2 lifts/touches on each side. Finish by doing 1 set of singles (a total of 8 counts—alternating knee forward and knee turned out). Repeat entire sequence using other leg. Remember to breathe!

Please visit T-Tapp.com to find out more about Hoe Downs. I have actually made a playlist on my YouTube channel of her original plus three new Hoe Down moves as well as her short teachings on Awesome Arms and Powerful Squats.

PHYSICAL STRATEGIES

YOUR BEVERAGE OF CHOICE - Another Eraser

Making water your beverage of choice will save you from multiplied calories and several unwanted inches. This isn't a hard habit to develop. It is easy to do. It, like most of our good habits that take us onto the "Success Curve", is also easy not to do. Most won't. Are you still wanting to be the one in everyone who will.

Water – Beverage of Choice

- Critical to drink half body weight in ounces of purified water daily minimum
- Water: No Calories and No Fat
- It Cleans and Erases
- Water increases metabolism – a great thing
- Trigger for Hunger, Thirst very Similar
- 30 oz. first thing each Morning

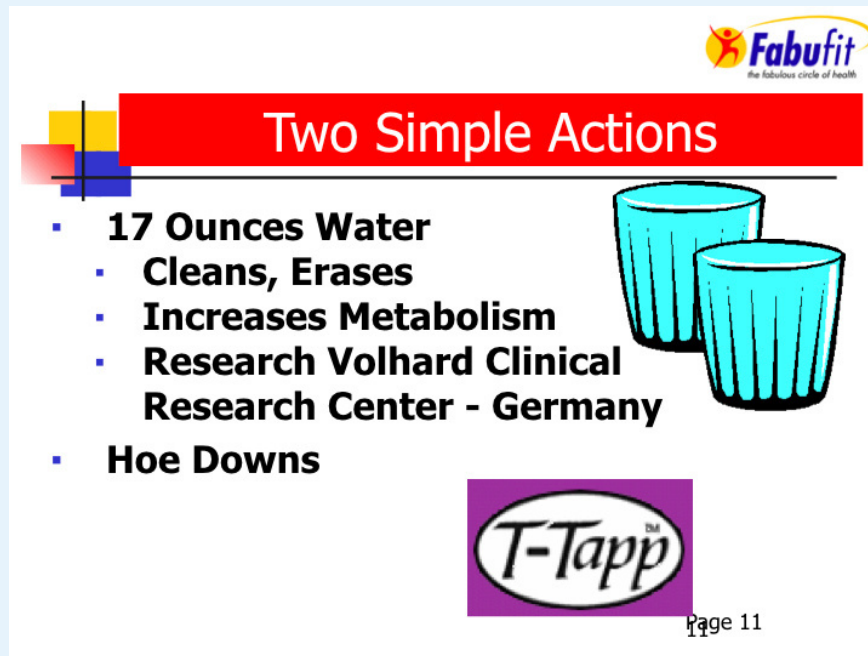


About two years ago, I developed the habit of 30 oz. of pure water the very first thing in the morning as I get dressed. It has been a great habit, which has now gone to autopilot for me.. On autopilot it requires no will power. Try it over the holiday months and see what you think.

PHYSICAL STRATEGIES

ERASER STRATEGIES


I mentioned on a previous page the importance of water. Did you know water can actually be an eraser. You remember that it has no calories and no fat grams. It is filling. Research has even been done showing that drinking 17 oz. of water after eating a debit food can act as a "damage eraser."



Fabufit
the fabulous circle of health

Two Simple Actions

- **17 Ounces Water**
 - **Cleans, Erases**
 - **Increases Metabolism**
 - **Research Volhard Clinical Research Center - Germany**
- **Hoe Downs**



Page 11

Research done at Volhard Clinical Research Center in Berlin found that after subjects drank 17 ounces of water their metabolism rate increased by 30% within 10 minutes and didn't peak until about 40 minutes later.

