

A festive holiday-themed still life. In the top left, several cinnamon sticks are tied with a red and white striped string. Next to them are two candy canes with red and white stripes. Pine branches with green needles and small red berries are scattered around. A glass of red wine is in the top right. A red and white plaid napkin is folded in the center. A black plate with a silver knife and a silver fork is in the foreground. The knife has a small sprig of red berries and a pine cone on its blade. The background is dark and textured.

DELICIOUS HEALTHY HOLIDAY

Recipes

WWW.TIGHTENUP.COM.AU



Happy HOLIDAYS

Thank you for downloading your copy of our
HEALTHY HOLIDAY RECIPES

We've picked some of our tastiest holiday favourites to share with you – and they just happen to be good for you, too.

These recipes are delicious enough for entertaining but they can also work for your everyday meals.

At TIGHTEN UP, we help busy people (just like YOU) reach their fitness goals. We're all about building confidence and breaking down barriers. And to help our clients feel and move better with healthy habits that work WITH their lifestyle, not against it.

We hope you find some new favourites inside.

Committed to Your Success,



Jewelz

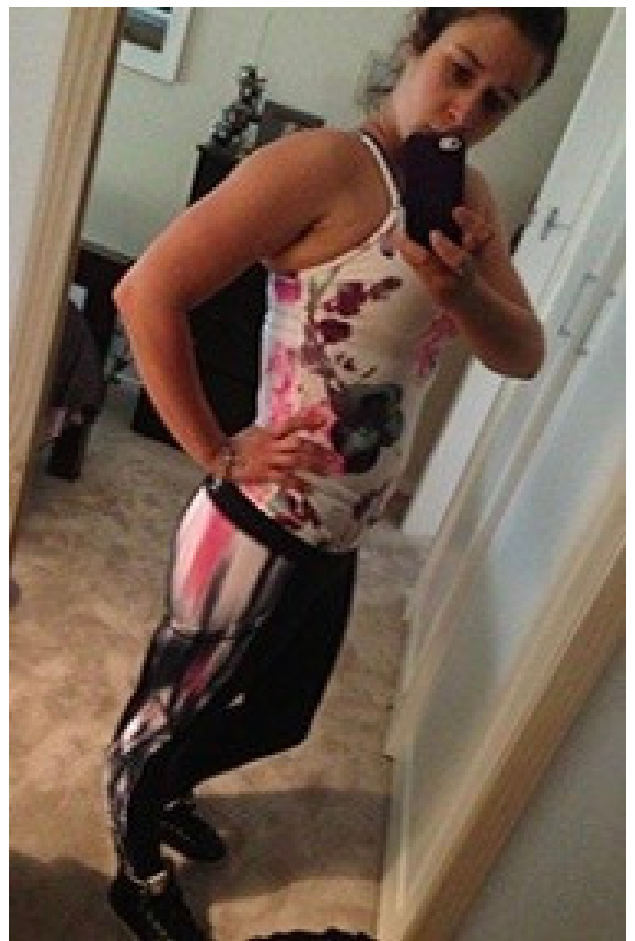
Founder of Tighten Up
e: jewelz@tightenup.com.au

CHECK OUT OUR *Amazing* CLIENTS



V A L E R I E

Gained confidence
Improved sleep
More energy
More active and happy



B E K

Gained confidence
Feels strong and alive
Changed her life

Table of CONTENTS

- 1 EDAMAME HUMMUS
- 2 WALNUT & ROASTED PEPPER DIP
- 3 SMOKED SALMON AVOCADO BITES
- 4 COWBOY CHRISTMAS CAVIAR
- 5 ASPARAGUS WRAPPED IN PROSCIUTTO
- 6 CRISPY BAKED BRUSSELS SPROUTS
LATKES
- 7 VEGAN BAKES APPLES
- 8 CURRIED SWEET POTATOES
- 9 PALEO SLOW COOKER BRISKET
- 10 BLACK-EYED PEAS & GREENS
- 11 CRANBERRY APPLE CRISP
- 12 POPCORN CRUNCH MIX





Edamame HUMMUS

THIS HEALTHY (& TASTY) HUMMUS LOOKS HOLIDAY-ICIOUS ON A SERVING PLATE. SERVE IT WITH SLICED RED CAPSICUMS, CUCUMBERS SPEARS, CELERY, AND OLIVES.

