

LIFE TIME  
weightloss

LIFE TIME®

# Holiday Hustle ❄️

Program Guide

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## How It Works

The Holiday Hustle is your commitment to health and fitness during one of the busiest times of the year. For 20 consecutive days, you'll have two daily habits — to consume 30+ grams of protein per meal and complete a daily workout.

### HABIT 1

#### 30+ Grams of Protein at Meals

This time of year, it's important to find a way to prioritize nutrition without also depriving yourself of seasonal celebrations and nostalgia.

Focusing on protein helps maintain an additive mindset by focusing on what to do instead of trying to avoid all sugar and indulgences completely.

Plus the metabolic and satiety benefits serve as an anchor to keep other healthy habits in check.

### HABIT 2

#### Daily Workout

Your daily workout can be at the club, on the road or at home. Here are the options:

##### OPTION 1

In-club classes. This is the best way to surround yourself with a healthy environment and community. See page 11 for a sample schedule of some favorite formats.

##### OPTION 2

On your own. If you have a set workout routine you love — stick to it. Just be sure it's balanced to help you recover in between.

##### OPTION 3

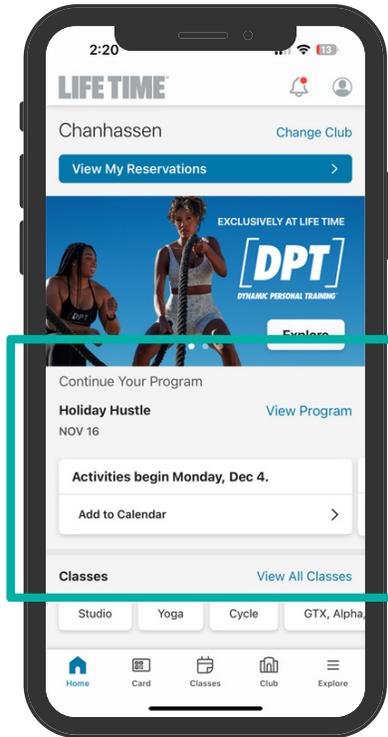
Express workouts. You can find these 15-minute, zero-equipment, do-anywhere options in the Holiday Hustle program right in your Life Time Digital App.

# Your Digital App Program

## Where to Find It

You can access your Holiday Hustle program in the Life Time Digital App. When you open your app, your program can be found under “Continue Your Program” just below “View My Reservations.”

If you do not see the program in your app, please contact the team at [coachanika@lt.life](mailto:coachanika@lt.life).

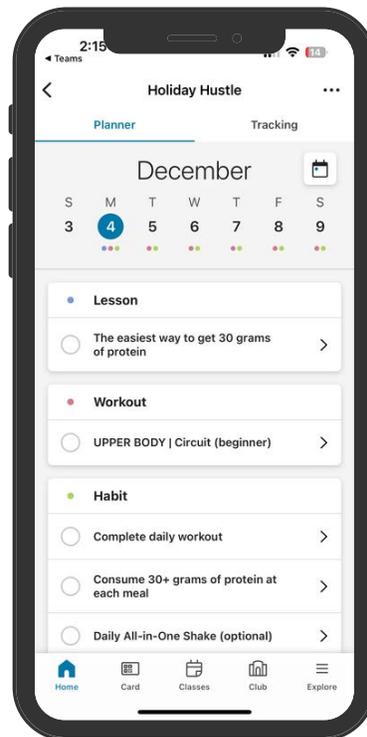


## Track Your Progress

Use the optional Tracking area in the Life Time Digital App to track your body measurements.

## The Daily Workout

You can complete your daily zero-equipment, 15-minute express workouts in the club or on-the-go directly in the Life Time Digital App.



## Your Daily To-Do List

Beginning December 4, your two daily habits and workout option will be available.

## Questions?

Reach out to the coaches at [coachanika@lt.life](mailto:coachanika@lt.life).



## HABIT 1

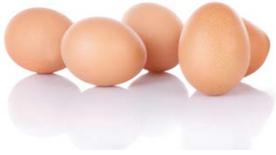
# 30+ Grams of Protein

Every day for 20 days, aim to get at least 30 grams of protein at each meal. While it's optional, we recommend a Life Time All-in-One Shake daily during your Holiday Hustle to keep you on track.

### Benefits of a higher-protein approach:

- ❄ **Decreased Cravings**  
so the holiday indulgences don't seem quite as enticing
- ❄ **Balanced Energy Levels**  
so you're not reaching for convenience foods, sugar or caffeine
- ❄ **Naturally Controlled Energy Intake**  
so you're less likely to make off-plan nutrition choices and implement portion control
- ❄ **Fullness and Satisfaction at Meals**  
so you're not reaching for snack in-between meals
- ❄ **Workout Recovery**  
to help keep you active, strong and ready for your next workout
- ❄ **Optimized Body Composition**  
since it can support both fat loss and the building of lean muscle

## What does 30 grams of protein look like?



**Eggs**  
pasture-raised, organic  
**5 whole**



**Chicken Breast**  
pasture-raised, organic  
**1 palm or breast**



**Cottage Cheese**  
whole milk, grass-fed, organic  
**1 cup**



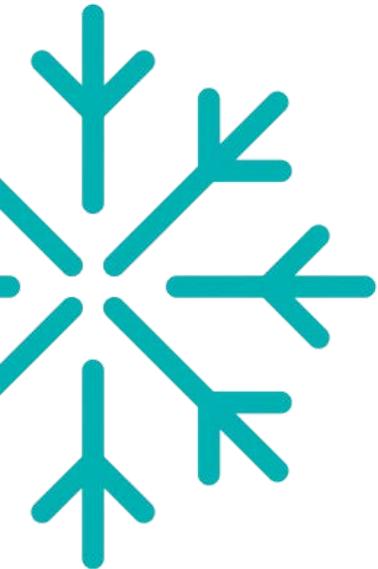
**Tuna**  
wild-caught  
**1 can**



**Life Time All-in-One**  
meal replacement shake  
**1 serving**



**Beef Patty**  
grass-fed, organic  
**1 palm portion**



## What does a 1-2-12 day look like?

Think of the “1,” “2” and “12” as our three-ingredient “recipe” for a healthy way of eating.

- 1** One daily protein shake to easily [boost your intake of clean protein](#) and set a healthy tone for the day.
- 2** Two whole-food meals per day that have at least 30 grams of protein per meal and that are packed with flavor and nutrients to help you feel your best. A few of our favorite recipes included are featured to the right.
- 12** Twelve-hour daily eating window to [give your digestive tract a much-needed daily break](#) and implement a gentle guardrail to curb mindless eating.

If you're looking for a complete plan to help you implement 30 grams of protein per meal — and learn how to meal prep with 70 signature high-protein and gluten-free recipes to ensure success, check out the dietitian-designed [1/2/12 Nutrition System](#).

