



Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

TABLE OF CONTENTS

NUTRITION TIPS	page 3
EXERCISE TIPS	page 4
LIFESTYLE TIPS	page 5
DINING OUT AND PARTY TIPS	page 6
CHOOSE THIS...NOT THAT	page 7
HOW TO CONTROL YOUR CRAVINGS	page 8
PRE-PARTY DE BLOAT	page 9
POST-PARTY DETOX	page 10
HANGOVER TIPS AND CURES	page 13
STRESS REDUCING TECHNIQUES	page 15
ACCOUNTABILITY SHEET	page 16
3-2-1 MEAL PLAN	page 17
COCKTAIL PARTY RECIPES	page 18
DESSERT RECIPES	page 29

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

NUTRITION:

Some of the biggest concerns during this season is getting through all of the holiday parties and craziness without gaining weight. There are so many temptations around the holidays and you don't want to feel deprived.

The biggest mindset adjustment to make it to know we do not need to be perfect. Sometimes good enough is just that, good enough. Let go of the all or nothing mindset, if you have that cookie it does not mean that you have undone every healthy habit you have been working on. Make balance the theme of this holiday season.

Here are some of nutrition guidelines to help you get through the holiday season while beating the bulge.

- Keep nutrition clean all week. Your meals should focus on protein, veggies and water .
 - Protein should be 90 + grams a day.
 - Veggies 6-10 servings.
 - Water 3 liters per day.
- Stick to 2 servings of carbs per day.
- Treat fruits as a starchy carb for the next 4 weeks.
- Try and eat 5 times a day
 - small mini meals spaced out every 3 hours that consist of lean protein with a fibrous green vegetable.
- Eat for 12 hours a day and fast for 12 hours a day (especially after a large dinner/party at night)
 - For example; if your last meal is at 8pm then wait till 8am the next day to eat.
- Keep snacks on you at all times so that you never find yourself so hungry that you will eat anything in sight.
- Stick to drinking water, tea, seltzer or sparkling water and coffee.
- Avoid sodas and artificially flavored drinks which tend to cause bloating and water retention.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

EXERCISE

Don't sacrifice your workouts because its the holidays. Try to stick to your regular workout schedule as much as possible. But if time is an issue over the next 4 weeks remember it is not all or nothing. If you don't get your workout in one day don't stress about it, tomorrow is always a new day.

- Since time is limited during the holidays keep your workouts short and intense. You don't need to spend hours in the gym to get a good workout.
- Try and do your workout first thing in the morning. It will help to get your metabolism revved up for the day and it will also cut down on having things come up during the day that will get in the way of your workout.
- If you have limited time to workout always choose to do weight training. Pick up a heavy pair of weight and do one of the metabolic circuits. Lift weights faster and harder is better then any time spent on a treadmill doing boring cardio ;)
- Your weekly workout schedule should be as follows:
 - 2-3 metabolic conditioning days during the week. So that is about 20 minutes of high intensity circuit style.
 - On the weekends or the day of your party you want to do heavy weight training.
 - Perform 4-5 sets of 8-10 reps. Friday upper body then Saturday lower body.
 - The reason for doing heavy weight training on big party days is because the extra calories you consume at your party will straight to muscle building and not fat storage.
- The day after your party night that you ate and drank too much go for a long restorative walk. Make it a slow paced leisure stroll for about 60 minutes. This will help to lower cortisol and insulin and prevent next day cravings and hunger.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

LIFESTYLE

Life can get hectic around the holidays and stress can be at an all time high. Remember, you are only one person, you do not need to be superwoman all the time. Don't be afraid to ask for help and really honor yourself.

Stress can raise cortisol levels which can lead to increased weight gain so it is important to keep stress levels in check. Let's look at some ways to reduce stress in your life.

If you feel like lack of time is stressing you out try some of these tips

- If doing holiday shopping is stressing you out then shop online.
- Too much to do around the house then make sure to delegate tasks to your family.
- Order out a little more often if you don't have time to cook or stock up at prepared foods at the grocery store.
- Do the best you can!

It is also important to get enough sleep to help fight the holiday bulge. When you lack sleep you raise cortisol and which can cause extra weight gain.

- Try to get at least 8 hours of sleep a night.
- Aim to be in bed by 10pm. HGH (human growth hormone aka the fat loss and anti aging hormone) is most active between 10pm and 2am so you don't want to miss out on the window of the most activity of this hormone.
- If you stay up late for a party, try and sleep in the next day or take a nap during the day.

MINDSET

- Take some time for yourself, even if it's a 10 min walk or a quick manicure. Whatever you need to do to recharge your batteries. You can't take care of others if you don't take care of yourself.
- Try and keep a gratitude journal. Write down just a few things each day that you are grateful for in your life. It can be as simple as your favorite lip gloss or a cup of coffee.
- Having a healthy mindset bridges the gap between those who are able to live lean, even through the holidays and those who keep recycling those same 10-25 pounds!

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

DINING OUT AND PARTY TIPS

1. Stay consistent with your meals throughout the day. Don't save up all your calories for the party. When you try to save your calories for the big party at night then you tend to show up to the party starving and end up eating everything in sight.
2. Choose to have starchy carbohydrates or wine/alcohol, not both. So, if you choose to drink that night then load your plate up with protein, vegetables, and healthy fats.
3. If you choose to skip alcohol and starchy carbs and choose the dessert then go ahead and enjoy every bite of it!
4. Or if you choose dessert split it with someone else and stick to the 3 bite rule.
5. Don't be afraid to ask your server to make a dish specifically to your needs if you don't see anything on the menu.
6. Choose what you are eating before you go:
 - a. Protein, veggies, and alcohol
 - b. Protein, veggies and starchy carbs
 - c. Protein, veggies and dessert
7. Choose one party a week to not think about any of this and just enjoy! But don't fall victim to "What the Hell effect." Eating everything in sight because what the hell I already had a piece of bread and wine.
8. Be cautious of very salty foods, like chips and apps. They tend to bloat you and give you that puffy look.
9. If you do find yourself eating salty foods drink extra water. Because you are consuming extra water your body won't hold on to as much.
10. When choosing to drink, choose vodka or red wine. Stay away from heavy drinks like eggnog, baileys and kahlua. These drinks all have a ton of fat and calories and are a pure sugar/fat bomb!
11. When you go all out on the party follow the detox plan to get that body back on track. (see supplemental info)
12. You can use the 3-2-1 protocol when choosing to not workout the day of the party. (See page 17)