Makes about 10 x 2 Tbsp. servings

INGREDIENTS

- 1½ cups frozen shelled edamame
- ¼ cup (55 g) tahini (sesame butter)
- ¼ cup (60 ml) water
- ½ tsp lemon zest
- 1 lemon, juiced
- 2 cloves garlic, minced
- ¾ tsp sea salt
- ½ tsp cumin
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp chopped parsley

METHOD

1. Place the edamame in a small saucepan and cover with water. Add a sprinkle of salt and bring to a boil over medium-high heat. Let boil for 4-5 minutes, and then remove from the heat and drain.
2. Let the edamame cool and then place in a high-speed blender or food processor, along with the tahini, water, lemon zest and juice, garlic, salt, and cumin. Blend until smooth. Keeping the blender/processor running, drizzle in the olive oil slowly, letting it absorb.
3. Scrape the hummus out of the blender or processor and into a bowl and stir in the parsley.
4. Serve with sliced veggies, or cover and refrigerate for later. It will keep for 1-2 days.



Walnut & ROASTED CAPSICUM DIP

THIS DIP HAS ALL THE FLAVOURS: SWEET, SALTY, SPICY, TANGY, AND UMAMI. WE'VE USED JARRED CAPSICUMS IN THIS RECIPE, BUT IF YOU'RE FEELING ADVENTUROUS, MAKE THEM FROM SCRATCH BY ROASTING 2 LARGE RED CAPSICUMS IN YOUR OVEN. SERVE IT WITH GOAT CHEESE, CELERY, CARROTS, OR PITA CHIPS. SO GOOD!

Makes 8 servings

INGREDIENTS

- $\frac{3}{4}$ cup (180 ml) pomegranate juice
- $\frac{1}{2}$ cup (60 g) walnuts
- 450 g) jar roasted red capsicums, drained
- 3 Tbsp breadcrumbs (gluten-free, optional)
- 1 small lemon, juiced
- 2 cloves garlic, minced
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp cumin
- $\frac{1}{2}$ tsp smoked paprika
- 2 Tbsp olive oil
- Sea salt, to taste

METHOD

1. Place the pomegranate juice in a small saucepan and bring to a boil. Reduce the heat and let simmer for 5-6 minutes, until it has reduced to about 2 Tbsp. Set aside to cool.
2. Toast the walnuts in a nonstick frypan over medium-high heat for about 2 minutes, stirring frequently to make sure they don't burn. Set aside to cool.
3. Drain and rinse the roasted red capsicums and pat dry.
4. Place the walnuts and breadcrumbs in a food processor and process until they are finely ground. Add the pomegranate juice, red capsicums, lemon juice, garlic, cayenne pepper, cumin, and smoked paprika and process until smooth. With the processor on, slowly drizzle the olive oil into the mixture.
5. Scrape the dip out of the processor and into a serving bowl. Add salt to taste and stir.
6. Serve with sliced veggies or pita chips.



Smoked Salmon **AVOCADO BITES**

THIS SIMPLE APPETIZER RECIPE TASTES LIKE A SPECIAL OCCASION BUT IT'S SO EASY AND HEALTHY IT DESERVES A PLACE IN YOUR HEALTHY SNACK ROTATION!

Makes 24 bites

INGREDIENTS

- 2 medium seedless cucumbers
- 2 avocados
- Juice of 1 lime
- Dash of your favourite hot sauce
- 340 g smoked salmon
- 2 Tbsp chopped chives, for garnish
- black pepper, for garnish
- Sea salt, to taste (optional)

METHOD

1. Wash the cucumbers and cut into slices about 6 mm thick. Arrange on a serving platter.
2. Carefully cut the avocados in half and remove the pit. Remove the avocado flesh from the peel and place in a bowl, along with the lime juice and hot sauce. Mash the avocado mixture using a fork or the back of a spoon until it becomes creamy.
3. Spread a small amount of the avocado on each cucumber slice, and top with a small slice of smoked salmon (about 14 g). Sprinkle with a pinch of chives and black pepper and optional sea salt.
4. Serve and enjoy!



Cowboy CHRISTMAS CAVIAR

YOU CAN SERVE THIS FIBRE-RICH, VEGGIE-PACKED “CAVIAR” AS A DIP, SALAD, TACO FILLING, OR SIDE DISH.