PB Protein Shake



Sheet Pan Breakfast



Sweet & Spicy Mango Jalapeño Chicken



White Chicken Chili



## The All-in-One Shake Mix

Our most successful clients implement a daily Life Time All-in-One Shake. It provides 30 grams of clean, naturally flavored protein per serving that tastes like a treat (without any added sugar).

The easy-to-mix, creamy texture works with water alone in a shaker cup or blended into your favorite shake recipe — no matter which delicious flavor you choose.

**Available in Vegan blend or grass-fed Whey options — in naturally flavored Chocolate, Vanilla and Limited-Release Sea Salt Caramel.**

### How do I use it?

#### Meal or snack replacement

When you're busy, traveling or stressed, using Life Time All-in-One Shake Mix as a meal or snack replacement can be a healthy lifesaver. Think of it as your easy button and a healthy option you don't need to think about.

#### A never-fail plan B

Keep a serving of dry Life Time All-in-One protein powder in a shaker cup stowed away in your carry-on, travel bag or car. When you're in a pinch, simply hit it with water and shake it up and you're set.

#### Post-workout

In that first hour after a strenuous workout, consume extra protein to help replenish and rebuild quickly.

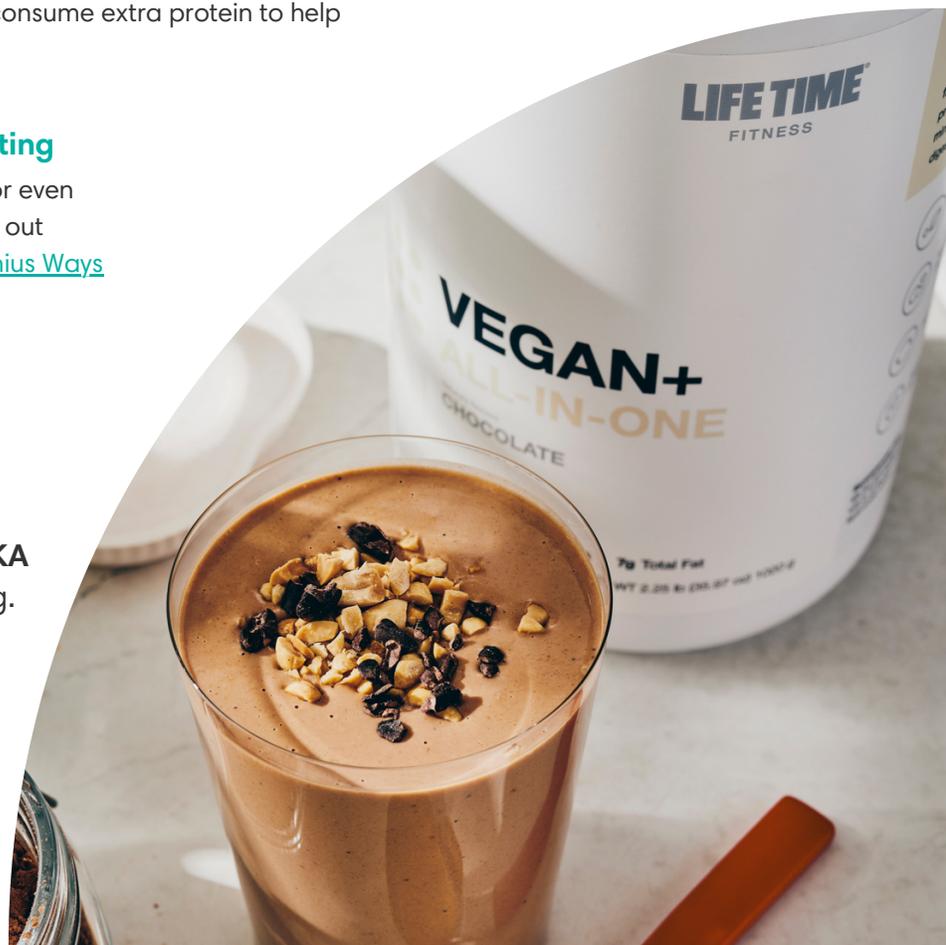
#### Boost protein in the foods you're eating

Adding protein powder to yogurt, oatmeal or even coffee can give you an added boost. Check out additional ways you can use it here: ["10 Genius Ways to Use Protein Powder."](#)

**SHOP HERE**

Be sure to use the code **COACHANIKA** at checkout for premier client pricing.

**LIFE TIME**



## HABIT 2

# Daily Workouts

The Holiday Hustle 15-minute express workouts are zero-equipment options designed to be doable no matter where you are, and they can help boost energy and manage stress.

The app-guided program includes five different focus areas to ensure that you can stick with the daily routine without adding stress to the body:

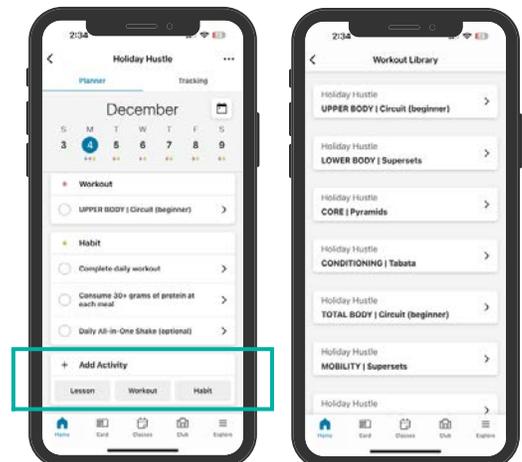
- ❄️ Upper Body
- ❄️ Conditioning
- ❄️ Lower Body
- ❄️ Total Body
- ❄️ Core
- ❄️ Mobility

### Your Daily Workout Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December	3	4 <b>DAY 1</b> Upper Body	5 <b>DAY 2</b> Lower Body	6 <b>DAY 3</b> Core	7 <b>DAY 4</b> Conditioning	8 <b>DAY 5</b> Total Body	9 <b>DAY 6</b> Mobility
	10 <b>DAY 7</b> Upper Body	11 <b>DAY 8</b> Lower Body	12 <b>DAY 9</b> Core	13 <b>DAY 10</b> Conditioning	14 <b>DAY 11</b> Total Body	15 <b>DAY 12</b> Mobility	16 <b>DAY 13</b> Upper Body
	17 <b>DAY 14</b> Lower Body	18 <b>DAY 15</b> Core	19 <b>DAY 16</b> Conditioning	20 <b>DAY 17</b> Total Body	21 <b>DAY 18</b> Mobility	22 <b>DAY 19</b> Upper Body	23 <b>DAY 20</b> Lower Body

### What if I want longer workouts?

On days you'd like to do a longer workout, you can "stack" the 15-minute workouts on any given day to extend them. Complete the workout on your calendar that day, then add a workout from the digital workout library.



## How To Warm Up and Cool Down

The express workouts in Holiday Hustle are designed to fit into even the most chaotic day. Start with a gentle warm-up and cool-down on days you can.