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

Choose This...	Not That...
Hot Chocolate	Egg Nog
Champagne	Gin and Tonic
Melon Balls Wrapped in Prosciutto	Spinach and Artichoke Dip
Roasted Red Potatoes	Baked potato with butter and sour cream
Beef Tenderloin	Prime Rib
Chocolate Fondue	Pecan Pie a la Mode
Shrimp Cocktail	Friend Crab Cakes
Veggies and Hummus	Chips and Dip
Cocoa Roasted Almonds	Chocolate Covered Almonds
Homemade Chocolate-Covered Cherries	Store Bought Chocolate-Covered Cherries
Pumpkin Pie	Pecan Pie
Salsa	Sour Cream Dip
Dark Chocolate	Cookies
Veggie Omelet	Bagel
Fresh Fruit Salad	Candy
Quest of Protein Bar	Fast Food
Protein Smoothie	Cereal

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F Instagram E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

HOW TO CONTROL YOUR CRAVINGS:

Depending on your diet before you begin, this will definitely be a shock to the system. I'm not saying this to scare or deter you but I want you to be prepared and armed for those cravings. I have included some tips that will help with you hunger as your body adjusts to this clean eating. Trust me it will adjust and you'll feel & look great in no time!

- Drink water – I'm sure you've heard it a million times, however water is the best thing for your body and hunger is often a sign of dehydration.
- Chocolate Craving? Try ME (Metabolic Effect) Coco drink
 - o Recipe: 1 heaping tablespoon of organic baking cocoa mixed in boiling hot water and sweetened with stevia or xylitol.
- Drink green tea liberally during the day and at night switch to Yogi Bedtime tea. o *this should be in addition to your 3L of water
- BCAA's Drink
 - o BCAA (branch chain amino acids) are a mixture of amino acids that help with muscle repair and have been shown to help curb cravings.
- 5g pre workout, 5 g post workout, 5 g mid-afternoon and 5 g at bedtime. I recommend GNC BCAAs in fruit punch flavor.
- Snack on cucumber and celery these are "free" veggies and can be used to snack on when hunger or cravings hit between your meals.
- Xylitol based sugar free gum. (can be found at health food stores)

If all of this doesn't help try and do something to distract you. Take a walk, do some squats or exercises. I've found that keeping a journal to track your hunger and cravings helped me put it all in perspective. It keeps your goal(s) in focus and reminds you why you are making this investment in yourself.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

PRE-PARTY DE BLOAT

- Start your day with a glass of room temperature and lemon.
- After your glass of water take a shot of apple cider vinegar. This will help with digestion and bloating.
- Today fill up on bitter and sour foods like bitter greens, lemon, apple cider vinegar, radishes.
- Take a digestive enzyme with all meals today.
- Stay away from foods high in fructose, (fruits, fruit juices)
- Avoid refined carbohydrates, flour and sugar.
- Avoid any fake sugars like sorbitol, isomalt, malitol, or xylitol.
- Drink a cup of dandelion tea 2-3 times today.
- Eat asparagus, cucumbers, lettuce and celery.
- Avoid Dairy which can cause bloating for most people.
- Do some yoga twists today. This exercise will help with digestion which will help to reduce bloating.
- Be sure to Chew your food thoroughly today to help reduce bloating.
- Avoid chewing gum.
- Drink around 3 L of water today.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

POST-PARTY DETOX

Ok, so you had a little too much fun. No worries we will get you back on track in no time. Post-party detoxing during the holidays is par for the course. Remember this is not about being perfect. If you get stuck in that mindset you will definitely fall victim to the 'What The Hell Effect'. Meaning since you screwed up and ate and drank too much you ruined everything so you might as well keep going. This is where the 10-15 lbs comes from. Fat loss and fat maintenance can happen at your very next meal. So let's detox the body and get right back on track.

STEP ONE: MINDSET

I. Get your head in the game. I don't want you lamenting over all you ate and drank. All this does is add stress and shame. What's done is done and one feast is not going to ruin all your hard work.

- a. Think about all the fun you had and leave it at that.
- b. Trust yourself to move forward and start making healthy choices.
- c. Do not judge yourself and define yourself as "bad" because you went outside of your
- d. boundaries. Remember this is not about perfection.
- e. We all have choices. Just as you chose to have a great time without any thinking last night, you can now make the choice to get back on track.

STEP TWO: NUTRITION

1. We are going to take the next 3 days and really clean things up and out.
 - a. First thing in the AM you will consume an 8oz glass of warm lemon water ~ this is a natural diuretic and will help aid in de-bloating your body. Take 8oz of warm water and 1/2-1 whole small lemon. Squeeze in water and drink.
 - b. Each day I want you to drink 3-4L of water. You can also have unsweetened tea, coffee, and cacao ONLY! There are no other drinks allowed PERIOD!
 - c. You will consume 4-5 meals
 - i. 3 meals will consist of protein and vegetables
 - ii. 1 meal ~ POST WORKOUT will consist of a starchy carbohydrate.
 - d. For the next 3 days the only fat you will consume are Omega 3 Fish oils.
2. What to avoid:
 - a. No ALCOHOL at all. Stick to the prescribed drinks.
 - b. No fats not even healthy fats. Omega 3 Fish oils are allowed
 - c. No protein powders and or bars.
 - d. No artificial sweeteners
 - e. No milk of any kind (coconut, almond, hemp etc)
 - f. No bread

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

- g. No chips, pretzels, crackers
- h. No butter & ketchups
- i. No sugar-free items

ACCEPTABLE FOOD LIST DURING DETOX

CONDIMENTS:

- Low-sodium mustard
- Balsamic for salads or add fresh lemon.
- All salt-free seasonings ~ check Mrs. Dash they have a great product line.
- Pick up coconut zero calorie spray for sautéing veggies.
- Low-sodium salsa (200mg per serving of sodium or less)

PROTEINS:

- Chicken breast
- Turkey breast
- Lean ground turkey or chicken
- White fish: cod, bass, halibut, trout (NOT TUNA from a can, wild caught fresh is fine)
- Salmon
- Shrimp
- Egg whites (5-6 per serving)

CLEAN STARCHY CARBOHYDRATES:

- 1/4c dry Oat Bran
- 1/2c dry Oat Meal
- 1/2 medium Sweet Potato
- 1/2c Brown rice
- 1/2c Quinoa
- Fruit: 1 med Apple, 1 med grapefruit, 2/3c berries.
- 1/2c pumpkin

FIBROUS VEGETABLES:

- 6-8 spear Asparagus
- 1c of the following: broccoli, cauliflower, onions, mushrooms, peppers, celery, cucumbers, Brussels sprouts, cabbage, artichokes
- 3c of the following: Spinach, arugula, romaine, kale, collard greens, turnips. Mustard greens, all your lettuces.
- 10-15 Green beans

Eat what is only on these lists ~ everything else is OFF LIMITS for the 3 DAYS!

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

SAMPLE MEAL PLAN:

- o Wake-up: Drink 1L plain water w/ squeezed lemon (as much as you want)
- o WALK- 60 min leisure walk
- o Meal #1 (7am): 4 scrambled egg whites, 1 whole grapefruit, green or black tea (unsweetened) if desired
- o Meal #2 (10am): 4 hard-boiled egg whites, 1/2 cup pumpkin puree (plain) OR 1/2 cup sweet potato, plain (cinnamon fine here)
- o Drink 1L plain water
- o Meal #3 (1pm): Large mixed greens salad (3-4 cups greens), 1 plain grilled chicken breast, ~5 oz (pepper or lemon pepper on top is fine), 1 TB balsamic vinegar
- o Large unsweetened green tea
- o Meal #4 (4pm): Either 1 cup lean ground turkey (99%) OR 1 plain grilled chicken breast (~5 oz), 2 cups spinach (chopped or steamed/wilted)
- o WEIGHTS (see workout plan)
- o Drink 1L plain water
- o Meal #5 (7pm): 6 oz white fish (tuna, cod or halibut), lemon on top is fine, 12-15 asparagus spears
- o Drink 1L plain water before bed, optional dandelion tea

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

HANGOVER TIPS

If you are heading out for a few drinks but don't want to suffer a hangover the next day, here are a few tips to help curb that hangover:

- Skip the sugary daiquiris, margaritas, and cosmopolitans.
- Drink water or club soda with lime or lemon between drinks.
- Skip the mixers and stick to club soda.
- Stay away from caffeine when you are drinking. Caffeine will dehydrate you causing a hangover.
- Finish drinking early enough to let your body metabolize alcohol as much as possible before going to bed.
- Try to get enough rest to enable your body to burn off the alcohol. Generally you burn off about two-thirds of a drink per hour, this rate may slow down when you are drinking.
- If you take a painkiller to offset a potential hangover, skip the acetaminophen (found in Tylenol) and take something ibuprofen-based (like Advil)
- Avoid eating too many salty snacks while drinking, they tend to make you thirstier and drink more.
- Don't mix alcohol, stick to one type of drink per night.
- Pace yourself during the night and try to avoid shots
- Drink top shelf liquors when drinking. The cheaper versions are less processed and filtered than the expensive versions and can leave you with an unwanted headache.
- Take cysteine (200mg) or N-acetyl cysteine (NAC) plus Vitamin C (600 mg) prior to drinking.
- You can also add Vitamin B6 (50mg) to increase the effectiveness.
- Also, take 150 mg of milk thistle twice per day.
- Take 2 capsules of evening primrose oil (1,000 mg each) before heading out on the town.
- DMAE has also been shown to help prevent hangovers: take 200 mg per day.

After A Night of Drinking

- When you get home after a night of drinking, drink plenty of water before you go to bed. Which is one of the causes of a hangover.
- You may also take an additional dose of cysteine or NAC before bed.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

The Morning After Drinking

- Take 400 mg of magnesium.
- Take 1,000 mg of NAC
- Take 1,500-6,000 of MSM.
- For a sour stomach, take a heaping teaspoon of glutamine powder mixed in water.
- For a headache, take 800 mg of willow bark. Willow bark contains salicin, a substance used in aspirin.
- Nux vomica will help relieve gas, bloating, and a sour stomach. Take the 6c potency in 4 drops or pellets every hour.
- Drink tomato juice. It contains fructose, a type of sugar that helps metabolize alcohol more quickly.
- Eat crackers and honey. Honey has high levels of fructose.
- Refresh your sour palate with peppermint. Take it in tea form or by chewing on the leaves.

Lemon Sour Hangover Hangover Cure

1/2 organic lemon

1 1/4 cup water

1/2 teaspoon honey or maple syrup

Wash the lemon rind. Juice the lemon, reserving the juice in a cup. Slice the juiced half in quarters and simmer in boiling water, covered for 10 minutes. Strain the water into the cup with the juice. If too tart or too bitter, add the honey or maple syrup. Drink hot.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

STRESS REDUCING TECHNIQUES

- Deep breathing exercises
- Meditation
- Take a long leisure walk
- Get a massage
- Acupuncture
- Practice gratitude
- Yoga
- Dance
- Lift weights
- Kickboxing or boxing
- Spend time in nature
- Foam roll
- Therapy or talk it out with a trusted friend
- Read
- Find your purpose
- Spend time with animals
- Sprints
- Sauna therapy
- Take a bath
- Listen to a guided meditation
- Spend time with a loved one
- Be creative- paint, draw, write
- Drink chamomile tea
- Get enough sleep; in bed by 10pm
- Take quiet time alone
- Cut down on your to do list
- Have sex
- Watch a funny movie or clip on YouTube
- Set boundaries
- Listen to relaxing music
- Learn to say no
- Play a musical instrument
- Turn off the TV and don't watch the news
- Visualization
- Garden
- Volunteer to help someone that is less fortunate than you
- Cook or bake something healthy
- Avoid drama

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

	Ate 90 grams of Protein	Ate at least 6 servings of vegetables	Drank at least 8 glasses of water	Worked out for at least 20 mins today	Took 15 mins to do something for myself today	Went to bed by 10pm/got 8 hours of sleep
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

3-2-1 Meal Plan

Use this meal plan when you are not working out that day and you have a large meal planned at night.