PHYSICAL STRATEGIES

SOLIDIFY YOUR BOUNDARIES

There will be debit (health destroying) foods you love and will wish to eat once and awhile. You will feel so very much better if, right now, you will start to narrow your choices. It won't be that hard. You will soon find that the pain of discipline does weight far far less than the pain of regret. Remember these two pains?

Set Boundaries

1. Foods You Love Only
2. Remember to Plan and Prevent
3. Erase and Detox
4. Enjoy
5. Evenly Space and Balance
6. Eat Before 7:30 PM

Free!

Two Major Pains in Life

Pain of Discipline ---
weighs ounces

Pain of Regret --
weighs tons when
we allow our life to
drift along
unfulfilled



PHYSICAL STRATEGIES

KNOW THE HUNGER/FULL INDEX

Inches are added and pounds increase when we aren't aware of, or we fail to heed, the guidelines of our internal God-given Hunger/Full Index. God says that we are "fearfully and wonderfully made," Our bodies are created to eat when we are hungry, but before we are too hungry; and to stop when we are full, but before we are too full.

We must first train our body to tune in to this Hunger/Full wisdom. If we eat carelessly, unthinkingly, we will eat right past the warning limit. If we aren't drinking enough water, we will think we are hungry when really we are just thirsty. These mechanisms for hunger and thirst are very similar. If our food choices are "debit foods" (health-destroying foods), we probably won't even care. The rewards that come with training in using the Hunger/Full Index are too great to miss.

Learning and training our body to follow this Hunger/Full Index will keep our blood sugar level, our emotions steady and will put up an advantageous barrier to added inches and pounds.



PHYSICAL STRATEGIES

IMPLEMENT THE HUNGER/FULL INDEX

Training yourself with the Hunger/Full Index will be some of your very most important Holiday Eating training. Are you ready to begin?

p. 23 Intro J



HUNGER/FULL INDEX



A Scale on the left side with 0 at bottom and 10 at top

10
9
8 **Gluttonously Miserable**
7 **Looser Clothing**
6
5
4
Comfortably Full < 4 - 6 is where we wish to stay
3 **Just Hungry**
2 **Very Hungry**
1 **Very very hungry**
0 **Starving - Ready to Binge**

Stop **BEFORE**
You are too
Full

Eat **BEFORE**
You are too
Hungry

PHYSICAL STRATEGIES

SURVIVE STRESS

Stress is rather common during the holidays. It may even be good stress because we are so busy doing all the things that make holidays holidays. We can easily get too busy. Continued stress over a period of time can be detrimental to our health and fitness.

Stress produces Cortisol which likes to put weight on us around the mid section, (the very least place we need it.) Cortisol is the neurotransmitter responsible for the fight or flight feelings we experience. Too much for too long can begin to destroy neurons in the brain. Neuroscientists are beginning to think that cortisol is the number one culprit for aging throughout the body.

Survive Stress

- Stress Relief Complex (Shaklee Corporation)
- So Safe can Give a 2 Year Old
- Works in 30 Minutes
- Blocks the Harmful Cortisol
- Which Stress Produces



We will have to learn to say "no" to demands and events that don't strongly match with our core values. Planning the weeks ahead will also be a great preventative of some stress.

One of my favorite products for combating stress is a product called Stress Relief Complex made by the Shaklee Corporation. This works fast to block the harmful Cortisol.

Our family has used Shaklee products since 1978, <http://shaklee.net/Fabufit>

Fabulously Fit



Dani Rotramel

PHYSICAL STRATEGIES

GET A LITTLE MORE SLEEP

Will you be too busy to get your needed sleep over this upcoming Holiday time? Now is the time to plan so that your lack of sleep will not cause unneeded stress and unwanted jeopardy to your immune system.

Our body works hard as we sleep do all the little repair and recovery jobs that are needed for health and well being.

