



KRYSTAL GOODMAN
CHRISTMAS EDITION



Klean Cooking





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Introduction

Cooking for the holidays can seem like a difficult task that involves making all the right foods to please all of your guests. When you are in the midst of tackling your goals and trying to stay on track with your fitness and nutrition plan this can seem like an even harder task at hand. I have created this book to give you an easy guide to making your Christmas a little more simple and enjoyable.



Shopping Tips



When shopping for Christmas we tend to think it's a time to really go all out but then that leads to over spending and over eating. Planning out what you are going to buy will help you save money and keep you on the right track to staying healthy even through the holidays.



What to think about

- *Think about finding at least 3-4 different vegetables you can incorporate into your recipes to keep variety and nutrient density.*
- *Choose a variety of healthy fats to use when cooking. I love coconut oil, ghee, and avocado oil.*

Plan how you will cook

- *Give yourself a plan to go by on what you can prep early on or can go ahead and cook before Christmas day. A good example might be chopping all your veggies or potatoes ahead of time to have them ready for your recipe or making your Christmas desserts beforehand and store them.*

Shopping tips

Planning

- *Plan your Christmas meals and make a list or use the list I have provided.*
- *Only buy what you need; the stores are typically only closed for 2 days.*
- *Don't buy too big of a turkey or chicken you may be tired of it after a few days of leftovers.*
- *Freeze leftovers so you can use them for a later date.*
- *Buy seasonally. Look for produce that is in season to maintain freshness and will typically be a lower cost.*



Healthy Swaps

CHAPTER TWO



Finding ways to swap out certain foods for better ones or just swapping out an ingredient for a more nutrient dense one is an easy way to stay on top of reaching your goals but still enjoying your holiday.

THE KEY TO A SUCCESSFUL MEAL FOR YOUR HOLIDAY IS MAKING THE THINGS YOU LOVE BUT IN A MORE NUTRIENT DENSE FASHION.

FOOD SWAPS

- Zoodles and spaghetti squash in place of pasta
- Cauliflower in place of rice or mashed potatoes
- Instead of pies you can use grilled fruits
- Brussels sprouts and sautéed green beans in place of green bean casserole.
- Sautéed spinach in place of creamed spinach
- Baked sweet potatoes with cinnamon and crumbled pecans in place of casserole.
- Sprouted grain or cauliflower rice stuffing instead of white bread.
- Pesto or cranberry relish in place of gravy.
- Roast your turkey instead of deep frying it.
- Pumpkin chia pudding instead of pumpkin pie.

INGREDIENT TIPS

- Make use of healthy fat options like avocado oil, coconut oil, and ghee.
- Use almond, coconut, oat, and other grain free flours in place of your traditional types to save on carbs and calories.
- Use coconut flour to help thicken sauces instead of corn starch to add in healthy fats and fiber.
- Next time you need to sweeten something try using dates instead of sugar to add in extra fiber and more vitamins,
- Need the same cheesy taste but don't want to add in extra calories? Try sprinkling nutritional yeast on for added protein and B vitamins.
- Have a recipe that calls for chocolate frosting? Whip up some avocado icing instead by using unsweetened cocoa and stevia with avocado. This saves on sugar and carbs and adds more healthy fat and fiber.



ANOTHER THING TO THINK ABOUT IS WAYS TO TACKLE OTHER AREAS THAT DAY.

MAKE NEW TRADITIONS

- *Take old traditional recipes and turn them in to healthier versions. A good example might be using the matcha bark recipe listed in this book instead of a regular bark you would traditionally see at Christmas. This will help cut down on sugar and add in healthy fats and antioxidants.*
- *Breakfast the morning of Christmas can sometimes hold to tradition as well so think about making something quick and easy such as the product Birch Benders Paleo Pumpkin pancake mix to make waffles or pancakes, top them with your favorite nut butter, and sprinkle them with protein powder. Another option could be a breakfast frittata made with a variety of veggies and topped with avocado.*