3 meals a day

2 are protein shakes

1 meal at the end of day with starch

Meal #1:

Protein shake; 30-50 grams of protein, 1 cup unsweetened almond or coconut milk and ice.

Meal #2:

Protein shake; 30-50 grams of protein, 1 cup unsweetened almond or coconut milk and ice.

Meal #3:

4 oz of protein, 1-2 cups of vegetables, 2 servings of starchy carbs *(Party Meal!)*

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F  E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

Cocktail Party Recipes

Avocado Deviled Eggs

Bacon Wrapped Figs

Black Bean Dip with Mango

Caprese Skewers

Coconut Shrimp

Crabmeat Stuffed Mushrooms

Lemon-Garlic Shrimp

Mediterranean Layer Dip

Mediterranean Roll Up

Polenta with Olive Tapenade

Potato and Zucchini Pancake with Smoked Salmon

Prosciutto Melon Wraps

Roasted Brussels Sprouts with Pear and Gorgonzola

Salmon Burgers

Smoked Salmon and Cucumber Canapés

Spicy Bean Dip

Spinach Quinoa Balls (Gluten Free)

Turkey Bacon Meatballs

Zucchini Pizza Boats

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

AVOCADO DEVILED EGGS

4 eggs, hard-boiled
1 avocado
2 tsp hot sauce
1 tsp lemon juice
Sea salt (optional)
Freshly ground black pepper

Peel hard-boiled eggs and cut in half length-wise. Spoon yolks into a small bowl. Mash yolks and mix in avocado, hot sauce, and lemon juice. Season with sea salt and freshly ground black pepper to taste. Refill egg whites with the yolk mixture.

BACON WRAPPED FIGS

12 fresh figs
6 pieces of bacon

Wrap 1/2 piece of bacon around each fig. Place figs on baking sheet and bake until bacon is crispy and hot.

BLACK BEAN DIP WITH MANGO

1 can of black beans drained
1/2 can of corn drained
1 can diced tomatoes with green
1 Mango chopped
Cilantro
1 red onion chopped
Juice of 1 lime

Add all ingredients into a large bowl; toss. Serve chilled with veggies or baked chips.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F:    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CAPRESE SKEWERS

1 pint Grape Tomatoes, halved
1 container of fresh mozzarella cheese balls, sliced into thirds
4-inch wood skewers
fresh basil leaves, thinly sliced
Olive oil
Balsamic vinegar

Thread one half of the tomato onto the wooden skewers, followed by the slice of mozzarella; finish with the other half of the tomato. Repeat with the remaining skewers.

Place skewers on a serving platter. Drizzle lightly with olive oil and balsamic vinegar. Season with a small amount of salt and pepper and sprinkle basil leaves on top.

COCONUT SHRIMP

1/2 cup coconut milk
1/2 cup shredded coconut
8 large shrimp, peeled and deveined
1 tablespoon coconut oil

Place coconut milk and shredded coconut into separate bowls. Dip shrimp into coconut milk bowl and then roll shrimp through the coconut bowl; be sure whole shrimp is covered in coconut flakes.

In small skillet, heat coconut oil to medium-high. Lightly brown both sides until shrimp is cooked, about 3 to 5 minutes.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CRABMEAT STUFFED MUSHROOMS

2 cups lump crabmeat
1 eggs
2 tbsp lemon juice
1 teaspoon dijon mustard
1/4 cup breadcrumbs
24 mushrooms tops
Salt and pepper to taste

Combine all ingredients, except for mushrooms. Place mushrooms on a baking sheet. Spoon mixture on top of mushroom tops and bake at 350 degrees for 20 minutes.

LEMON-GARLIC SHRIMP

3 tablespoons minced garlic
2 tablespoons extra-virgin olive oil
1/4 cup lemon juice
1/4 cup minced fresh parsley
1/2 teaspoon se salt
1/2 teaspoon pepper
1 1/4 pounds cooked shrimp

Cook garlic in olive oil over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt, and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

MEDITERRANEAN LAYER DIP

2 cups hummus
1 cup diced tomatoes
1/2 cup chopped cucumbers
1/4 cup diced black olives
1/4 cup diced roasted red peppers
1/4 cup crumbled feta

Spread hummus across the bottom of a shallow bowl. Layer the tomatoes, cucumbers, olives, and roasted red peppers on the hummus. Top with crumbled feta.

Serve with fresh vegetables or pita chips.

MEDITERRANEAN ROLL UP

1 large cucumber
6 tablespoon roasted garlic hummus
6 tablespoons red pepper (or sun dried tomatoes), chopped
6 tablespoons crumbled feta

Use a vegetable peeler to shave off long, thin slices of cucumber. You should get around 12 slices. Spread 1 teaspoon of hummus on each cucumber slice; top with one teaspoon of pepper and feta cheese. Roll the cucumber up. Secure with a toothpick.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

POLENTA WITH OLIVE TAPENADE

1/4 tsp table salt
1/8 tsp black pepper
8 medium olives, Kalamata, pitted
1/4 cup sun-dried tomatoes (without oil), chopped
3 Tbsp fresh basil, chopped
2 Tbsp pine nuts
1 log of polenta

Pre-heat oven to 350 degrees. Slice Polenta into 1/2 inch pieces and place on a baking sheet. Cook for about 10 minutes, or until polenta is slightly crispy. Meanwhile, put the remaining ingredients in a mini- food processor and process until chopped. Remove polenta from the oven and top each slice with 1/4 teaspoon of the tapanade. Serve warm.

POTATO & ZUCCHINI PANCAKE WITH SMOKED SALMON

2 cups potatoes uncooked, peeled and shredded (sweet potatoes or white)
2 cups zucchini, shredded
2 large egg whites
1 chopped onion (optional)
3 Tbsp flour or matzo meal
2 minced scallions
1/2 cup reduced fat cream cheese
4 oz smoked Wild Salmon
1 teaspoon salt
Pepper to season

Toss potatoes, zucchini, and salt in a medium bowl. Squeeze out excess liquid, careful to remove as much liquid as possible. Stir in eggs, scallions, onions, pepper, and matzo meal or flour. Mold mixture into small patties and place on a baking sheet.