### OPTIONAL

#### Warm-Up

---

❄️ **10 Arm Circles**

forward and backward

❄️ **5–10 Glute Bridges**

squeeze for 2 seconds at the top of each rep

❄️ **16 Alternating Lunges (8 Each Leg)**

use a counter or table for support if needed

❄️ **10 Walk-Out Planks**

bend over at the waist and touch your hands to the ground, then "walk" out your hands to the top of a plank position, hold for 1 second, and walk back and stand up

❄️ **5-Minute Light Walk or Jog**

if you have access to cardio equipment

### OPTIONAL

#### Cool-Down

---

❄️ **Breathing**

**4-sec in, 4-sec hold, 4-sec out, 4-sec hold**

try elevating your feet and focus on longer exhales to promote calming down

❄️ **Knee Hug**

focus on 3 to 5 breaths

❄️ **Figure 4**

focus on 3 to 5 breaths per side

❄️ **Side Body Twist**

focus on 3 to 5 breaths per side

❄️ **Child's Pose**

focus on 3 to 5 breaths





# In-Club Classes

For days that you have time to make it to the club, nothing beats the energy, accountability and motivating atmosphere of instructor-led group workouts. If you're taking classes daily, be sure to focus on a different type of workout each day.

Rotate through a variety of focus areas, choosing a different category of class daily:

## UPPER BODY

UPPER RX  
 BARBELL STRENGTH  
 LIFE BARRE  
 EN BARRE

## LOWER BODY

GLUTEUS MAXOUT  
 BARBELL STRENGTH  
 KETTLBELL KOMBINE

## CORE

KETTLEBELL KOMBINE  
 LIFE BARRE  
 EN BARRE  
 WARRIOR SCULPT

## TOTAL BODY

BARBELL STRENGTH  
 LIFE BARRE  
 EN BARRE  
 ULTRA FIT  
 GTX  
 RINGSIDE

## CONDITIONING

XTREME  
 STRIKE  
 RINGSIDE  
 UPPER RX  
 UPPER RX/GLUTEUS  
 MAXOUT MASHUP  
 FIRE  
 WARRIOR SCULPT  
 GTX  
 ULTRA FIT

## MOBILITY

LIFE BARRE  
 EN BARRE  
 SOL  
 SURRENDER  
 ROOT  
 BE

## Details on Each Suggested In-Club Class Format

### BARBELL STRENGTH

With a strong emphasis on proper form, this foundational class will teach you the basic movements of weight training, providing options to keep things challenging as you build strength.

### EN BARRE

Designed to be your all-in-one barre workout, combining ballet technique with cardio, strength, flexibility and core work.

### GLUTEUS MAXOUT

This class focuses on movements that target and strengthen the muscles in and around your legs and glutes, including a little cardio throughout to challenge your aerobic capacity.

### KETTLEBELL KOMBINE

This class combines cardio and strength-training exercises to improve your athletic performance and strengthen your body using only a kettlebell and your body weight.

### RINGSIDE

A boxing-inspired workout. This class focuses on the strength training and conditioning done by boxers outside of the ring.

### SOL

A guided yoga format that provides direction throughout from supportive teachers in a dynamic vinyasa format.

### SURRENDER

This slow, meditative yin-yoga practice is designed to mindfully stress your body's connective tissues as you breathe into the ever-changing sensations that arise in long-held poses.

### UPPER RX

This slow, meditative yin-yoga practice is designed to mindfully stress your body's connective tissues as you breathe into the ever-changing sensations that arise in long-held poses.

### XTREME

XTREME is the evolution of TCX, our flagship fitness class. Push yourself to the limits in this intense total conditioning strength and cardio class.

### BE

Challenge yourself to quiet your reactive mind by anchoring your attention to the rhythm of your breath.

### FIRE

Lose your breath. Find your breath. This innovative class blends yoga with intense cardio to push you past your limits — and guide you gently back.

### GTX

A one-hour balance of foundational cardio and strength-based workouts to lose weight, get strong and live a healthier life.

### LIFE BARRE

This class balances power and grace, using dance-inspired moves and light weights to increase your strength, improve your stability and build long, lean and toned muscles.

### ROOT

Tune in to your body and breath as you learn to mindfully engage your muscles to support your body with integrity.

### STRIKE

This high-energy class features fast-paced intervals of choreographed martial arts and kickboxing movements to tone and condition your entire body.

### ULTRA FIT

A one-hour calorie-torching blend of treadmill training incorporating agility, balance and coordination floor exercises.

### WARRIOR SCULPT

This class blends traditional yoga moves with heart-pumping high-intensity interval training (HIIT). Add dumbbells and you've got a flow that will leave you feeling strong.



You can register for classes in the Life Time Digital App [right here](#).





## CHEAT SHEET: Parties

A big part of the holiday season is attending numerous events and gatherings that involve food, drink and celebration. Here are some expert suggestions to allow you to enjoy the party without abandoning your health goals.



### Manage your calendar.

Not every invite is worth the time and commitment. Determine your go-to's and politely decline the ones you can pass on.



### Eat beforehand.

Have your shake and a full meal beforehand. It will help lessen temptation.



### Be mindful of alcohol.

Choose ahead of time if you'll partake in alcohol, and decide how much. Stick with low-sugar mixers, and drink water between each alcoholic beverage.

Each serving is equivalent to:

**4 to 5 oz. Wine | 12 oz. Beer | 1½ oz. Spirits**



### Prioritize the indulgences.

A nostalgic family recipe for the holidays will be more meaningful than grocery store cookies served at the office party.



### Change how you eat.

To increase mindfulness around your choices, commit to sitting down when you eat plated food versus grazing.



### Take a dish to serve.

So you know you have a go-to that aligns with your health goals. Try Coach Anika's charcuterie board.

**Hummus**

**Organic Swiss**

**Cucumbers**

**Carrots**

**Snap Peas**

**Gluten-Free Crackers**

**Pistachios**

**Olives**

**Nitrate-Free Deli Meats**

**Cocoa Almonds**

**Goat Cheese**

## CHEAT SHEET:

# Travel

For many of us, the holidays require travel, resulting in being out of routine and potentially feeling flustered. Below are our best tips to navigate and embrace travel while still staying on track.

### FIRST

#### Get in your protein no matter what.

It keeps hunger at bay and dampens cravings. Set yourself up to win with 30 grams of protein at each meal. Pro tip: When you arrive, stop at the grocery store to grab a few staples.

#### Non-Refrigerated

- ❄ Life Time All-in-One Shake Mix
- ❄ Beef/Turkey Jerky
- ❄ Beef Sticks
- ❄ Canned Chicken

- ❄ Meat and Cheese Packs

- ❄ Tuna Packets

- ❄ Protein Bar

Minimum of 20 grams of protein. Avoid soy protein isolate and sucralose on ingredient labels.

#### Refrigerated

- ❄ Individual Greek Yogurt
- ❄ Cottage Cheese
- ❄ Veggies and Hummus
- ❄ Hard-Boiled Eggs

### SECOND

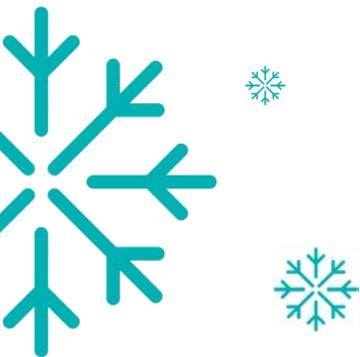
#### Move daily.