GET MOVING

- *Make a new tradition like a local race. We have a couple of different ones in the month of December called the Jingle Bell Run and Ugly Sweater Race. It is fun to do with family and friends to keep track during the holiday season.*
- *Plan to keep moving throughout the day between meals whether it be taking your dog for a walk, playing with the kids or just getting up from the table now and then to stretch your legs. Remember every step counts!*
- *Track your steps during your day to day activities and set a goal for yourself of how many you would like to hit by the end of the day.*

STAY HYDRATED

- *First and foremost, drink water! A lot of times we may be dehydrated which can lead to feeling tired or hungry .*
- *Be sure to get half of your body weight in ounces and add another 12 ounces for each 8 ounces of diuretic (coffee, tea, fruit juice, alcohol) that you drink.*

OTHER TIPS

- *Eat a protein and healthy fat rich snack before heading to your dinner party.*
- *Mix some soda water in with half the serving of wine or cocktail to take some of the sugar and added calories out.*
- *Don't eat it just because its holiday food. Enjoy the treats you always look forward to in moderation instead.*
- *Balance out your acid with your alkaline. When you have an acid food like sugar, alcohol, or heavy meats try to balance it with a more alkaline type of food like greens.*
- *Do not skip meals or snacks earlier in the day to "save" calories. This will only make it harder to manage blood sugar regulation.*
- *Take 10 mins before going for seconds. Sometimes if we just sit back and think are we really still hungry then we may just be satisfied with what we have already had.*



How to Charcuterie



Find the right ingredients to make your next board a holiday hit without all of the added calories, salt, and sugar but still saving the great flavor.

Charcuterie

MEATS: look for those that are lower sodium and have no additives. Some great brands are Boars Head, Applegate Farms, and Trader Joe's, which carries their own brand of turkey.

CHEESES: If you are going to go with dairy be sure to get the real stuff that has no additives. I like to choose some non dairy options like miyokos mozzarella and their cream cheese.

CRACKERS: look for those that have no gluten and are potentially made with just seeds, nuts, and minimal grains. Some brands I love are Simple Mills, flackers,

DIPS: Look for those that are more nutrient dense than filled with empty calories. Some of my favorites are Trader Joe's kale pesto, miyokos cashew cream cheese, kite hill cream cheese, homemade guacamole, and hummus.

ADDITIONS: Choose things like raw nuts, fresh fruit like the pomegranate pictured, olives, and raw veggies.

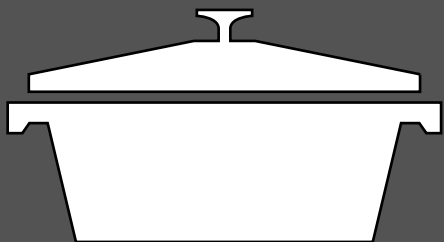


CHAPTER FOUR

Recipes

SOME HOLIDAY FAVORITES

*A couple of my favorites for the holidays to keep it clean
with all the delicious flavors we all love.*



SEE RECIPES ON NEXT PAGES >>



LEVEL: INTERMEDIATE

Pancake Donuts

WITH MAPLE COCONUT ICING

INGREDIENTS

- 1 box simple mills pancake mix
- 3tbsp Almond or coconut milk
- 2 tbsp Ground flaxseed
- 3 Eggs
- 1c Water
- 3 tbsp Coconut oil or ghee

ICING INGREDIENTS

- 1c Coconut Butter
- 2-3tbsp Maple Syrup
- 2-4tbsp Almond Milk

DIRECTIONS

1. Preheat oven to 350F and spray a donut pan.
2. Whisk together eggs, almond milk, and oil. Add in baking mix, flaxseed, and whisk together until blended.
3. Bake for 10 to 15 minutes or until toothpick comes out clean.
4. Meanwhile while donuts are baking combine the melted coconut butter and maple and slowly add in the almond milk to the consistency of icing for your donuts. If it becomes too thin you can add in coconut flour to help thicken it back up.
5. Enjoy!



