



ap aesthetics
FUNCTIONAL FAT LOSS ACADEMY

5 Tips
to Navigating
the Holidays with
Food Sensitivities



Heyyyoooo. Ashley here, dropping some knowledge bombs about how to ACTUALLY enjoy your holidays without feeling like a pile of garbage.

Food sensitives can wreak havoc on your physical and mental health, which makes enjoying the moment a hell of a lot more difficult during the holidays when food is all around us. I mean, who wants to open presents with a stomachache and a pounding headache? Ya feel me?

That's why I've put together all my tips and tricks in one, convenient spot just for YOU. I personally use all of these tips every holiday. And ya know what? I experience pain free holidays.

You're welcome, I love you. Enjoy.



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Tip # 1

Meal Prep for Your Holidays

Are you going to the in-laws?
Do they normally eat like a child on Halloween?

Then you should plan meals that taste so good you won't be tempted by the junk food. Use the **KISS method** (Keep It Stupid Simple). My favorites are stir-fry's, chicken salads, and pre-made mason jars for morning smoothies. The goal is to get as many veggies in as possible



Here are two of my favorite recipes

Stir Fry

Ingredients

(Feel free to swap the meats and veggies to your liking)

- 1-2 lb. organic ground lamb, bison or beef
- 3 tbsp coconut aminos
- 3 tbsp apple cider vinegar
- ½ onion red or yellow (chopped)
- 2 cups spinach or Swiss Chard
- ½ cup carrots (chopped)
- ½ cup parsnips (chopped)
- 2 tbspcurry powder
- 2 tbspgarlic powder
- 2 tbspturmeric powder
- 1 tbspduck fat

Instructions

1. Pour the duck fat into a skillet on medium high heat.
2. Add the onions and let cook for *30 seconds*.
3. Add the carrots and parsnips and cook for *2-3 minutes*.
4. Add the ground beef, Coconut Aminos, Apple Cider Vinegar, and all seasonings.
5. Continue to cook on medium-high heat until all ingredients are cooked.

Mason Jar

Ingredients

(Feel free to swap the meats and veggies to your liking)

- 1 scoop pea protein powder
- 1 cup spinach, swiss chard, butter lettuce
- ¼ cup carrots
- ¼ cup shiitake mushrooms
- ½ cup frozen blueberries
- ½ cup coconut milk
- ½ water (add more depending on how thick you like your shake)
- 3-4 leaves of mint
- 1tbsp chia seeds

Instructions

Mix all ingredients in a blender and enjoy.

Tip # 2

Bring Your Own Supplies

In the occasion you do decide to make your own food at your holiday get-together

- Pack your own oils (cooking oils, salad dressing etc.)
My favorite products are [Primal Kitchen](#) dressings and seasonings
- Bring your own protein powder to hit your protein goals
[Four Sigmatic](#) is my all-time favorite pea protein
- Pack your blender if you know your family doesn't have one
[Nutri-Bullet](#) is a blender that travels well

Tip # 3

Bake Your Own Holiday Cookies

My favorite holiday recipes

[Cranberry Dream Muffins](#)

[AIP Gingersnap Cookies](#)

[Cherry Carbo Cookies](#)

Anti-inflammatory Baking Ingredients

[Coconut Sugar](#)

[Cassava Flour](#)

[Palm Shortening](#)

[Coconut Flour](#)

Tip # 4

Have a Plan For Drinking Alcohol

Opt for **gluten free alcohol**

- (Titos or Tequila)
- Organic if you can

My Favorite Holiday Drinks

[Cheery Moscow Mule -](#)

Tequila and Bitters

Tequila with some bitters, coconut sugar or agave honey, with lots of mint and a little lime (very fresh tasting and does the trick)

Tip # 5

Supplements

I travel with all my specific supplements so that I don't miss a beat, but here are some that everyone can use during the holidays

[Black Charcoal](#)

If you eat something questionable or drink alcohol, take one when you start drinking or after a questionable meal) Don't take around regular meals though, it will bind to the nutrients)

[Gluten Enzymes](#)

Gluten can be as hard to digest as human hair in the digestive track. Gluten enzymes break down the gluten in the gut mitigating many of the negative side effects of accidentally consuming gluten. I don't leave home without them!

*Regardless of your schedule, my **BIGGEST** recommendation is to have a plan. Even if you plan it to minimally prepare, that is a plan and gives you back your control.*

Fail to Plan, Plan to Fail.