Makes 8 large servings

"CAVIAR" INGREDIENTS

- 2 (414 ml) cans black-eyed peas, rinsed and drained
- 1 (414 ml) can black beans, rinsed and drained
- 1½ cups (375 g) white corn kernels (thawed frozen or canned is fine)
- 6 Roma tomatoes, chopped, seeds removed
- 1 red capsicum, sliced and chopped
- ½ small red onion, chopped
- ½ cup chopped coriander
- 2 jalapeños, seeded, ribs removed, and finely chopped
- 1 avocado

DRESSING INGREDIENTS

- ⅓ cup (80 ml) extra-virgin olive oil
- ¼ cup (60 ml) apple cider vinegar
- 1½ tsp Italian seasoning
- 1 tsp honey
- Sea salt & freshly ground pepper (to taste)

METHOD

1. Assemble the “caviar”: drain & rinse the black-eyed peas and black beans, thaw or rinse and drain the corn, and chop the tomatoes, pepper, onion, coriander, and jalapenos.
2. Combine all of the “caviar” ingredients except the avocado in a large serving bowl
3. Make the dressing: add all of the dressing ingredients into a mason jar and tightly secure the lid. Shake well to mix up the ingredients.
4. Pour the dressing over the “caviar” and let marinate for 20 minutes before serving. Just before serving, peel and dice the avocado and toss it into the salad.



Asparagus **WRAPPED IN PROSCIUTTO**

THIS MAKES AN EASY AND ELEGANT APPETIZER.

Makes 10 wraps

INGREDIENTS

- 1 bunch of asparagus (about 30 spears), trimmed
- 10 slices of prosciutto
- 1 Tbsp olive oil
- 1 Tbsp lemon juice

METHOD

1. Preheat your oven to 200°C and line a baking sheet with parchment paper.
2. Wrap a slice of prosciutto around 2-3 stalks of asparagus (depending on the size of your stalks) and place on the prepared baking sheet. Continue until you have wrapped all of the asparagus.
3. Lightly drizzle the asparagus wraps with the olive oil and place the baking sheet in the oven.
4. Bake for 15 minutes. Remove from the oven and lightly sprinkle with the lemon juice before serving.



Crispy + Baked **BRUSSELS SPROUTS LATKES**

A TASTY TAKE ON TRADITIONAL POTATO LATKES – MADE WITH BRUSSELS SPROUTS! THEY ARE SURPRISINGLY CRAVEABLE.
TIME-SAVING TIP: BUY PRE-SHREDDED BRUSSELS SPROUTS IF AVAILABLE AT YOUR SUPERMARKET.

Makes about 24 latkes

INGREDIENTS

- Avocado or olive oil cooking spray
- 3 Tbsp rolled oats
- 4 cups (450 g) shredded Brussels sprouts
- 1 small onion, diced into very small pieces
- 1 tsp Pink Himalayan sea salt
- ½ tsp freshly ground black pepper
- ½ tsp chilli flakes
- 2 large eggs, whisked

METHOD

1. Preheat your oven to 230°C. Line two baking sheets with parchment paper, and spray liberally with cooking spray.
2. Place rolled oats in a high-speed blender or food processor and process until it forms a flour-like consistency. Remove from the blender or processor and place in a large mixing bowl.
3. If your Brussels sprouts aren't already shredded, place them in a food processor and pulse until shredded.
4. Add the sprouts and onion to the bowl with the flour and add the salt, pepper, and chilli flakes. Stir to combine, and then add the whisked eggs, and continue to stir until the eggs are incorporated.
5. Using a large spoon (about 2 Tbsp-sized), scoop the mixture from the bowl and place on the baking sheet in small mounds about 2.5 cm apart.
6. Flatten the latkes out using a fork or spatula. Give them a quick spray with avocado or olive oil and place them in the oven, baking for 10 minutes. Flip them over and bake for another 10 minutes. They will be done when they are crispy and golden.
7. Serve topped with plain Greek yogurt, applesauce, guacamole, or your favourite sauce.

TIP: *You can reheat these in the oven at 230°C for 10-12 minutes.*

GOT GOALS ?



[LEARN MORE HERE](#)

WE CAN BRING THEM TO LIFE!

OUR PROGRAM *helps clients!*

- ✓ Fit into your old clothes – and brand-new ones, too
- ✓ Better skin
- ✓ Feel more confident
- ✓ And that's just the start of it!