PREP TIME
10 MIN




TOTAL TIME
25 MIN



SERVES
12

Pecan Hand Pies

WITH DATE FILLING


PREP TIME
10 MIN


TOTAL TIME
30 min


SERVES

6-8

INGREDIENTS

- 1 box Simple Mills Artisan Bread Mix
- 1tbsp Coconut flour
- 1/4c Maple Syrup
- 2 Eggs at room temp

FILLING INGREDIENTS

- 1/2c Chopped dates
- 1/2c Maple syrup
- 4tbsp Coconut oil
- 2tbsp Almond milk
- 1c Chopped pecans

INSTRUCTIONS

1. Preheat oven to 350F and cover a baking sheet with parchment paper
2. In a sauce pan on medium heat combine all filling ingredients and stir until mixed well and good consistency.
3. In a medium mixing bowl whisk together the eggs and maple, then stir oil, the coconut flour and bread mix,
4. Once mixed together into a ball place on parchment paper and roll out with a rolling pin as flat as you can and cut into discs with a top of a mason jar or biscuit cutter,
5. Lay one disc out and fill with filling and lay another disc on top pressing the edges together with a fork all the way around. Continue to do so on all pies.
6. Bake in oven at 350F for 15mins. Once baked let cool for about 10 mins and enjoy!

