



# HOLIDAY SURVIVAL GUIDE

**SHIFTSETgo**  
A SHIFTED APPROACH TO WEIGHT LOSS

[shiftsetgo.com](http://shiftsetgo.com)



## It's that time of year again, and the holidays are upon us!

This year, you will be faced with many choices when celebrating with friends and family. To be successful and stay on track with your weight loss goals, you must have a plan! You have a choice to make about how you will approach eating during this holiday season. You have treated your body well and made healthy decisions up to this point. You should be very proud of yourself and we encourage you to keep up the great work making choices you can feel good about.

The holidays can be a stressful time for many of us, with schedules usually jam-packed with traveling, planning, and an endless list of commitments. With holidays also comes time off, which takes us out of our routines and can lead to us eating absentmindedly if we're bored or exhausted. This can all combine to make the perfect storm to abandon our diets and other health-related goals. But it doesn't have to!

## Don't derail your progress.

In a perfect world, we would all choose to never eat anything that would compromise our fat-burning potential. But this isn't a perfect world and as we mentioned, there are temptations and social pressures that can derail our weight loss goals—especially during the holidays. And it can be challenging to navigate these and stay on track.

There are office parties, family get-togethers, nights on the town with friends, and the list goes on.

When faced with these potentially derailing situations, it can be helpful to keep these things in mind if you're thinking about abandoning your healthy diet:

➤ We've all heard the saying, "insanity is doing the same thing over and over and expecting different results." How have you handled the holidays in the past? Did you coast through the holiday season binge eating, lacking portion control, and with the mantra, "I'll just start my diet again tomorrow..."? If so, you should recognize these are easy paths to a downhill slide. If that approach hasn't worked in the past, why would you think it will work this year?

➤ Is that sweet treat or drink really worth it? If you overindulge, you're likely to feel unwell that night, the next day, and possibly even for several days after. Do you really want to feel that way? As you detox more and more from sugar, you'll realize that you don't need to drink to feel hungover, you just need to overdo it with the sugar.

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Overindulging can wreak havoc on your progress. But even a treat here and a treat there can kick you out of ketosis, turn the clock back on your progress, and ultimately extend your time on the program as well as compromise the results you've already worked so hard for. If you plan ahead, however, you can still enjoy some of your favorite holiday foods while staying on track.



## Quick tips to stay on track.

Being prepared with your food is the key to success during the holidays.

Here are a few helpful tips from some of our coaches to keep you on track:

➤ When headed to a potluck, bring a veggie tray filled with green-zone veggies and Walden Farms Ranch Dressing. Offer to bring the salad and load it with green-zone and stage-appropriate veggies. Our SSG Deviled Eggs and Pumpkin Spice Latte Pies (see recipes) are great too!

➤ Always have a ShiftSetGo Crispy Bar in your bag that you can have for dessert if you get tempted while at a gathering or when out with friends.

➤ Keep a few one-cup containers of your favorite raw veggies with you whenever you're out. This will give you something to snack on when you're hungry, without turning to unhealthy foods.

➤ Avoid alcohol (a main source of empty calories!) by drinking mocktails. Sparkling water with a sprig of mint, slice of lime, a bit of stevia and a scoop of Ultima looks the part and is fun to drink. Try adding a packet of ShiftSetGo Cranberry Grape Drink Mix to either still or sparkling water.

➤ If you're heading to a holiday party, eat before you go so that you are fully satisfied and less likely to indulge in less-than-optimal foods.

➤ Focus on activities, volunteering, and visiting with friends and family, rather than making food the center of the occasion.

➤ Check-in with your ShiftSetGo coach. They are there to help you succeed and stay on plan. They can provide tips, suggestions, and most of all encouragement when you need it.