No matter what — squeeze in at least 15 minutes of working out to bolster energy.

### THIRD

#### Prioritize 7+ hours of sleep.

This is especially important when traveling across time zones. For every 1 hour of time change, give yourself 24 hours to adjust. If you're having trouble sleeping, start with increasing [magnesium](#) and try Life Time's [Relax](#) or [Melatonin](#) supplements.



#### Coach Tip

Magnesium is an important mineral for sleep, digestion, hormones and metabolism — and it gets depleted with holiday stress and sugar intake.

Take a chelated supplement [like this one](#) each evening.



*3-Ingredient Nut Butter Cookies*

## Healthy Holiday Baking Swaps

Holiday treats and baked goods are a staple of the season. The good news is there is a variety of alternative ingredients that allow you to give many traditional holiday baking recipes a healthy update, so you can partake (and perhaps steal the show) while still feeling good.

Ingredient swapping can be complicated. The below guide includes some of the top ingredient substitutes to add to your pantry, so you're ready when holiday baking commences.

### FLOUR

#### ❄️ **Nut Flours**

These include almond, pecan, hazelnut, walnut, cashew and macadamia nut flours.

#### ❄️ **Grain Flours**

Oat, quinoa and brown rice are all whole-grain, gluten-free options.

#### ❄️ **Bean and Legume Flours**

These could be chickpea, black bean or white bean flours.

#### ❄️ **Coconut Flour**

This has a bit of a nutty taste but is a common alternative that's preferred by many due to its wide availability and ease of use as a substitute.

#### **Coach Tip:**

Not all flour alternatives are a one-to-one substitute for all-purpose flour, so be sure to look at the package instructions or do a quick Google search on the ingredient to find the right swap ratio.



## *Almond Flour Sugar Cookies*

### SUGAR

- ❄️ **Raw Honey or Agave Nectar**  
These natural options have long been recommended as sugar alternatives in baking.
- ❄️ **Maple Syrup**  
Look for pure maple syrup.
- ❄️ **Coconut Sugar**  
Use this as an easy one-to-one substitute for either brown or white sugar.
- ❄️ **Monk Fruit**  
This natural alternative is significantly sweeter than sugar, so use half the amount the recipe advises.
- ❄️ **Stevia**  
You can typically swap this in equal parts for sugar, but some people don't care for the slightly bitter finish it can have on the palate.

#### **Coach Tips:**

- Watch out for sucralose baking blends — can also be found under the name Splenda on an ingredients list.
- If you're using a liquid alternative, you'll likely want to use a smaller amount than what is called for. You may also need to reduce the total liquid amount to prevent sogginess.

## VEGETABLE OIL

- ❄️ **Grapeseed Oil**  
The high smoke point and mild flavor of this oil make it ideal for baking.
- ❄️ **Coconut Oil**  
Unless you want a coconut flavor, choose refined coconut oil for a more neutral taste.
- ❄️ **Olive Oil**  
Use light or extra-light olive oil since it has a higher smoke point than extra-virgin olive oil and won't affect the taste as much.
- ❄️ **Unsweetened Applesauce**  
Yes, this really works!
- ❄️ **Melted Grass-Fed Butter**  
See the "margarine or butter" section below for more details on this great alternative.
- ❄️ **Nut Butter**  
Use natural nut butters that don't contain any added sugar. The oils can separate from the solids inside the container, so mix it well before using to get the full moisture and flavor.

## EGGS

- ❄️ **Flaxseed or Chia Seed Paste**  
For the equivalent of one egg, mix 1 tablespoon of flaxseed or chia seed with 3 tablespoons of water.
- ❄️ **Unsweetened Applesauce**  
Use ¼ cup in place of one whole egg.
- ❄️ **Mashed Banana, Pumpkin or Avocado**  
¼ cup works in place of one egg here as well. If you use bananas, it can give your final product a slight banana flavor.
- ❄️ **Yogurt or Buttermilk**  
Again, ¼ cup will replace one egg here. Ideally, select organic, whole-fat options without any added sugars.
- ❄️ **Egg Alternative**  
These store-bought options are often made from starch, such as potato or tapioca, and mixed with leavening agents.

## MILK OR HEAVY CREAM

Unless you're sensitive to dairy or looking to remove it from your diet, you can feel good about using organic, grass-fed milk or heavy cream.

### ❄️ Dairy Alternatives

These include almond, cashew, coconut or oat milk. Most of these can be substituted one for one with cow's milk, however, know that they may not provide the same creaminess as a full-fat dairy product.

### ❄️ Water

Many people will skip the dairy altogether and simply add water in its place. Again, you'll likely sacrifice some texture with your finished product if you go this route.

#### **Coach Tip:**

While soy milk is a dairy alternative used by many, it's not an ideal option. Soy can have many benefits, however, processed soy may negatively influence hormones over time, so it's best to limit processed soy sources, like soy milk.

## MARGARINE

Margarine is never a good choice because it can contain trans fats, which are pro-inflammatory.

### ❄️ Grass-Fed Butter

This is a step up from conventional stick butter, because it contains more conjugated linoleic acid, which helps to fight inflammation and may help you burn more fat. It also contains butyrate, which is known to help improve gut health.

### ❄️ Ghee

Favored in many cultures for cooking, this butter alternative has had its milk proteins removed, making it easier for some people with gastrointestinal issues to digest. Due to its higher fat concentration, you may want to use 75 percent of the amount of butter called for in your recipe. Ghee can also produce a crispier final product, so it may not be ideal for all recipes.

#### **Coach Tip:**

Don't be fooled by plant-based butter alternatives that claim to be "heart-healthy." Many of these options are laden with inflammation-promoting omega-6-rich oils that aren't the best choices if you're health-conscious.



*Nut Butter Buckeyes*

## CHOCOLATE CHIPS

❄️ **Dark Chocolate Chips**  
Aim for 70 percent cocoa or higher.

❄️ **Cacao Nibs**  
These are unprocessed and make for a great, healthy alternative to chocolate chips. But they may not appeal to all since they taste a bit earthy, have a significant crunch and won't melt like traditional chips.

### **Final Coach Tips:**

Don't feel the need to swap every ingredient.

Just because your recipe calls for flour, vegetable oil and eggs doesn't mean you have to go all in with all the alternatives in your first batch. Start with one, see how it goes and proceed from there.

If at first you don't succeed, don't give up.

If there's one thing I know about baking, it's that experimentation doesn't always turn out perfectly. Start with small, single batches of a recipe before making it on a large scale to avoid frustration and waste.

Enjoy the process!

Baking can be a stress-relieving activity for many. Don't put too much pressure on yourself. Instead, let experimenting with ingredient swaps become a way to have some relaxing, festive fun.