A Little More Sleep

- Body Repairs and Recovers
- "Most Important Non-Nutrient"
- Sabbath Rest, TPM Time
- Poor Sleep disturbs Digestion/Elimination
- Every Minute Before Midnight = 4 After



PHYSICAL STRATEGIES

EAT BREAKFAST

We want our metabolism to work at it's best all the time. While we sleep, our body is doing needed repair and recovery jobs. It goes into slow gear as far as metabolism is concerned. We do not want it to stay in this slow gear. How do we change gears? Fuel the furnace by eating breakfast. This starts the furnace burning fat again.

Eat Breakfast



- Sleep Puts Body in Slow Gear
- Eating Breakfast will Break Metabolism out of Slow Gear and Start it Working for You
- Eat as Close to When Wake Up
- Easy way to Burn More Calories for the Whole Day



PHYSICAL STRATEGIES

PRACTICE A LITTLE MORE CHEWING

You may never know when you have passed the comfortably full mark on the Hunger/Full Index if you are eating too fast. Eating slowly is a habit we may have to work on over and over. I know I do. One thing that will help you, as it helps me, is having NO BEVERAGE with your meal. A beverage may well cause you to wash your food down without thoroughly chewing it. The only beverage I ever have with a meal is one that is too hot to gulp, like hot tea or coffee. 95% of the time I have no beverage

A Little More Chewing



No Beverage with Meals
Put Fork Down, Look Up, Chew

Here is an exercise that will help you in case you need it. After each bite of food you eat, purposefully put your fork down, look up and chew. Do not pick the fork back up until your food is thoroughly chewed. This is also a tremendous help for digestion. You will have time to register where you are on the Hunger/Full Index. However, I can't say this one is easy. It isn't. Try it.

PHYSICAL STRATEGIES

LIMIT THE DEBITS

Because "Debit Foods" steal our nutrients, our health and our fitness, they must be selected with great discretion. They can easily lead us to addiction. Yes, have you noticed.? The more you eat of these foods, the more you want. They start us on the path to "Health" Bankruptcy. This is something not a one of us can afford.

Debits and Credits

- Each food, action is a debit or a credit
- Each debit is a withdrawal on our health account
- Too many debits cause us to be withdrawn
- Let's put in the goods



"As a man soweth, so shall he reap."

Each choice is: Easy to do, Easy not to do. Consistent good choices make habits

My caution and challenge to you is to never eat a "Debit Food" that you haven't carefully thought about and decided upon. Debit foods aren't worth wasting precious calories or fat grams on unless they are your very favorites. Never eat carelessly any "debit food" you don't absolutely love and feel is worth the indulgence. Some will be worth eating. Eat this slowly, without guilt, savoring each bite and being ready and willing to use one of the "Eraser Strategies" afterward.

CHOOSE THE GOODS

WHAT ARE THE GOODS?

When we look at food choices, we see the goods (health-building foods) and we see the bads, health destroying foods. One simple way to discern which is which is to think of which foods are God-Made and which foods are Man-Made. Can you use your accompanying workbook and begin to separate and list the foods in your diet right now. Which list is predominate for you? What can you change.

Foods as Close to Nature as Possible Gen 1:29

The Goods

Vegetables, Fruits = Carbs filled with Fiber

- Pure Water
- Whole, Fresh Foods
- Fiber
- Good Fats
- Good Protein
- Supplements



Protein + Fiber = Carb
Carb – Fiber = Protein

This is just my personal opinion, but I would say a 10 to 20 Goods to 1 Bad is a good ratio. At least this is good for me. This ratio puts the goodness of the eraser foods mightily to work in your behalf.

CHOOSE THE GOODS

FIND SOME SIMPLE SUBS FOR YOUR FAVORITES

There are some traditional favorites that you will want to keep as they are. However, there are others that can be subbed out with just a few simple changes for the good and taste as delicious or better.