# HEALTHY HOLIDAY RECIPES



# MASHED CAULIFLOWER

**SERVES:** 2

**PREP TIME:** 10 minutes

**COOK TIME:** 25 minutes

## INGREDIENTS

- 1 packet** ShiftSetGo Creamy Chicken Soup
- 4 cups** Raw cauliflower
- 2 tsp** Olive oil
- Onion powder, to taste
- Garlic powder, *to taste*
- Sea salt, *to taste*
- Optional: wasabi powder for a zing!*



## SSG NOTES (PER SERVING)

½ SSG meal  
2 cups veggies

## INSTRUCTIONS

- 1.** In a double broiler or medium pot filled with water, steam or boil cauliflower until very soft and falling apart.
- 2.** Drain well. Add the chicken soup and olive oil.
- 3.** Mash with a large fork, or use a hand mixer with whisk attachment, until smooth.
- 4.** Add all seasonings.
- 5.** Divide into 2 portions. Enjoy!

# CREAMY CHICKEN GRAVY

**SERVES:** 1

**PREP TIME:** 5 minutes

**COOK TIME:** 12 minutes

## INGREDIENTS

- 1 packet** ShiftSetGo Creamy Chicken Soup Mix
- 1 ½ cups** Low sodium chicken broth
- 10 oz** Frozen or 1 ½ cups riced cauliflower
- Sea salt and pepper, *to taste*
- Dash of cumin (*optional*)

## SSG NOTES (PER SERVING)

1 SSG meal  
1 ½ cups veggies



## INSTRUCTIONS

1. Combine the chicken soup, chicken broth, and cauliflower in a medium saucepan.
2. Place over medium heat and slowly bring to a boil.
3. Add seasonings.
4. Remove from the heat and let cool down before putting it in a blender and blending until smooth and creamy.
5. Place back into saucepan to reheat if using right away.
6. Enjoy!

# DEVEILED EGGS

**SERVES:** 3

**PREP TIME:** 5 minutes

**COOK TIME:** 7 minutes

## INGREDIENTS

- 6** Large eggs
- 1 TBSP** Walden Farms Amazin' Mayo  
(or any avacado mayo like Primal Kitchen)
- 1** Dill pickle spear, *diced*  
Onion salt, *to taste*  
Yellow mustard, *to taste*  
Paprika, *for garnish*



**SSG NOTES  
(PER SERVING)**  
4 oz protein

## INSTRUCTIONS

- 1.** Place eggs in a large saucepan and cover them with cool water by 1-inch.
- 2.** Cover and bring to a boil over high heat.
- 3.** Once boiling, reduce heat to medium-high and boil for 6-7 minutes.
- 4.** Transfer the eggs with a slotted spoon into a bowl of ice water and let them cool for several minutes.
- 5.** Once cooled, remove from the water and peel immediately.
- 6.** Cut the eggs in half and place the yolks in a small bowl.
- 7.** Break up yolks with a fork and add the mayo, pickle, onion salt, and mustard. Mix well.
- 8.** Transfer the mixture back into each egg half and garnish with a sprinkle of paprika.



# THANKSGIVING STUFFING

**SERVES:** 8

**PREP TIME:** 30 minutes

**COOK TIME:** 25 minutes

## INGREDIENTS

- 2 lb** Lean ground turkey
- 2 lb** Extra lean ground pork
- 2** Whole eggs
- 4 cups** Diced zucchini
- 2 cups** Diced celery
- ½ cup** Diced green onion
- 1 cup** Riced cauliflower
- 1 cup** Diced yellow squash
- 2 TBSP** Olive oil
- 1 tsp** Nutmeg
- 1** Fresh jalapeño, *finely diced*
- 1 TBSP** Garlic powder
- 1½ TBSP** Pumpkin spice
- Sea salt and pepper, *to taste*



## SSG NOTES (PER SERVING)

8 oz protein  
1 cup veggies

## INSTRUCTIONS

- 1.** In a large skillet, brown the meat on medium heat until cooked thoroughly.
- 2.** Beat eggs with a whisk and pour over the meat. Stir well.
- 3.** In a large saucepan, add the oil, all veggies, and cook until veggies are soft. About 3-5 minutes.
- 4.** Add in cooked meat mixture and seasonings. Cook an additional 5 minutes, stirring together until incorporated.

