



Surviving the Holiday Festivities with Natrim

This holiday season be prepared. Just a few precautions can mean the difference between gaining weight and losing weight.

1. If going out make sure you eat a high catabolic snack before you go out even if you are going out to dinner.
2. Alcohol flows freely during the Holidays with all the different parties and get-togethers we have. If you are drinking wine add filtered or mineral water (at least half and half) and try the low-carb beers. Keep away from the 'pop' alcohols. Add a 'high catabolic' fruit juice (no added sugar) and soda water to your champagne.
3. For non-alcohol drinks, try high catabolic' fruit juice (no added sugar) with added filtered or

mineral water. Try to keep the ratio to 25% fruit juice and 75% water.

4. Snacks at parties can greatly increase calorie intake. Try to keep away from chips, biscuits etc. Go for the dips that are non-cream based. Try salsas and vegetable base dips (high catabolic vegetables of course). Have with bite size pieces of high catabolic fruit and vegetables.
5. Keep a supply of healthy, high catabolic snacks with you. Eat these at the first signs of hunger.
6. Skip the entree course or have 2 entrees, one for your main course.
7. Select meals that have a high vegetable content with no rice or pasta. Meats should be seafood or white meats.
8. Avoid meals with creamy or

high fat content sauces. Ask for the sauce to be put on the side.

9. When ordering salads ask for the dressing to be put on the side. Otherwise you may find your salad is covered in oil and sugar.
10. For desserts, go for high catabolic fresh fruits, low-fat ricotta, low-fat yoghurts or coconut milk.
11. Often at this time of year we are meeting friends for coffee. Keep your coffee intake to no more than 3 cups per day. Try to resist the temptation of cake with your coffee. If you can't resist go for something with high catabolic fruits.
12. Drink at least 8 glasses of filtered water per day
13. Go to the www.natrim.com.au for more great ideas and recipes.

Holiday Dinner



It is always a dilemma at holiday time.

Traditional Holiday Fare may not necessary fit into your new program. However with just a few adjustments, the holidays can be very enjoyable for all.

Natrim has produced a Holiday Recipe Menu with suggested menus and easy recipes to follow. For the full list go to www.natrim.com.au

Spinach & Cheese Tarts is just one of the many recipes in the Holiday Menu

Spinach & Cheese Tarts

Makes 12

In this recipe you have the choice of making the tartlets in filo pastry. They are just as good with no pastry and there is less fat and carbs.

Ingredients

- 1 pack of frozen spinach
- 4 eggs, beaten
- 4 tablespoons of natural yoghurt
- 1/2 teaspoon onion powder
- Pinch of pepper
- 6 teaspoons crumbled feta cheese

Optional Base

- Filo pastry
- Natrim coconut oil

Thaw spinach, drain and mix with eggs, yoghurt, onion powder, pepper and crumbled feta cheese. Pour into 1/2 cup greased muffin tins. (See filo pastry option below)
Bake in a moderate oven for 20 minutes
Serve hot, warm or cold

Filo pastry

Cut 3 sheets of filo pastry into 1/6th. Place a piece of filo pastry into the muffin tins
Brush the remaining filo pastry lightly with Natrim Coconut Oil. With the oil side down place a 2nd sheet of filo pastry in the muffin tins. Once mixture is placed in the filo pastry turn down any filo pastry sticking up above the top of the tin and brush with a little Natrim Oil.

Holiday Drinks

When the holidays come around we are tempted to have a few extra drinks.

Keep in mind that alcohol is high in calories and low in nutritional value. Consider the tips listed above in 'Surviving the Holiday Festivities with Natrim'. You will drink less if you put your drink down rather than holding on to it all the time.
Talk more, drink less.



Tips for Entertaining



Plan the menu

Set aside the time to plan

How to plan

If you are not sure on what you want to serve, decide on the main course. After you have made that decision, plan your entree and dessert, but remember to select dishes that will complement the main course. Use Natrim Foods and Recipes.

There are three important things to remember when selecting recipes

- Taste
- Colour
- Texture

Consider what needs to be prepared at the last minute and what can be prepared in advance. Chose as many recipes as possible that can be prepared in advance. You don't want to spend your time in kitchen instead of being with your guests.

The Shopping List

Make up a list of ingredients and other things you will need. Then split them into 2 lists:-

- Things that can be purchased in advance
- Perishable items that must be purchased the day before or on the day.

If you are trying out a new recipe, have a practice run so there are no surprises on the day.