# Shakes

*A healthier indulgence*

# Apple Pie Shake

Serving: 1 | Cal: 355 | P: 32 | F: 10 | C: 36

## Ingredient List

- 6 oz. unsweetened almond milk
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- ½ small Honeycrisp apple, sliced
- 1 tbs. rolled oats
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 tbs. brown sugar replacement
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!



# Banana Bread Shake

Serving: 1 | Cal: 405 | P: 35 | F: 19 | C: 25

## Ingredient List

- 8 oz. unsweetened coconut milk
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- ½ small banana
- 1 tbs. natural nut butter (no added sugar)
- ¼ tsp. vanilla extract
- 1 tsp. cinnamon

## Directions

1. Blend and enjoy!

# Candy Cane Shake

Serving: 1 | Cal: 335 | P: 33 | F: 15 | C: 19

## Ingredient List

- 8 oz. unsweetened coconut milk
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- ¼ frozen banana
- 1 tbs. chia seeds
- ½ tsp. of peppermint or mint extract
- ½ tsp. vanilla extract
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!



# Carrot Cake Shake

Serving: 1 | Cal: 310 | P: 32 | F: 10 | C: 24

## Ingredient List

- 8 oz. unsweetened nut milk
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- ¼ banana
- ¼ cup carrots, chopped or shredded
- 1 date
- 1 tsp. vanilla
- 1 tsp. ginger powder
- ⅛ tsp. nutmeg
- 4 to 6 ice cubes

## Directions

1. Blend and enjoy!



# Ginger Snap Shake

Serving: 1 | Cal: 365 | P: 35 | F: 19 | C: 18

## Ingredient List

- 8 oz. unsweetened almond milk
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- 1 tbs. almond butter
- 1 tsp. blackstrap molasses
- ½ tsp. ground cinnamon
- ½ tsp. ginger powder
- Pinch of allspice
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!

# Peanut Butter Brownie Shake

Serving: 1 | Cal: 260 | P: 35 | F: 24 | C: 15

## Ingredient List

- 8 oz unsweetened nut milk
- [1 serving of chocolate Life Time All-in-One Shake Mix](#)
- 1 tsp. chia seeds
- 1 tbs. of cacao nibs
- 1 tbs. of sunflower seed butter

## Directions

1. Blend and enjoy!



# Peppermint Patty Shake

Serving: 1 | Cal: 235 | P: 32 | F: 10 | C: 17

## Ingredient List

- 8 oz. unsweetened nut milk
- [1 serving chocolate Life Time All-in-One Shake Mix](#)
- ½ banana (fresh or frozen)
- 1 tsp. peppermint extract
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!



# Pumpkin Pie Shake

Serving: 1 | Cal: 340 | P: 31 | F: 11 | C: 31

## Ingredient List

- 8 oz. unsweetened nut milk
- ½ cup pumpkin purée
- ½ banana
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- ½ tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!

# Salted Caramel Mocha Shake

Serving: 1 | Cal: 230 | P: 30 | F: 10 | C: 6

## Ingredient List

- 6 oz. cold brew coffee
- 4 oz. unsweetened almond milk
- [1 serving Sea Salt Caramel Life Time All-in-One Shake Mix](#)
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!



# Sugar Cookie Shake

Serving: 1 | Cal: 380 | P: 34 | F: 21 | C: 11

## Ingredient List

- 8 oz. unsweetened almond milk
- [1 serving vanilla Life Time All-in-One Shake Mix](#)
- 1 tbs. unsweetened nut butter
- ¼ tsp. butter extract
- 1 tsp. vanilla extract
- 3 to 5 ice cubes

## Directions

1. Blend and enjoy!



Shareables  
*To be the life of the party*

# Healthy 7-Layer Dip

Servings: 16 | Cal: 155 | P: 11 | F: 7 | C: 11

## Ingredient List

- 1 can refried beans, organic
- 3 tbs. taco seasoning
- 1 cup Greek yogurt, plain, full-fat
- 1 lb. ground beef or turkey, organic
- 2 cups salsa, no sugar added
- 2 cups guacamole
- 1½ cups shredded cheese, organic
- ½ cup green onions, chopped
- ½ cup black olives, sliced
- ½ cup cilantro, chopped

## Directions

1. Cook ground beef or turkey with 2½ tablespoons of taco seasoning until browned. Drain any remaining fat, cool, and set aside for layering.
2. In a small bowl, mix Greek yogurt with 1 teaspoon taco seasoning. Set aside for layering.
3. In a 9-x-9-inch dish, layer ingredients just before serving.

## Layering Order

- 1 - Refried beans
- 2 - Seasoned Greek yogurt
- 3 - Taco meat
- 4 - Salsa
- 5 - Guacamole
- 6 - Shredded cheese
- 7 - Green onions, black olives and cilantro



## Homemade Taco Seasoning

### Ingredients

- 1 tbs. chili powder
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. dried oregano
- ½ tsp. paprika
- 1½ tsp. ground cumin
- 1 tsp. sea salt
- 1 tsp. black pepper

### Directions

In a medium bowl, mix all ingredients together. Seal in a glass container and store in a cool, dry space.



# Whole-Food Stuffing

Servings: 8 | Cal: 270 | P: 13 | F: 18 | C: 14

## Ingredient List

- 1 lb. Italian sausage
- ½ cup almond or oat flour
- 2 eggs
- 1 tart apple (like Granny Smith), chopped
- 2 cups chopped celery
- 3 carrots, chopped
- ½ yellow onion, chopped
- 1 tbs. fresh rosemary, chopped
- 1 tbs. thyme leaves, chopped
- 1 tbs. sage leaves, chopped
- Salt and black pepper to taste

## Directions

1. Preheat oven to 350°F.
2. In a skillet, sauté Italian sausage for 6 to 8 minutes. Add in veggies and continue to sauté until thoroughly cooked.
3. In a mixing bowl, add flour, eggs and spices, and mix well. Combine with sausage and veggie mixture and stir to incorporate.
4. Add mixture to greased, 9-x-13-inch baking dish, cover with aluminum foil and place in the oven. After 20 minutes, remove foil and continue to bake for another 20 to 25 minutes, until baked all the way through.