# BROCCOLI CHEESE BREAD

**SERVES:** 2

**PREP TIME:** 5 minutes

**COOK TIME:** 15 minutes

## INGREDIENTS

- 1 packet** ShiftSetGo Broccoli Cheddar Soup Mix
- 1 packet** ShiftSetGo Cheese Soup/Dip Mix
- 4** Egg whites
- 2 tsp** Olive oil
- 1/4 tsp** Baking powder
- 1/4 tsp** Oregano
- 1/4 tsp** Basil
- 1/4 tsp** Garlic powder
- Pinch** Of sea salt



## SSG NOTES (PER SERVING)

1 SSG meal  
4 oz protein

## INSTRUCTIONS

- 1.** Preheat oven to 350°F.
- 2.** Mix both soup mixes in a bowl. Add all the spices and stir with a fork or wire whisk until well combined.
- 3.** Add the egg whites and olive oil. Mix well.
- 4.** Pour batter into a mini loaf pan sprayed with non-stick spray.
- 5.** Bake until golden brown and center bounces back when touched.

# GREEN BEAN CASSEROLE

**SERVES:** 2 **PREP TIME:** 15 minutes

**COOK TIME:** 50 minutes

## INGREDIENTS

- 1 ShiftSetGo Broccoli Cheddar Soup Mix
- 1 ShiftSetGo Pop Cakes of choice, *crushed*
- 3 cups** Fresh green beans
- 6 oz** Sugar-free turkey bacon, *chopped*
- 1 cup** Mushrooms, *chopped*
- 1 cup** Low sodium chicken broth
- 1 oz** Skim or almond milk
- 2 cloves** Of garlic, *minced*
- 1/4 tsp** Black pepper
- 1/2 tsp** Sea salt
- Non-stick spray



## SSG NOTES (PER SERVING)

1 SSG meal  
2 cups veggies  
3 oz protein  
1/2 milk choice

## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Boil green beans in a small saucepan for 5-6 minutes. Place in ice water and drain.
3. Spray a medium skillet with non-stick spray. Cook turkey bacon until brown.
4. Add mushrooms and garlic and cook 5-6 minutes until the mushrooms are soft. Remove from pan and set aside.
5. In the same pan, add milk and chicken broth. Cook for about 5 minutes, whisking constantly.
6. Add broccoli soup mix, stir well, and cook for an additional 5 minutes.
7. Add in the mushroom mixture, bacon, and simmer for 3 minutes. Add green beans, salt, and pepper; mix well.
8. Pour mixture into a prepared 9x13 casserole dish and top with crushed SSG Pop Cakes.
9. Bake uncovered for 25 minutes.

# APPLE & CINNAMON CREAM PIES

**SERVES:** 1

**PREP TIME:** 10 minutes

**COOK TIME:** 10 minutes

## SSG NOTES

2 SSG meals

1 extra



## INGREDIENTS

### CRUST:

- 1 packet** ShiftSetGo Apple & Cinnamon Oatmeal
- 1** Egg white
- 1 TBSP** Water

### FILLING:

- 1 packet** ShiftSetGo Vanilla Pudding & Shake Mix
- 100ml** Water
- (3.625 oz)**
- 1 TBSP** Walden Farms Marshmallow Dip

## INSTRUCTIONS

- 1.** Preheat the oven to 375°F.
- 2. Make the crust.** Combine the oatmeal, egg white, and water. Mix well.
- 3.** Divide equally into two small baking dishes. Flatten crust down. Place dishes in the oven and bake for 10 minutes.
- 4.** Remove and let cool.
- 5. Make the filling.** Add the water and pudding packets to your ShiftSetGo shaker cup. Shake vigorously to blend well.
- 6.** Pour the mixture evenly over each cooled pie crust and refrigerate until set.
- 7.** Top with Walden Farms Marshmallow Dip and enjoy!.