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Hot Cocoa



INGREDIENTS

- 1 Can of Full Fat Coconut Milk (14 oz)
- 28 oz of pure Water
- NOTE: If you don't have the Can of Coconut Milk on hand, just use Coconut or Almond Milk from a carton. Use 1/2 milk and 1/2 water to total 42 oz. liquid
- 1/4 C. Pure Cocoa Powder
- 1/2 C. of Sweetener (Agave or Maple Syrup)
- 2 tsp Pure Vanilla Extract

HOW TO MAKE

- Stir the cocoa into a small amount of milk in saucepan until dissolved
- Add the rest of the milk
- Add the Sweetener and Vanilla
- Stir in saucepan until heated and *TOP with a scoop of Coconut Whipped Topping

This makes such delicious hot cocoa for those cold winter evenings.

CHOOSE THE GOODS

MORE SIMPLE SUBS FOR YOUR FAVORITES

Traditional Cranberry Sauce is so easy to upgrade.

FabulouslyFit.com



Cranberry Sauce



- One Package Cranberries
- 1 Cup Agave Nectar

I followed the simple directions on the package of fresh cranberries but instead of the cup of sugar it called for, I added 1 cup of agave nectar. Oh my goodness, it was better than the one with sugar.

CINNAMON PECANS

Try these on a delicious green salad any time of the year.

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Cinnamon Pecans

Ingredients:

- 2 Cups Pecans
- 1/8 Cup Coconut Oil or less (Just cover the bottom of your skillet well.)
- 3-4 TBLS Cinnamon Sugar (Your Choice on Spice/Sweetener amounts)
- 1 – 1 1/2 t. Cinnamon
- 1 – 1 1/2 t. Pure Vanilla
- 1/4 tsp. Sea Salt

How to: Preheat oven to 350 degrees

- Line cookie sheet with Parchment Paper
- Place the Coconut Oil and the Pure Vanilla in skillet on low heat.
- Add the Pecans
- Combine the other ingredients and sprinkle over the Pecans
- Toss for a few minutes
- Place and spread evenly on cookie sheet and Bake about 10 minutes.



SLIVERED ALMONDS

We actually use these all the time summer, fall, winter and spring. I usually double the recipe each time.

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Caramelized Almonds



Ingredients

- 1 cup Slivered Almonds
- Several TBLS Coconut Sugar to cover Almonds
- A little Coconut Oil

How To Make

- Heat coconut oil in a really heavy duty skillet. (My Cuisinart ceramic didn't work well as I really had to clean it afterward. A heavier skillet works great.)
- Add the Almonds and Coconut Sugar and stir on medium heat until sugar is caramelized.
- Remove from pan and place them on parchment paper or an oblong glass dish to spread out and cool. These save for several days to use on salads or in vegetable dishes. We use them daily.

GOD IS YOUR STRENGTH AND YOUR SONG

MAKE THIS YOUR BEST HOLIDAY SEASON EVER

Because you have made the decision to prepare ahead, I would like to join in agreement with you that this will be the most beautiful holiday season you have ever had. You will not only enter the new year without added inches or pounds; you will find yourself ahead of the game this year with inches lost and a mindset of hope and victory for the year to come.

Physical Strategies

- Stress Nutrients
- Get to Bed 10:30
- Up Early to Plan the Day
- Be Willing to Say "No"
- Protein Shakes
- Don't Get Too Hungry
- Erase
- Exercise to Keep Feel Good Neurotransmitters Flowing
- Pure Water



Remember your strategies.

Remember to plan.

Enjoy the foods you love.

Walk away from the other debit foods.

Enjoy who you are with more than what you are eating.

Pray each day and ask God to give you His Supernatural Strength



The War is On

20

Stir up your hopes.

Solidify your boundaries.

Think on those things good and pure and lovely and of a good report.



- Mind is Battleground
- Guard Thoughts and Words
- Each day's Consistency knocks Another brick out from the Barrier
- Become Unstoppable
- "I can and I will"

HOE DOWNS

RUN THE RACE SET BEFORE YOU



Run the Race

“Run with endurance the race that is set before you.” ~ Heb 12:1

“This is no time for ease and comfort. It is time to dare and endure.” ~ Churchill

“As your days, so shall your strength be.” ~ Deut 33:25