



WEIGHT LOSS
& LIFESTYLE MEDICINE CENTER

Holiday to Holiday Challenge

December 2025

Week Five

You made it to the FINAL WEEK!

During these last few days, stay strong and stick to your goals. And of course, don't forget to celebrate all your hard work and progress!

Holiday Challenge Guidelines

The overall goal is for participants to maintain their current weight for the year and to continue their progress towards their health goals.

- Weigh/Scan yourself each week.
- Track what you eat and drink.
- Track your activity.
- Make a Plan.



Daily Tip: Celebrate Your Successes

Congratulations! You made it to the end of the Holiday Challenge! Take a moment to reflect on the past 5 weeks. Consider the goals you set at the beginning and the changes you have made to eat smart and move more this holiday season.

As discussed in week 1, it is important to recognize your successes throughout your entire journey. If you met one or more of your goals, make sure to reward yourself! Think about activities you enjoy and engage in those to celebrate your successes!

Below are a few ideas to get you started:

- Devote time to a hobby—old or new
- Dance to your favorite music
- Rearrange furniture to refresh a room
- Explore a new walking route, trail or park
- Call a friend or family member to share your success and catch up
- Host a movie or game night



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Week #5 Challenge

FOCUS ON HAVING FUN



Just like eating nutritious foods and engaging in physical activity are good for us, having fun is another way to boost our health. Having fun can make us happier and may help lower feelings of stress. Think about times when you have felt carefree and fully engaged with an activity or group of people. Or think about the last time you had a deep belly laugh and how good you felt afterward. When you focus on fun you are less attached to the outcome of a situation and are more focused on present moment. Making time to have fun in our daily lives can have a significant impact on the way we view the world.

This week, be intentional about having fun. Every day, engage in at least one fun activity. It does not have to be complex or elaborate. Maybe you take a break from work to sing along to your favorite song or tell jokes with co-workers before a meeting. Play with your pet, listen to a new podcast episode, cook a new recipe or call a friend and laugh about a fun memory. The list could go on and on and may look different for everyone. Keep it simple and do something that feels fun, freeing and joyful to you!



Daily Challenge:

Learn new healthy ways
to reduce stress



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Week FIVE

**YOUR APPETIZER CAN BE THE HIT OF THE PARTY
AND NUTRITIOUS TOO!**

Everything But the Bagel Protein Dip

Ingredients:

- 2 cups cottage cheese
- ½ cup plain Greek Yogurt
- 3 tbs of Trader Joe's 'Everything But the Bagel' seasoning



Instructions:

Blend ingredients until the desired consistency.

Avocado Salsa

Ingredients:

- 2 avocados, peeled, pitted and diced
- 1/2 pint grape tomatoes, chopped
- 1/4 red onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno pepper, deseeded and finely diced
- 1/4 bunch cilantro, chopped
- 2 limes, zest and juice
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper



Instructions:

Add all ingredients in to medium bowl and stir to combine.



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Deviled Eggs with Greek Yogurt

Ingredients

- 6 large eggs - hard-boiled
- $\frac{1}{3}$ cup Plain Greek yogurt
- 1 tablespoon Dijon mustard
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon smoked paprika - plus more for topping
- $\frac{1}{8}$ teaspoon cayenne pepper



Instructions

- Cut each egg in half lengthwise. Remove the yolks into a small bowl. Arrange the whites on a serving plate.
- Use a fork to mash the egg yolks.
- To the mashed yolks, add Greek yogurt, Dijon mustard, sea salt, black pepper, smoked paprika, and cayenne pepper.
- Mix well until smooth. If the mixture seems too dry, add more yogurt.
- Spoon the mixture back into the egg whites. Sprinkle smoked paprika on top. Serve immediately, or refrigerate. Remove from the fridge 30 minutes before serving.



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Daily Tip: Rethink Takeout

Busy lifestyles compete with time spent in the home kitchen. On a weeknight, ordering takeout can seem like the easiest, most convenient option, especially after a long week of holiday cooking. Eating out provides convenient nourishment as well as opportunities for socializing, celebrating and experiencing new flavors. There is nothing wrong with eating out because it is one of life's pleasures. However, it is good to make mindful decisions and if you look closely, you can find dishes that aren't full of cheese, red meat, sugar or half a day's calories. Changing the way we order meals can improve nutritional quality without sacrificing convenience or taste.

- **Stick to one starch.** The default is often double refined carbs like a hamburger and fries. Go with your favorite starch and try to make it a whole grain.
- **Replace red meat.** Get poultry, seafood or beans. Also, look for the words grilled, steamed, lightly sauteed, baked and roasted on the menu.
- **Load up on vegetables.** Choose vegetable-based side dishes, pile vegetables onto your burrito bowl and don't be afraid to try a vegetarian meal!
- **Mind the sodium.** Nearly all food served in restaurants is too salty. More vegetables can help counter the sodium in other items.
- **Dressing on the side.** Ask for any dressing, oil, butter or sauces on the side so that you can choose how much you add to your dish.
- **Be mindful of portion sizes.** Portion sizes are scaling up. Today's "medium" is often yesterday's "extra-large." Share your meal with a friend or family member. Set aside half of your entree to save for another meal before you begin eating.
- **Make water your beverage of choice.** It is easy to forget about the sneaky calories in sugar-sweetened or alcoholic beverages.