Bake in oven until potatoes are cooked and browned. Take pancakes out of the oven and cool for approximately ten minutes. Top with a dollop of low fat cream cheese and a piece of smoked salmon.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

PROSCIUTTO MELON WRAPS

1/2 medium cantaloupe or honeydew melon, seeded
4 oz. Prosciutto or Serrano ham, sliced into 1 inch strips
2 sprigs fresh mint, chopped
toothpicks (optional)

Carefully slice cantaloupe into 1-inch wedges. Remove and discard the rinds. Wrap each cantaloupe slice with prosciutto. Secure with a toothpick if desired.

Garnish with fresh mint and serve chilled or at room temperature.

ROASTED BRUSSELS SPROUTS WITH RED PEAR GORGONZOLA

15 fresh Brussels sprouts, cut in half
1 red pear, skin on sliced
2 oz of Gorgonzola cheese, cut into small chunks
30 dried cranberries
1 tablespoon Olive oil
Sea salt and black pepper to taste

Heat oven to 400 degrees F. Place Brussels sprouts in a bowl; drizzle with olive oil and sprinkle with sea salt and black pepper. Scatter Brussels sprouts on a foil lined baking sheet.

Bake for approximately 20-25 minutes, or until Brussels sprouts start to turn a light brown. Remove sprouts from oven and allow to cool. When cool enough to handle, add the sliced pear on top of the Brussels sprouts. Next, layer the cheese, followed by the dried cranberry. Hold the layers together with a toothpick.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F:    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

MINI SALMON BURGERS

2 cans (12 oz) *wild* Salmon, drained
2 teaspoons Dijon mustard
1 egg
1/2 cup bread crumbs (can be gluten free)
1/2 chopped onion
Juice of 1/2 lemon
Parsley and pepper to season

Mix canned salmon, Dijon mustard, egg, onions, and lemon in a bowl. Using your hands, fold in breadcrumbs. Season with parsley and pepper. Mold mixture into burgers. Sauté in a pan with a little olive oil, bake in oven or place on the grill.

SMOKED SALMON AND CUCUMBER CANAPÉS

1 English cucumber
3 oz goat cheese, cut into thin slices
3 ounces smoked salmon, cut into 2 inch slices

Slice cucumbers on the diagonal, and arrange on a platter. Layer cucumber slices with goat cheese and top with smoked salmon. Serve chilled.

SPICY BEAN DIP

3 garlic cloves
2 small shallots (or 1/4 white onion)
2 jalapeños
2 (14 oz) cans of refried beans
Juice of 1 lime
1 tsp smoked paprika
1/2 tsp chili powder
2/3 cup fresh cilantro leaves
Salt & pepper to taste

Combine garlic, shallots, and jalapeños in food processor. Pulse until finely chopped. Add the remaining ingredients and blend until smooth.

Serve with fresh vegetables.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

SPINACH QUINOA BALLS

2 boxes 10 ounce frozen spinach, defrosted and water thoroughly squeezed out
1 onion, chopped
5 tablespoons organic butter, melted
2 cloves garlic, minced
1 teaspoon ground pepper
1/2 teaspoon kosher salt
1 cup Red Quinoa, cooked
1/2 cup sun dried tomatoes, diced
1/2 cup almond meal or flour
4 whole eggs and 3 egg whites, beaten together
1/3 cup freshly grated Parmesan cheese

Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Mix all ingredients together in a large bowl. Refrigerate for an hour, or overnight if time permits.

Roll mixture into small balls and place on prepared baking sheet. Bake for 20 minutes, let cool and enjoy.

TURKEY BACON MEATBALLS

1 pound lean ground beef, turkey or bison
1/2 teaspoon sea salt
1/4 cup cooked bacon, chopped
1/4 cup low fat cheddar cheese
1/2 teaspoon garlic powder
1 teaspoon dried parsley

In medium bowl, combine meat, sea salt, bacon, cheese, and garlic powder using clean hands. Divide into small portions and make into small balls. Cook in a stove-top grill pan over medium heat until meatballs are cooked through.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

ZUCCHINI PIZZA BOATS

4 medium zucchini
½ cup marinara or pizza sauce
¼ red onion, sliced
¼ cup kalamata olives, chopped
½ cup cherry tomatoes, sliced
2 tablespoons fresh basil, chopped

Preheat oven to 400 F. Cut the zucchini in half lengthwise and scoop out the seeds. Spread a light layer of sauce (about 1 tablespoon) inside each zucchini. Top with onions, olives, and tomatoes. Bake for 20-25 minutes, until zucchini is tender but not mushy. Top with basil and serve.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

Dessert Recipes

Apple Cookie
Cherry Almond Biscotti
Chocolate Banana Sandwiches
Chocolate Chip Cookie Dough Bread
Chocolate Chip Pecan Bars
Chocolate Coffee Coconut Truffle
Chocolate Covered Strawberries
Chocolate Mousse
Chocolate Topped Macaroons
Chocolate Whey Protein Bars
Deep Dish Chocolate Chip Cookie Pie
Devil's Food Cookies
Easy Peanut Butter Balls
Healthier Fudge
Heart Cookies
Lemon Bars
Magic Coconut Bars
Mini Chocolate Almond Mounds of Joy
No Bake Almond Butter Bars
No Bake Brownie Bites
No Bake Pumpkin Pie
Peanut Butter Hearts
Protein Frosting
Protein-Packed Fudgesicles
Pumpkin Pie Parfait
Whipped Coconut Cream with Fresh Berries

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

APPLE “COOKIE”

1 apple cut into 1 inch slices
3 tablespoons almond butter
1 tablespoon shredded coconut
1/4 cup chopped walnuts
1/4 cup dark chocolate chips (optional)

Place apple slices on a cookie sheet or plate. With a knife, smear 1/2 tablespoon of almond butter on top of the apple slices. Sprinkle shredded coconut, walnuts, and chocolate chips on top of each apple slice.