# Green Bean Casserole with Shallots

Servings: 10 | Cal: 260 | P: 4 | F: 22 | C: 8

## Ingredient List

### Topping

- ½ cup ghee or butter
- 4 small shallots, sliced into rings
- Salt to taste

### Mushroom Sauce

- 3 slices of bacon, nitrate-free
- 8 oz. mushrooms, chopped
- 4 cloves garlic, minced
- 1 15 oz. can full-fat coconut milk
- 1 tsp. oregano
- 1 tsp. thyme
- ½ tsp. nutmeg
- 1 tsp. salt
- 1 tbs. tapioca flour

### Green Beans

- 2 lb. thin green beans, ends trimmed
- 1 tbs. olive oil
- 1 tsp. salt

## Directions

1. Preheat the oven to 375°F.
2. Bring large pot of water to boil, add green beans and cook 8 to 10 minutes until al dente. Immediately drain and set aside.
3. While beans are cooking, heat medium skillet for bacon. When bacon is fully cooked and crispy, remove from pan and crumble, leaving oil in pan.
4. Add mushrooms to hot skillet and stir about 6 to 7 minutes until browned. Add garlic and cook an additional 2 minutes.
5. Add the coconut milk, oregano, thyme, nutmeg and sea salt and bring to a full boil.
6. Sprinkle in tapioca flour and stir constantly until sauce begins to thicken and creates a gravy-like consistency. Set aside.
7. Toss green beans with olive oil and salt. Transfer to casserole dish (9-x-13) and spread evenly.
8. Transfer the sauce mixture to the casserole dish and stir well until the beans are well coated in sauce.
9. Transfer the casserole dish to the preheated oven and bake for 20 to 25 minutes, until fragrant.
10. While casserole is cooking, heat the ghee or butter in a small, deep saucepan over medium-high heat. Pan-fry the shallots for about five minutes, until golden brown. Drain and cool in a single layer on a plate lined with paper towels.
11. Remove casserole from oven and top with shallots and bacon.



# Shredded Brussels Sprouts Salad

Servings: 10 | Cal: 190 | P: 3 | F: 13 | C: 18

## Ingredient List

### Dressing

- 2 tbs. lemon juice
- 1 tbs. apple cider vinegar
- 1 tbs. Dijon mustard
- 1 tbs. maple syrup
- 1 tsp. cinnamon
- 1/3 cup olive oil
- Salt and pepper to taste

### Salad

- 6 cups shredded Brussels sprouts, about 1 lb.
- 6 slices of bacon, nitrate-free
- 1/2 cup pecans
- 1 Honeycrisp apple, diced
- 1/2 cup dried cranberries, no sugar added

## Directions

1. Heat skillet over medium heat, cook bacon and crumble.
2. While bacon is cooking, in a small bowl, whisk together all dressing ingredients until smooth. Alternatively, blend all ingredients in a jar using an immersion blender. Refrigerate until ready to use.
3. In a large bowl, combine shredded Brussels sprouts, pecans, apple and dried cranberries.
4. Add dressing until coated; serve leftover on the side.
5. Enjoy!



# Sweet Potato Mash

Servings: 8 | Cal: 285 | P: 4 | F: 13 | C: 38

## Ingredient List

- 5 medium-size sweet potatoes, scrubbed
- 2 bananas, unpeeled
- 1 stick of butter, room temperature, organic
- 1/3 cup raw honey
- 1 1/2 cups pecan pieces
- 2 tbs. cinnamon
- 2 tbs. pumpkin pie spice
- 1/2 cup coconut flour

## Directions

1. Preheat oven to 400°F.
2. Pierce sweet potatoes with fork. Place on rimmed baking sheet or in roasting pan and bake until almost soft, about 40 minutes.
3. Add bananas to roasting pan alongside sweet potatoes and bake until banana skins brown, about 10 minutes. Let sweet potatoes and bananas stand at room temperature until cool enough to handle, about 15 minutes. (Maintain oven temperature.)
4. Cut sweet potatoes in half. Scoop flesh from sweet potatoes into large bowl. Peel bananas; add to bowl. Add 1/2 stick butter and honey; beat with wooden spoon until blended and fluffy. Season to taste with salt. Transfer to 8- to 10-cup ovenproof baking dish.
5. Mix nuts, spices and flour in bowl. Add 1/2 stick butter; mix with fingertips until coarse crumbs form. (Potatoes and streusel can be prepared one day ahead. Cover separately and chill until ready for baking.)
6. Sprinkle streusel over potatoes. Bake until top is golden brown and potatoes are hot, about 25 minutes.



# Entrées

*For a tasty holiday feast*



# Autumn Turkey with Cranberry Sauce

Servings: 8 | Cal: 230 | P: 39 | F: 3 | C: 14

## Ingredient List

- 3-lb. turkey breast, bone-in
- 2 tsp. Celtic salt
- 1 tbs. dried rosemary
- 2 cups cranberries (fresh or frozen)
- 1/3 cup maple syrup
- 1/2 cup apple cider vinegar

## Directions

1. Season turkey with salt and rosemary.
2. Add seasoned turkey to the slow cooker along with the rest of the ingredients.
3. Cook on low for 5 to 6 hours or until turkey is tender (165° minimum internal temperature).



# Harvest Chicken Salad

Servings: 6 | Cal: 285 | P: 19 | F: 17 | C: 17

## Ingredient List

### Dressing

- ½ cup mayo
- 1 tsp. rosemary
- ½ tsp. sage
- ½ tsp. thyme, minced
- 2 cloves garlic, minced
- ½ tsp. lemon juice

### Salad Mixture

- 1 lb. chicken breast, cooked and shredded
- ⅛ red onion, chopped
- 1 Honeycrisp or Fuji apple, diced
- ⅓ cup Brussels sprouts chopped or shredded
- ¼ cup dried cranberries, no sugar added
- ¼ cup walnuts, chopped
- Sea salt and pepper to taste

## Directions

1. Mix dressing ingredients in a small bowl.
2. Combine salad mixture ingredients in a large bowl.
3. Add dressing to salad mixture and stir until evenly coated. Cover and refrigerate for at least 30 minutes.



# Harvest Hash

Servings: 6 | Cal: 425 | P: 19 | F: 24 | C: 37

## Ingredient List

- 2 large sweet potatoes, cubed
- 1 lb. Brussels sprouts, quartered
- ½ tbs. coconut oil
- 8 slices of nitrate-free bacon
- 1 lb. cooked ham, diced
- ¼ yellow onion, chopped
- 1 large apple, diced (Honeycrisp or Pink Lady recommended)
- ¼ cup pecans, chopped
- ⅓ cup dried, unsweetened cranberries
- 1 tsp. cinnamon
- Sea salt and black pepper to taste

## Vinaigrette:

- 1 tbs. Dijon mustard
- 3 tbs. apple cider vinegar
- 2 tbs. lemon juice
- 1 tbs. honey
- 1 tsp. onion powder
- ¼ cup extra-virgin olive oil
- Salt and pepper to taste

## Directions

1. Preheat oven to 425°F and line a large baking sheet with parchment paper. In a large bowl, melt coconut oil and toss the sweet potatoes and Brussels sprouts until evenly coated. Spread mixture in a single layer on baking sheet and lightly sprinkle with salt. Roast for 25 minutes or until soft.
2. Meanwhile, heat a large skillet over medium-high heat and cook bacon until crisp. Drain the fat while reserving 1 to 2 tablespoons in the skillet.
3. Lower heat to medium, add onions and cook 45 seconds or until tender. Add the apples and pecans and continue to cook, stirring occasionally until lightly browned. Add cooked ham and sauté 1 to 2 minutes until warmed. Add cinnamon, salt and pepper to taste. Finally, add in the cranberries, crumble in the bacon and cook another 30 seconds.
4. In a small bowl, prepare the vinaigrette by combining all ingredients. Whisk until evenly distributed.
5. Add roasted Brussels sprouts, sweet potatoes and vinaigrette to large skillet and stir to combine. Serve and enjoy!