Lemon Thyme Whole Chicken



PREP TIME
20 MINUTES



TOTAL TIME
1.5 HOURS



SERVES
6 TO 8

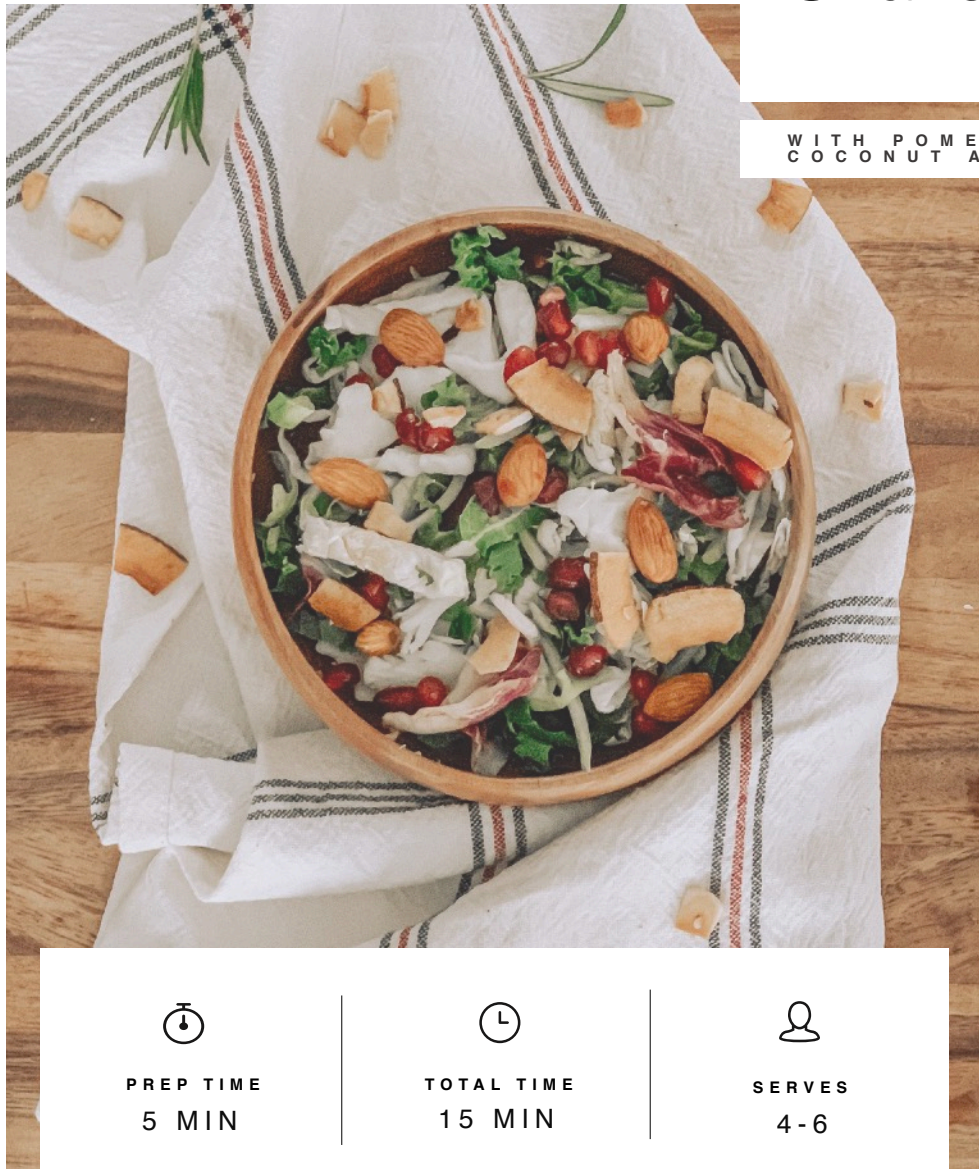
INGREDIENTS

- 1 Whole Organic Chicken (~4lbs)
- 3 tbsp Ghee
- 24 Garlic cloves chopped
- 2 Zest and juice of lemons
- 2 tbsp Fresh thyme chopped
- To taste Salt and fresh ground pepper
- 1 Small onion chopped

INSTRUCTIONS

1. Preheat oven to 425F and set rack at lowest position in the oven.
2. In a mixing bowl mix together ghee, garlic, thyme, and zest from 2 lemons.
3. Place Chicken in roasting pan
4. Slice one of the lemons and place inside of cavity with the onion chopped and a few thyme sprigs.
5. Brush chicken with ghee and seasoning mixture on top and bottom.
6. Squeeze juice from the remaining lemon over the chicken, then sprinkle skin with salt, pepper, and a little chopped thyme.
7. Roast chicken at 425F in oven for about an hour (use a meat thermometer when internal temp reaches 165F chicken is ready)
8. Remove from oven and let rest for 15 mins before slicing and serving.
9. Enjoy!

Shaved Brussels Sprouts Salad



WITH POMEGRANATE, TOASTED
COCONUT AND ALMONDS

INGREDIENTS

- 1lb Brussels Sprouts shaved
- 2 c Baby Kale
- 1/2c Pomegranate seeds
- 3tbsp Unsweetened toasted coconut shavings
- 1/2c Raw almonds

DRESSING INGREDIENTS

- 1/2c Seeds from 1 pomegranate
- 1/2 c Avocado oil
- 1-2tsp Liquid Stevia
- Juice of 1 Lemon
- 1tbsp Dijon Mustard

DIRECTIONS

1. Mix all ingredients for salad in a bowl until well combined
2. Place all dressing ingredients in a food processor and toss salad in dressing and enjoy !



PREP TIME
5 MIN



TOTAL TIME
15 MIN



SERVES
4-6



Butternut Squash Pasta and Brussels



PREP TIME
10 MIN



TOTAL TIME
45 MIN



SERVES
8 TO 10

INGREDIENTS

3c or 24oz Butternut Squash noodles
1/2lb Brussels sprouts Halves
1/4c Avocado oil
1/2lb Prosciutto
1tbsp Sea salt
1tbsp Black Pepper
1tbsp Garlic Powder

INSTRUCTIONS

1. Heat a medium skillet on medium heat and spray with coconut oil cooking spray.
2. Cook Brussels sprouts with avocado oil first until you can get a fork through one, Once you can, add in butternut squash and Prosciutto
3. Transfer your ingredients into a serving bowl and add in all seasonings and enjoy!

Hasselback Sweet Potatoes

WITH CRANBERRY RELISH AND PISTACHIOS



PREP TIME
15 MINUTES



TOTAL TIME
75 MINUTES



SERVES
4 TO 6

INGREDIENTS

- 4 Sweet potatoes
- 1tbsp Ghee
- 1 tsp Coconut oil melted
- 1tsp Sea salt
- 1tsp Black pepper

INGREDIENTS FOR TOPPING

- 2c Cranberries
- 1tbsp Ground Ginger
- 1tbsp Balsamic Vinegar
- 1/2tsp Cinnamon
- Crushed pistachios

INSTRUCTIONS

1. Preheat oven to 425F and line a baking sheet with aluminum foil.
2. Make a series of 1/8in slices along each potato, slicing 2/3 of the way through
3. Stir together the ghee, coconut oil, sea salt, and pepper in a small bowl. Rub the potatoes all over with the mixture being sure to get in between the slices
4. Place each potato on the lined baking sheet and bake at 425F for about 50mins-1hr until center is tender and outside is crisp.
5. Using a fork lightly fan the slices out and add your topping.