# HOLIDAY COOKIE WITH ICING

**SERVES:** 2

**PREP TIME:** 5 minutes

**COOK TIME:** 12-14 minutes

## INGREDIENTS

### COOKIES:

- 1 ShiftSetGo Cinnamon Crispy Bar
- 1/4 cup Egg whites
- 1 ShiftSetGo Homestyle Pancake Mix

### ICING:

- 2 TBSP Walden Farms Marshmallow Dip
- 1 TBSP Walden Farms Syrup (any flavor)



### SSG NOTES (PER SERVING)

1 SSG 1-a-day  
meal  
1 extra

## INSTRUCTIONS

### COOKIES:

1. Pre-heat oven to 350°F.
2. Blend cinnamon bar in a blender or food processor until it is slightly smaller than granola. Mix with all the other dry ingredients in a small bowl.
3. Add wet ingredients and mix well.
4. Line a cookie sheet with parchment paper and lightly spray with non-stick spray. Drop batter by spoonfuls until you have desired cookie size. Make sure you make an even number of cookies.
5. Bake for 12-14 minutes. Divide the total number of cookies by two. (Each serving is a one-a-day meal.)

### ICING:

1. Combine the marshmallow dip with the syrup and mix well.
2. Allow cookies to cool completely. Drizzle them with the icing.
3. Enjoy!

# CINNAMON BUN SMOOTHIE

**SERVES:** 1

## INGREDIENTS

- 1** ShiftSetGo Cinnamon Bun Pudding & Shake
- 6 ounces** Water
- 1 cup** Ice
- A sprinkle** Cinnamon and Stevia
- Optional** A few crumbles of the ShiftSetGo Crispy Cinnamon Bar as garnish



**SSG NOTES  
(PER SERVING)**  
1 SSG meal

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## INSTRUCTIONS

- 1.** Add all ingredients to a blender and blend until smooth.
- 2.** Pour into one glass, top with stevia and cinnamon and optional crispy cinnamon bar crumbles and enjoy!

# CRANBERRY GRAPE SPRITZER

**SERVES: 2**

## INGREDIENTS

- 1** ShiftSetGo Cranberry Grape Drink Mix
- 8 oz** San Pellegrino sparkling water
- 1 oz** Fresh Lime juice
- Optional** Granular sugar-free sweetener to garnish glass



**SSG NOTES  
(PER SERVING)**  
1 SSG meal

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## INSTRUCTIONS

- 1.** Slowly mix the Cranberry Grape Drink Mix with the San Pellegrino or sparkling water. Pour and freeze into ice cube trays.
- 2.** Wet the rim of the glass in lime juice and dip in sugar-free granulated sweetener.
- 3.** Once set, pour over ice cubes and add sliced lime as garnish.



## Why ShiftSetGo

### Our Coaches

One-on-one coaching sessions to help you stay on track. Our coaches are with you every step of the way, holding you accountable without judgment. Not only are our coaches experts who genuinely care about you and your goals, but many of them have even completed the program themselves.

### Easy 3 Step Program

- 1 Shift your weight and mindset to achieve weight loss goals.
- 2 Set the stage by introducing whole foods back into your diet.
- 3 Go and live your life, knowing you have a trusted support system behind you.

### Lifetime Success

This program was designed to create lasting success. We empower our members with the tools and a support system to take with you long after you've achieved your goals. Once you're part of the ShiftSetGo community, you'll always be part of us.

*"My favorite part is definitely the coaches. They are all so helpful and understanding. There have been several times that I didn't want to come in because I was upset with myself and the fact that I did not stay on plan. The coaches are never judgmental and are very understanding. They remind me that this is a journey. This is a marathon, not a race. And they always have positive feedback and ideas to move on." - Lainie*

Visit us today at [shiftsetgo.com](https://shiftsetgo.com) to book your free virtual or in-person consultation!