# Holiday Roast

Servings: 10 | Cal: 345 | P: 60 | F: 20 | C: 1

## Ingredient List

- 4-pound beef tenderloin, organic
- 2 tsp. sea salt
- 1 tsp. ground pepper
- 2 tbs. olive/avocado oil
- 12 slices of prosciutto, nitrate-free (optional)
- 3 garlic cloves, minced
- 3 tbs. of rosemary
- Toothpicks (optional)

## Directions

1. Preheat oven to 425°F. Season roast with salt and pepper and cook in a large skillet (with 2 tablespoons of hot olive oil) over medium heat for 5 to 6 minutes on each side. Let cool for 5 minutes.
2. Arrange prosciutto slices in 2 rows on parchment paper, overlapping to form a rectangle shape that is the same length and width of your roast.
3. Season cooled roast with garlic and rosemary and place it on 1 long side of prosciutto. Use the parchment paper to roll the roast with prosciutto as tightly as possible. If needed, use toothpicks to secure. Transfer roast to a foil-lined baking sheet, and brush with oil.
4. Bake roast at 425°F for 30 minutes or until prosciutto is crispy and meat is at the desired temperature (135° for medium-rare to 150° for medium).

# Sweet Potato, Apple and Maple Turkey Skillet

Servings: 6 | Cal: 360 | P: 33 | F: 16 | C: 22

## Ingredient List

- 4 cups Brussels sprouts
- 2 medium sweet potatoes, cubed
- Cooking spray, avocado or coconut oil
- 2 tbs. coconut oil
- 2 lbs. ground turkey
- 4 cloves minced garlic
- 1 apple, cored and chopped
- 4 to 5 cups raw spinach
- 2 tsp. maple syrup
- 1 tbs. cinnamon
- Salt to taste

## Directions

1. Preheat oven to 400°F.
2. Wash, trim and halve the Brussels sprouts, and wash and chop the sweet potatoes.
3. Grease sheet pan with coconut oil or avocado oil. Add halved Brussels sprouts to sheet pan. Gently salt and mix, spraying any dry areas with cooking spray. Spread into an even layer and bake in oven for 20 to 25 minutes or until outer leaves turn bronze.
4. While Brussels sprouts and sweet potatoes are roasting, heat coconut oil in a large stockpot over medium heat. Add turkey, garlic and salt to taste and cook until browned. Add apples about halfway through cooking.
5. Once turkey is cooked through, mix in spinach, maple extract, cinnamon and salt to taste.





# Turkey Pumpkin Chili

Servings: 4 | Cal: 350 | P: 26 | F: 9 | C: 15

## Ingredient List

- 1 lb. ground turkey
- 1 can (14.5 oz.) pumpkin purée
- 1 can (14.5 oz.), diced tomatoes, undrained
- 1 can (14.5 oz.) red kidney beans
- ½ yellow onion, diced
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 clove garlic, minced
- 1½ tbs. chili powder
- 1½ tsp. cumin
- ¼ tsp. ground cinnamon

## Optional

- 1 jalapeño, sliced
- ¼ cup cilantro, chopped

## Directions

1. Brown ground turkey over medium heat in a large skillet or Dutch oven.
2. Add in yellow onion, green and yellow peppers and garlic and sauté for 5 to 8 minutes.
3. Stir in tomatoes, pumpkin purée, red kidney beans. Season with chili powder, cumin, cinnamon and paprika (salt and pepper to taste).
4. Reduce heat and simmer for 20 to 30 minutes.
5. Top with cilantro and/or jalapeño and enjoy!



# Desserts

*Delicious and delectable*





# Almond Flour Sugar Cookies

Servings: 10 | Cal: 70 | P: 1 | F: 3 | C: 8

## Ingredient List

- 1 cup almond flour
- 1 tbs. chia seeds
- 1 tbs. cinnamon
- Pinch sea salt
- Pinch baking soda
- 1½ tbs. butter, melted
- ¼ cup maple syrup
- 2 tbs. applesauce
- 1 tbs. pure vanilla extract

## Directions

1. Preheat the oven to 325°F. Line a small- to medium-sized cookie sheet with parchment paper.
2. Combine the dry ingredients (almond flour, chia seeds, cinnamon, sea salt and baking soda) in a medium mixing bowl and stir to combine.
3. In a small mixing bowl, add the butter and maple syrup. Heat in the microwave in 15-second increments until the butter is melted and the maple syrup is runny.
4. Add the wet ingredients to the dry ingredients, along with the applesauce and vanilla extract. Knead with your hands until the mixture forms a sticky dough.
5. Scoop the mixture into one-inch balls and place on parchment paper. Flatten the balls until they're about ¼ inch thick. You should have enough dough to make about 10 balls.
6. Place the cookies in the oven and bake for 15 to 18 minutes.



# Gingerbread Bites

Servings: 12 | Cal: 100 | P: 3 | F: 4 | C: 14

## Ingredient List

- 1 cup walnuts or almonds or cashews
- 1 serving Life Time Collagen Protein Powder
- 1 cup dates, pitted
- 1 cup rolled oats, gluten-free
- 1 tbs. molasses
- $\frac{3}{4}$  tsp. ginger
- 1 tsp. ground cinnamon
- $\frac{1}{4}$  tsp. ground allspice
- Pinch of sea salt

## Directions

1. Soak dates for 5 to 10 minutes in hot water. Drain and add to food processor.
2. Combine all ingredients, excluding oats, into food processor and blend until smooth.
3. Add oats and pulse until combined.
4. Transfer to small bowl and roll into  $1\frac{1}{2}$ -inch balls.
5. Store in refrigerator for 5 to 7 days.



# Lemon-Glazed Loaf

Servings: 12 | Cal: 200 | P: 2 | F: 8 | C: 32

## Ingredient List

### Dry Ingredients:

- 1 cup rice flour
- 2 tbs. + 2 tsp. potato starch
- 2 tbs. + 2 tsp. tapioca flour
- ½ tsp. xanthan gum
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt

### Wet Ingredients:

- ½ cup nut milk (almond, cashew, etc.)
- 1 tbs. freshly squeezed lemon juice
- 2 tbs. butter, unsalted, softened
- ¼ cup coconut oil, melted and cooled
- ¾ cup coconut sugar
- 2 large eggs, room temperature
- 1 tsp. vanilla extract
- ¼ cup freshly squeezed lemon juice (about 1 ½ lemons)
- 2 tbs. lemon zest (about 1 ½ lemons)

### Glaze:

- ¼ cup + 2 tbs. powdered sugar
- ½ tbs. lemon juice

## Directions

1. Preheat oven to 350°F. Spray loaf pan with coconut oil spray and set aside.
2. In a large bowl, combine dry ingredients, set them aside.
3. In a small bowl or glass measuring cup, add the nut milk and tablespoon of lemon juice. Set aside.
4. In large bowl, using a hand mixer or mixer, beat butter until light and fluffy. Then add oil and sugar, beating until fully creamed — be sure to scrape down the sides. Add the eggs one at a time on low speed.
5. Add in vanilla extract, lemon zest and ¼ cup of lemon juice, mixing on low speed. Scrape down the sides of the bowl.
6. With mixer on low speed, add your dry ingredients ½ cup at a time, alternating with the nut milk mixture and finishing with the dry ingredients. Batter will be wet and somewhat thick.
7. Transfer batter to greased loaf pan. Bake for 30 to 35 minutes or until inserted toothpick comes out clean.
8. Allow to cool in pan for 15 minutes before gently flipping loaf out onto cooling rack; allow to cool at room temperature for 45 minutes.
9. Once the loaf is cooled, make the glaze: in a medium bowl, combine powdered sugar with lemon juice. Place a plate under loaf on cooling rack before glazing. Pour glaze over loaf.
10. Allow glaze to set before serving.