INSTRUCTIONS FOR TOPPING

1. Heat a small sauce pan on medium heat and mix together the cranberries, vinegar, ginger, cinnamon, and orange juice.
2. Once everything is heated well, start using your cooking spoon to mash the berries to make a paste consistency.
3. Top each potato with the relish and sprinkle the crushed pistachios on top and enjoy!



Roasted Baby Carrots

WITH TAHINI SAUCE

INGREDIENTS

- 1lb Baby carrots
- 2tbsp Crushed garlic
- 2tsp Thyme
- 2tbsp Ghee melted

INGREDIENTS FOR SAUCE

- 3-4 tbsp Tahini
- 3tbsp Lemon juice
- 1tbsp Sea salt
- 2tsp Garlic Powder
- 1tsp Ground Cumin

INSTRUCTIONS

1. *Preheat oven to 375F and spray a baking sheet with coconut oil cooking spray.*
2. *In a large mixing bowl mix together all ingredients for the carrots and coat carrots to be sure they have the mixture evenly distributed on all of them.*
3. *Transfer coated carrots to a baking sheet and spread out evenly. Bake for 30-35mins . Be sure all are cooked and tender.*
4. *Meanwhile, prepare your sauce by adding all sauce ingredients in a food processor until thoroughly mixed and set aside for when carrots are finished.*
5. *Once carrots are finished take them out of oven and top with sauce and enjoy!*



PREP TIME

15 MIN



TOTAL TIME

45 MIN



SERVES

6

PEPPERMINT MATCHA BARK

WITH WALNUTS

INGREDIENTS

- 1.5c Coconut Oil Melted
- 1/2c Coconut Butter Melted
- 2 scoops Vital Proteins Matcha Collagen
- 2-3drops Liquid Stevia
- 1c Crushed Peppermints
- 1/4c Chopped walnuts

DIRECTIONS

1. Melt both coconut oil and coconut butter in a bowl blender.
2. Stir the melted mix until smooth and add in the matcha and stevia.
3. Meanwhile line a cookie sheet with parchment paper.
4. Pour mixture onto cookie sheet and sprinkle your toppings until there is enough throughout the top of the matcha.
5. Place cookie sheet in freezer for about 20-30mins
6. When you pull your cookie sheet out break apart bark and enjoy.



PREP TIME
10 MIN



TOTAL TIME
40 MIN



SERVES
12-15



Ginger Collagen Cookies



PREP TIME
10 MIN



TOTAL TIME
20 MIN



SERVES
10 TO 12

INGREDIENTS

1c Natural Almond or Peanut Butter
2/3c Almond Flour
1/2tsp Baking Soda
3-4drops Liquid stevia
2 Large eggs
2scoops Collagen Protein
1/2tsp Ginger

INSTRUCTIONS

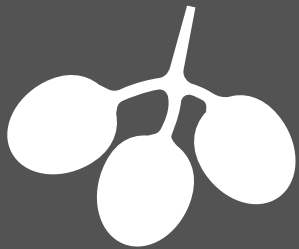
1. *Preheat oven to 350F and line a baking sheet with parchment paper*
2. *Mix all ingredients in a medium mixing bowl*
3. *Form balls (about 1in) in your hands and flatten into cookie shapes (into about 2in cookies) and place on baking sheet.*
4. *Bake cookies for about 8-10mins.*
5. *Let cookies cool and enjoy!*

CHAPTER FIVE

Grocery List

FOR YOUR HOLIDAY RECIPES

*A grocery list of clean ingredients to give you all the foods
you will need for your recipes.*



SEE LIST ON NEXT PAGE >>



CHRISTMAS GROCERIES.