CHERRY ALMOND BISCOTTI

1/4 cup butter
1/4 cup xylitol
2 large eggs
1 tbsp. vanilla extract
3 cup almond flour
1/4 tsp. sea salt
1 tsp. baking soda
1/2 cup dried cherries, chopped
1/2 cup slivered almonds

Preheat oven to 350 degrees. Line baking sheet with parchment paper or wax paper. Use a handheld mixer to blend butter, xylitol, eggs, and vanilla extract with until frothy. In a separate bowl, combine almond flour, salt, baking soda, dried cherries, and almonds. Stir the wet ingredients into the flour mixture; continue mixing until dough consistency is achieved. Form the dough into 2 (9x3 inch) logs on the baking sheet. Bake for 25 minutes, until logs are brown around the edges. Let the logs cool for 1 hour.

Transfer logs to cutting board and cut into 1/2 inch slices using serrated knife. Return biscotti to baking sheets. Bake until crisp, about 12-15 minutes, turning over halfway through. Let biscotti cool and then serve.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CHOCOLATE BANANA SANDWICHES

2 bananas, peeled and cut into 1 inch slices

1 cup natural peanut butter

1 bag of dark chocolate

Layer a teaspoon of peanut butter between two slices of bananas. Repeat until all banana slices have peanut butter in between them. Place the “banana sandwich” on a baking sheet.

In a small saucepan on low heat, melt the chocolate, stirring continuously so that the chocolate doesn’t burn. Carefully drop the banana sandwich in the chocolate with a spoon; be sure all sides are covered in chocolate.

Place the chocolate covered bananas on a baking sheet and refrigerate until the chocolate hardens.

CHOCOLATE CHIP COOKIE DOUGH BREAD

3 cups almond flour

1 cup coconut flour

1/4 cup truvia

1/4 tsp salt

1/2 tsp baking soda

1/2 tsp baking powder

5 eggs

3/4 cup water

1 TB vanilla extract

1/2 tsp butter extract

1/4 cup dark chocolate chips

Preheat oven to 300 F. Spray a 9-inch loaf pan with zero-cal coconut oil spray or other non-stick spray. Combine all dry ingredients in a large bowl; set aside. Combine wet ingredients in separate bowl, then add to dry mixture. Stir until well incorporated. Fold in chocolate chips. Pour into pan and then bake for 50 minutes. Let sit for 5 minutes before removing from pan. Slice and enjoy!

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CHOCOLATE CHIP PECAN BARS

2 1/2 cups almond flour
1/2 tsp. sea salt
1/4 tsp. baking soda 1 c. pecans, toasted and coarsely chopped
1/3 cup dark chocolate chips
1/3 cup xylitol
1/4 cup water
2 eggs
1 tablespoon vanilla extract

Preheat oven to 350 degrees. Spray 8 x 8 pan with cooking spray. Mix dry ingredients in large bowl; in separate bowl, lightly beat eggs, water and vanilla. Add wet ingredients to dry ingredients and mix well. Spread dough in pan. Bake for 30 minutes, or until lightly browned. Let cool and cut into squares.

CHOCOLATE COFFEE COCONUT TRUFFLE

1/2 cup coconut butter
3 Tablespoons 100% cocoa powder
1 Tablespoon ground coffee
1 Tablespoon unsweetened coconut flakes
1/2 teaspoon raw honey
1 Tablespoon coconut oil

Melt the coconut butter in a microwave so that it can be mixed easily with a fork. Mix all the ingredients, except coconut oil, with a fork. Take an ice-cube tray and pour approximately 1/4 teaspoon of coconut oil into 6-7 of the cups. Spoon the mixture into each cup of the ice-cube tray and gently pat them flat with a fork.

Freeze for 4-5 hours.

Defrost at room temperature for 15-20 minutes before serving.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CHOCOLATE COVERED STRAWBERRIES

1 dozen strawberries, washed and dried
4 ounces dark chocolate

Heat chocolate in double boiler over a medium heat, stirring continuously. Dip strawberries in the chocolate until fully coated. Place strawberries on a wax paper lined baking sheet. Refrigerate for 2 hours or until chocolate is hard.

CHOCOLATE MOUSSE

1 can coconut milk, full-fat unscented
1/4 cup unsweetened cocoa powder
1/2 tsp vanilla
Stevia drops to taste (optional)

After refrigerating coconut milk overnight, empty the contents into a bowl (it should be thick). Add the cocoa powder, vanilla, and optional stevia; whisk with a fork until well mixed.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CHOCOLATE TOPPED MACAROONS

1 package (8 ounces.) packaged shredded unsweetened coconut flakes
3 large egg whites
1/4 cup erythritol (Stevia) or other sweetener in granulated form
2 teaspoons vanilla extract
4 ounces dark chocolate

Preheat oven to 350 F. Line a baking sheet with parchment paper.

In a large bowl, whisk egg whites with sugar. Add vanilla and coconut stir until well-combined. Mold batter into small golf sized balls. Place on the baking sheet and bake until the tops become golden brown, approximately 15 minutes.

Remove and allow to cool.

While macaroons are baking, melt the chocolate over low heat in a double boiler. You can microwave as well, but be sure to frequently check on the chocolate, as chocolate can retain its shape even once it has melted.

Dip the macaroons in the chocolate or drizzle on top. Refrigerate until chocolate is set and serve!

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

CHOCOLATE WHEY PROTEIN BARS

½ cup of milk chocolate whey protein
3 tbsp of almond butter
½ cup of ground oats
2 tbsp of coconut flour
2 tbsp of ground almonds
1/2 cup of water
4 squares of 90% dark chocolate (for coating)

Blend all ingredients, except for the chocolate. Shape mixture into bars. Melt the chocolate in a bain marie (a glass bowl on top of a pot of boiling water). Dip each bar into the melted chocolate to coat it. It can be helpful to use a spatula for this job. Place the bars in the fridge for an hour or the freezer for 25 minutes. Wrap in tin foil to carry the bar with you and/or eat one right away!