# No-Bake Coconut Bites

Servings: 12 | Cal: 125 | P: 1 | F: 8 | C: 11

## Ingredient List

- 1½ cups shredded, unsweetened coconut
- 5 dates
- 2 tbs. coconut oil
- 12 almonds, if desired
- 1 tbs. pure vanilla extract
- ¼ cup dark chocolate chips

## Directions

1. Line a small cutting board with wax or parchment paper.
2. Combine the coconut, vanilla extract, dates and coconut oil in a food processor. Mix until slightly sticky, about three minutes.
3. Using a tablespoon, press the mixture into the spoon to shape into 12 equal-sized bites. Gently slide out of the spoon and place on the wax or parchment paper.
4. If you prefer something in taste similar to a Mounds bar, leave as is. If you prefer a taste more like Almond Joy, press one almond into the center of each coconut mound.
5. Freeze for 15 minutes.
6. While the coconut mounds are firming up, melt the chocolate chips in the microwave (heat in 20-second increments to prevent burning).
7. Dip the coconut mounds into the chocolate to top them. Pop them back in the freezer for another 10 minutes to firm up.

# Nut Butter Buckeyes

Servings: 16 | Cal: 205 | P: 9 | F: 19 | C: 9

## Ingredient List

- 2 cups of nut butter of choice (unsweetened)
- 2 tsp. pure vanilla extract
- 1 tsp. almond extract
- 1 serving vanilla Life Time Vegan Protein Powder
- ¼ cup dark chocolate (90 percent cacao)
- 2 tbs. coconut oil

## Directions

1. Combine the almond butter and vanilla and almond extracts in a small bowl. Add in the protein powder and mix well. Place the mixture in the freezer for 30 minutes.
2. Remove the mixture from the freezer and form into tablespoon-sized balls. Place the balls on a baking sheet lined with parchment paper. Put back into the freezer for about one hour or until hardened.
3. Melt the chocolate and coconut oil in a saucepan on the stove. (Using a double boiler or microwave works as well.)
4. Remove the balls from the freezer. Using a toothpick, dip the balls into the chocolate mixture. Use only one coat, and cover about ¾ of each ball. Repeat with each ball, placing back onto the parchment-lined baking sheet once dipped.
5. Place the baking sheet back into the freezer for about an hour to allow the chocolate shell to harden completely. Serve chilled and store in the refrigerator or freezer.





# Nut Butter Cookies

Servings: 12 | Cal: 140 | P: 5 | F: 10 | C: 10

## Ingredient List

- ½ cup nut butter, natural
- 1 cup almond flour
- ⅓ cup maple syrup or [RxSugar Maple Syrup](#)

## Directions

1. In a bowl, combine the nut butter, almond flour and maple syrup or [RxSugar Maple Syrup](#).
2. Roll the mixture into teaspoon-sized balls and connect two of them together on your baking sheet. Pro Tip: coat hands with a tiny bit of coconut oil so the batter doesn't stick to your hands when rolling.
3. Press down on them with a fork to create a hatch pattern.
4. Bake for about 10 minutes at 350°F.
5. Remove from the oven and let cool completely.
6. Once fully cooled, if desired, spread additional nut butter on the backside and sandwich them together to create a cookie.

Note: Store in an airtight container with a paper towel in the refrigerator for 3 to 4 days.



# Pecan Bars

Servings: 16 | Cal: 205 | P: 3 | F: 9 | C: 29

## Ingredient List

### Crust

- 1 cup rolled oats
- 1 cup pecans
- ½ cup almond flour
- 2 tbs. cinnamon
- ½ tsp. salt
- 6 dates, pitted
- Water as needed

### Caramel

- 15 dates, pitted
- 3 tbs. water
- 1 tsp. vanilla extract
- ½ tsp. salt

### Topping

- 1 cup crushed pecans

## Directions

1. Line an 8-x-8 pan with parchment paper.
2. Add all crust ingredients (excluding dates) to a food processor. Blend until flour-like consistency is reached. Add dates and process until mixture is sticky and holds together. If needed, add water 1 teaspoon at a time until mixture can hold together.
3. Press crust mixture into bottom of pan and set aside.
4. Combine all caramel ingredients in food processor until smooth — adding more water if needed until liquid, caramel consistency is reached.
5. Add caramel to your crust layer and top with crushed pecans.
6. Chill in freezer for 25 minutes before serving/cutting.



# Mocktails

*And cocktail modifications*



# Citrus Cider

Servings: 8 | Cal: 95 | P: 1 | F: 0 | C: 25

## Ingredient List

- 6 apples, quartered (Honeycrisp, Granny Smith, Gala, Golden Delicious, etc.)
- 1 orange, quartered
- 3 cinnamon sticks
- 1 tsp. clove
- 1 tsp. ground nutmeg
- ½ tsp. allspice
- 2 tbs. maple syrup
- 12 cups water

## Directions

1. Wash the apples and the orange and cut them into quarters.
2. Place all the ingredients in a large pot and bring water to a boil. Then reduce heat to medium and simmer for about 1 or 2 hours. The more time you allow to simmer, the stronger the flavors will become.
3. When the desired flavor is reached, remove from heat and strain to remove spices and fruits.
4. Serve hot.

# Modified Mule

Serving: 1 | Cal: 115 | P: 0 | F: 0 | C: 3

## Ingredient List

- 8 oz. seltzer or soda water
- 1 oz. ginger beer
- 1 oz. lime juice
- 1½ oz. tequila or vodka
- Optional garnish: lime slices

## Directions

1. Mix all ingredients in a festive glass and garnish with topping of choice!



# Tart Cherry Mocktail

Serving: 1 | Cal: 20 | P: 0 | F: 0 | C: 5

## Ingredient List

- 8 oz. seltzer or soda water
- 1½ oz. tart cherry juice
- 1½ oz. lime juice
- Optional garnish: tart cherries, cranberries, lime slices, etc.

## Directions

1. Mix all ingredients in a festive glass and garnish with topping of choice!

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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program.

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