MEATS

- Chicken whole
- Prosciutto
- Pasture raised eggs (vital farms are my favorite)

PRODUCE

- Brussels Sprouts
- White Onion
- Fresh Cranberries
- Orange
- Lemon
- Sweet potatoes
- Shaved Brussels Sprouts
- Baby Kale
- Pomegranate seeds
- Butternut Squash or Butternut Noodles (Ce Ce Noodle Co.)
- Baby Carrots

FATS/OILS

- Ghee (my favorite is fourth and heart sea salt)
- Coconut oil
- Avocado oil (my favorite is either primal kitchen or chosen foods)
- Coconut butter
- Walnut Pieces
- Pecans Chopped
- Raw Almonds
- Pistachios

PANTRY ITEMS

- Simple Mills Pancake Mix
- Baking Stevia
- Collagen (I like vital proteins)
- Matcha Collagen (vital proteins)
- Natural Almond or Peanut Butter
- Almond Flour
- Coconut Flour
- Pure Maple Syrup
- Coconut Oil Spray
- Balsamic vinegar
- Lily's dark chocolate chips
- Ground Flaxseed
- Dates
- Unsweetened toasted coconut flakes
- Dijon Mustard
- Tahini
- Peppermints
- Baking Soda

SPICES/SEASONINGS

- Cinnamon
- Ginger
- Crushed garlic
- Fresh Thyme
- Sea Salt
- Black Pepper
- Liquid Stevia
- Ground Cumin

REFRIGERATOR SECTION

- Dairy free milk (almond, coconut, or cashew)



CHAPTER SIX Leftovers



When sitting down for Christmas dinner, balancing your plate is just as important as it is any other meal that we sit down to eat. Here are some tips on what to think about when making your plate at your family holiday dinner.

HOLIDAY MEALS ARE GREAT! THEY EVEN COME WITH LEFTOVERS TO TURN INTO AMAZING CREATIONS FOR LATER.

STUFFING

- *Bake an acorn squash and gut it out and fill with stuffing and ground chicken, beef, or turkey,*
- *Wrap a ball of stuffing with bacon for bacon wrapped stuffing balls.*
- *Mix your stuffing with eggs and make egg muffins.*
- *Mix your stuffing with grated sweet potatoes and make a hash.*
- *Make savory waffles with your leftover stuffing and some added broth.*

CRANBERRY SAUCE

- *Make a turkey or chicken wrap/sandwich and use your cranberry sauce as a condiment to add a sweet twist.*
- *Turn a regular PBJ into a PBC (peanut butter to almond butter and cranberry)*
- *Use it as a glaze for your next pork chop dinner*
- *Make whole grain muffins with a sweet and tangy flavor by adding it to your next recipe.*

SWEET POTATOES

- *Mash them and use them in your next brownie recipe for a moist texture..*
- *Mash them and use them in your next smoothie for added smooth texture and a boost of vitamin A.*
- *Add a 1/2c of mashed sweet potatoes into your next pancake mix and make pancakes or waffles.*

EXTRA VEGGIES

- *Extra raw veggies-bag them up and use them as snacks during the week. You can dip in hummus and guacamole.*
- *Another tip for extra raw veggies is to throw them on a baking sheet with avocado oil, sea salt, pepper, and roast them for the next weeks lunches.*
- *Any extra veggies that you had roasted can be added into an easy egg frittata*

EXTRA MEAT

- *Extra ham? Chop it up and use it to flavor your next vegetable side like green beans, Brussels, broccoli, or cabbage.*
- *Extra chicken? Pull it off the bone and make a chicken salad that you can use for lunch during the week. Just add in avocado mayo or mashed avocado, sea salt, and pepper,*
- *Throw in your leftover chicken into a crock pot of stock, vegetables, and grains for a hearty soup.*



Krystal Goodman

Want to learn more about nutrition and wellness and set goals to get you to success with you and your health? I would love to sit down with you to discuss your bioindividual needs and the steps to helping you feel your best !

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HAPPY HOLIDAYS



K R Y S T A L G O O D M A N