DEEP DISH CHOCOLATE CHIP COOKIE PIE

2 cans of white beans or chick peas, rinsed and drained
1 cup of old fashioned oats
¼ cup of unsweetened applesauce
3 tablespoons of canola oil
2 teaspoons of vanilla extract
½ teaspoon baking soda
2 teaspoons baking powder
½ teaspoon salt
1 cup of brown sugar
1 cup of dark chocolate chips or vegan chocolate chips

Combine everything, except chocolate chips, in a food processor. Mix in chips, using a spatula. Pour into a greased spring foam pan (10”) or smaller. Bake at 350 degrees for around 35 minutes. Edges will be a light brown. Remove from oven, and let stand for 10 minutes before removing from pan.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

DEVIL'S FOOD COOKIES

4 sprays cooking spray
2 cups all-purpose flour
1 tsp baking soda
1/4 tsp table salt
3/4 cup cooked lentils, drained and rinsed
2 large eggs, separated
3 1/2 oz bittersweet chocolate, melted
1/2 stick unsalted butter, softened
1 cups sugar
2 tsp vanilla extract
1/2 cup buttermilk
1 Tbsp powdered sugar

Preheat oven to 350°F. Coat two large cookie sheets with cooking spray or line with parchment paper. In a small bowl, sift flour, baking soda, and salt; set aside.

In a blender or food processor, puree lentils with egg yolks until smooth; set aside. Melt chocolate in a double boiler or microwave.

Using an electric mixer, cream butter, sugar, and vanilla until light and fluffy. With mixer on low speed, add melted chocolate; combine thoroughly. Add pureed lentils. Mix well.

Alternating in batches, add flour mixture and buttermilk to batter, mixing after each addition (dough will be sticky).

Whip egg whites until soft peaks form; fold into the batter.

Drop heaping teaspoons of batter onto prepared cookie sheets, leaving about 1 inch between cookies; bake until puffed and set, about 8 to 10 minutes. Allow cookies to cool on cookie sheets for about 2 minutes and then remove to a wire rack to cool completely. Store in an airtight container. Dust with powdered sugar before serving.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

EASY PEANUT BUTTER BALLS

1 cup peanut or almond butter
1 large egg
1 tsp vanilla
1 tsp baking soda
1 1/2 tsp liquid stevia or 1/2 cup of sugar

Preheat oven to 350 F. Combine the peanut or almond butter, egg, vanilla, baking soda, and sugar/stevia. Spoon cookies onto a parchment paper lined cookie sheets and shape with hands like a heart. Bake for 12-15 minutes or until golden brown.

HEALTHIER FUDGE

1 cup Hazelnut Butter (or any kind of nut butter you prefer)
1/3 cup Coconut Oil
1/4 cup Raw Honey
1/2 cup Unsweetened Cocoa Powder
1/2 tsp Vanilla Extract Dash of sea salt

Melt butter, coconut oil, and honey in a pan on low-medium heat; stir. Add cocoa powder, vanilla extract, and sea salt while stirring. Once everything is melted and well-mixed, transfer to a small dish lined in wax paper. Refrigerate for 2 hours. Before eating, let dish sit at room temperature for a few minutes to soften.

HEART COOKIES

2 cups blanched almond flour
1 egg
2 teaspoons unsalted butter or coconut oil
1 teaspoon vanilla extract
1/2 teaspoon sea salt
1/2 teaspoon baking soda
1/4 cup honey or agave nectar

In a large bowl, combine the flour, salt, and baking soda. In a separate bowl, combine remaining ingredients. Mix the wet ingredients into the dry ingredients. Roll the mixture into a large ball and place the dough on parchment paper. Refrigerate for an hour.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

Preheat oven to 325 degrees F. Roll chilled dough to 1/4 inch thickness. Use a heart shaped cookie cutter to make cookies and place on a baking sheet. Cook for 9-12 minutes or until slightly golden brown.

Remove from oven and let cool. Top with frosting.

LEMON BARS

Crust

1 cup almond flour
1/4 cup almond butter
1 tbsp honey
1 tbsp grass-fed butter, softened
1 tsp vanilla
1/2 tsp baking powder
1/4 tsp sea salt

Filling

3 eggs
1/2 cup honey
1/4 cup lemon juice
2 1/2 tbsp coconut flour
1 tbsp lemon zest, finely grated
Pinch of salt

Preheat oven to 350. Coat 9×9 baking dish with coconut oil or butter.

Combine all crust ingredients in food processor until a “crumble” forms. Press crust evenly into the bottom of pan. Using a fork, prick a few holes into crust. Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated. When crust is finished, remove from oven and pour filling evenly over top.

Bake an additional 15-20 minutes, or until filling is set but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

   E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

MAGIC COCONUT BAR

3/4 cup blanched almond flour
3/4 cup unsweetened shredded coconut
1/4 teaspoon sea salt
1 teaspoon vanilla
1 tablespoon coconut nectar, honey or maple syrup (optional)
1/4 cup coconut oil or butter, melted

Preheat oven to 350 degrees F. Line an 8×8 metal or glass dish with parchment paper. Allow the paper to hang over the sides for easy removal. Combine all ingredients for the crust in a large bowl; press firmly into the prepared pan. Bake for 12 – 15 minutes until golden brown. Remove from oven and cool on wire rack while preparing the filling.

Magic Filling

1 can full fat coconut milk (I use Native Forest)
2 Tablespoons coconut nectar, honey or maple syrup
1 Tablespoon vanilla
3/4 cup dark chocolate chips
3/4 cup unsweetened shredded coconut
3/4 cup chopped pecans
1/4 cup unsweetened coconut flakes

In a saucepan over medium heat, bring coconut milk, sweetener, and vanilla to a low boil; reduce heat and simmer for approximately 45 minutes, stirring frequently until the mixture is reduced by half. The coconut milk mixture should be very thick; you will have 3/4 cup once reduced. Once reduced, remove from heat and cool slightly. Pour 1/2 of the condensed coconut milk over the crust and spread to the edges. Layer half of the shredded coconut, half of the chocolate chips, and half of the pecans on top of the coconut milk. Lightly press down on the toppings. Add a second layer with the remaining shredded coconut, chocolate chips, and pecans. Pour remaining 1/2 of condensed coconut milk over the top of the layers. Top with flaked coconut.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

MINI MOUNDS OF JOY

1 c. toasted hazelnuts
1 c. raw almonds
1 1/2 c. pitted dates, roughly chopped
2/3 c. raw almond butter
5 Tbs. raw cacao powder (or unsweetened cocoa powder)
1/2 tsp. vanilla extract
1/4 c. unsweetened, shredded coconut
Additional shredded coconut for garnish** (Optional)

Combine all the ingredients, except for coconut, in the food processor. Mix until smooth. This will take a few minutes and may require scraping down the sides of the bowl one or more times.

Line a mini muffin tin with plastic wrap. Spoon dollops of the sweet mixture into the lined tin cups and form into “mounds.” Freeze until well formed. Remove mounds from plastic and tin and flip for presentation. Sprinkle with shredded coconut.

NO BAKE ALMOND BUTTER BARS

3/4 cup almond flour
3/4 cup unsweetened finely shredded coconut
3/4 cup equivalent powdered sweetener (Use powdered coconut sugar for Paleo or powdered sweetener)
1 cup + 2 Tbsp almond butter (or any nut butter)
2 Tbsp coconut oil
4 1/2 oz dark chocolate

In a large bowl, combine the almond flour, coconut, and sweetener. Over medium-low heat, melt 1 cup of almond butter and coconut oil. Once melted, add the almond butter to the dry ingredients; mix well. Press the mixture into an 8" x 8" baking dish.

Over medium-low heat, melt 2 Tbsp of almond butter and the chocolate. Once melted, pour the chocolate over the almond butter mixture and smooth out the top for even coverage. Refrigerate for 2 hours or until the almond butter mixture has set. To reduce the amount of time for the almond butter mixture to set, place the bars in the freezer until set. Cut into 12 even bars.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

BROWNIE BITES

1 1/2 cups walnuts
Pinch of salt
1 cup pitted dates
1 tsp vanilla
1/3 cup unsweetened cocoa powder

Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground. Add dates, vanilla, and cocoa powder to the blender. Mix until everything is combined; add a few drops of water at a time to make sure the mixture sticks together. Transfer to a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

NO BAKE PUMPKIN PIE

Crust

1 1/2 cups almonds
2/3 cup pitted dates
1/4 cup shredded coconut
1-2 teaspoon pure vanilla
1-2 tablespoons water (or a little more if needed)

Filling

2 cups pumpkin puree or fresh baked pumpkin puree
1 cup pitted dates
5 tablespoons almond milk
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 teaspoon pumpkin pie spice or just nutmeg will do
1/4 cup melted coconut oil

Grind almonds into a course meal using a food processor. Add dates and continue pulsing until broken down. Add coconut and vanilla. Pulse again to incorporate. Add another 1/2 – 1 teaspoon water (if needed) to keep the mixture held together when pressed in your hand. Press into the bottom and up the sides of a pie plate or mini tart pans; place on a cookie sheet in the freezer to set up while you mix the filling.

In a high speed blender, combine pumpkin, almond milk, spices, and vanilla. Blend together. Add dates and blend again until smooth. Finally, add coconut oil; blend to incorporate. Spread the filling into crust. Chill for at least 6 hours (longer is better for flavors to mix).

Chef Notes: I found that this pie gets better with age – it's even better after chilling in the fridge for 2-3 days and will last for 7-9 days. This recipe also works well in a 'cheesecake' spring-form pan. Just grease the sides so the filling doesn't stick.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

PEANUT BUTTER HEARTS

- 1 cup peanut or almond butter
- 1 large egg
- 1 tsp vanilla
- 1 tsp baking soda
- 1 1/2 tsp liquid stevia or 1/2 cup of sugar

Preheat oven to 350 F. In a bowl, combine the peanut or almond butter, egg, vanilla, baking soda, and sugar/stevia. Spoon cookies onto cookie sheets lined with parchment paper. Shape cookies into hearts. Bake for 12-15 minutes or until golden brown.

PROTEIN FROSTING

- 1 cup vanilla or strawberry whey protein powder
- 1 cup plain greek yogurt
- 1 pack of stevia (optional)

Mix all ingredients together in a bowl so that they mixed thoroughly together and smooth. Spread frosting on cooled cookies.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F Instagram E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

PROTEIN-PACKED FUDGESICLES

2 scoops chocolate whey protein powder
1 1/2 cup unsweetened almond milk or coconut milk
3 tbsp unsweetened cocoa powder
2 tsp dehydrated coffee granules or 2 tbsp prepared coffee
1 avocado, very ripe, but not brown
3 drops stevia (or to taste)

Combine all ingredients in a blender and blend until smooth.

Pour mixture into freezable molds and freeze 3-5 hours, depending on the size of your mold.

If you don't have popsicle molds, line a muffin tin with paper cups or use plastic cups. Add popsicle sticks after fudgesicles have been in the freezer for 2-3 hours. This will help with keeping the popsicle sticks straight in the popsicles.

Once frozen, let sit 4-5 minutes to loosen from molds.

Eat and enjoy!

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

PUMPKIN PIE PARFAIT

Pumpkin Filling

1 cup pumpkin puree
1/3 cup full fat coconut milk
1/4 cup coconut sugar
3/4 teaspoon cinnamon
1/2 teaspoon vanilla
1 tablespoon melted coconut oil

Blend all ingredients, except the coconut oil, in a blender until smooth. Add the oil and blend again until all ingredients are well mixed. Place mixture in the fridge and chill for a few hours.

Whipped coconut cream

1 can coconut milk, full-fat unscented
1/2 tsp vanilla
Stevia drops to taste (optional)

After refrigerating coconut milk overnight, empty the contents into a bowl (it should be thick). Add vanilla and optional stevia; whisk with a fork until well mixed.

Crush 1 cup walnuts. In a glass, layer 1 teaspoon of crushed walnuts topped with 2 tablespoons of the pumpkin mixture, topped with the whipped coconut cream. Continue to layer the pumpkin mixture with the cream until the glass is filled. Making sure that the top layer of the parfait is cream; sprinkle cinnamon and nutmeg on top.

WHIPPED COCONUT CREAM WITH FRESH BERRIES

1 can organic full fat coconut milk, refrigerated
1/8 teaspoon vanilla extract
1/8 tsp cinnamon
1 cup mixed berries

Scoop out the thickened coconut cream into a bowl. Add cinnamon and vanilla; whip the cream with a wire whisk until it begins to thicken. Plate with mixed berries.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F    E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com