Our Small Group Training Program helps you to learn how to achieve your goals and be able to keep achieving even greater success in the long run!

- ✓ A proven plan – no more guesswork!
- ✓ Maximum of 6 people per group session.
- ✓ Personalised coaching to help you through the rough
- ✓ Accountability



Vegan **BAKED APPLES**

THIS HEALTHY COMFORT FOOD DESSERT HAS ALL THE FLAVOURS OF THE HOLIDAYS ... AND IT COULDN'T BE EASIER TO ASSEMBLE!

Serves 6

INGREDIENTS

- 3 apples
- $\frac{1}{4}$ cup (45 g) coconut sugar
- $\frac{1}{4}$ cup (20 g) rolled oats (gluten-free, optional)
- 1 Tbsp almond butter
- $\frac{1}{4}$ cup (30 g) slivered almonds
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- 1 cup (240 ml) water

METHOD

1. Preheat your oven to 190°C.
2. Wash the apples and slice them in half lengthwise (along the core). Scrape out the core with a spoon and place the apple, flesh side up, in a baking dish.
3. In a small bowl, mix together the sugar, oats, almond butter, almonds, cinnamon, and nutmeg. The mixture will resemble a crumble topping.
4. Spoon the mixture into each apple core by heaping tablespoons. Pour 1 cup/240 ml of water around the apples and place in the oven to bake until cooked through, about 25-30 minutes.
5. Remove and serve as-is or with yogurt. So good!



Curried SWEET POTATO

THIS HEALTHY RECIPE WILL MAKE YOUR SWEET POTATOES TASTE LIKE AN EXOTIC TREAT. WE'VE SIMPLIFIED THE INGREDIENTS SO THIS NOT ONLY WORKS FOR HOLIDAY GATHERINGS ... BUT ALSO FOR EVERYDAY MEALS.

Makes 4 servings

INGREDIENTS

- 4 medium sweet potatoes
- ½ cup (120 ml) unsweetened creamy oat milk
- ½ tsp curry powder
- 4 thin 5 cm slices of peeled fresh ginger
- Freshly ground sea salt
- 1 lime, juiced
- Toasted cashews for garnish (optional)
- Handful chopped coriander for garnish (optional)

METHOD

1. Preheat your oven to 200°C. Wrap the sweet potatoes individually in foil and bake until soft, about 1 hour. Carefully remove from the oven and allow to cool slightly.
2. Combine the oat milk, curry powder, and ginger in a small saucepan. Bring to a boil then reduce the heat and let simmer uncovered for about 5 minutes. Remove the ginger from the pan and discard.
3. In a high-speed blender or food processor, drain the juices from the sweet potato packets. Scrape the sweet potatoes out of their skin and add the flesh to the food processor. Add the oat milk mixture along with salt to taste (about ½ tsp) and puree until the potatoes are smooth.
4. Pour the sweet potatoes into a serving bowl and squeeze lime juice over the top. Top with the optional cashew and coriander garnish.



Paleo Slow Cooker BRISKET WITH ONION GRAVY

Makes 6 servings

INGREDIENTS

- 1 Tbsp sea salt
- 2 Tbsp coconut oil
- 1 1.4 kg beef brisket
- 3 white onions, thinly sliced
- 6 cloves garlic, minced
- ½ tsp salt
- ⅔ cup apple cider vinegar
- 1 cup bone broth
- 1½ tsp dried thyme
- 1 tsp dried marjoram
- 1½ tsp dried rosemary
- ½ tsp pepper
- 1 tbsp honey

METHOD

1. Salt the brisket on all sides. In a large frypan, heat oil to medium high. Brown the meat on all sides. Remove from the frypan and set aside.
2. Add the onions and cook, stirring frequently, until the onions begin to soften, about 4 minutes. Add the garlic and cook for another minute or two, so that it caramelizes but doesn't burn.
3. Place the brisket and the onions in your slow cooker. Add the vinegar, bone broth, thyme, marjoram, rosemary, and pepper, being sure to spoon some of the liquid over the meat.
4. Cover and cook on low heat for 8-10 hours or high heat for 4 hours. Option: occasionally spoon some of the liquid over the top of the brisket.
5. When the brisket is very tender, transfer it to a serving plate and pour the liquid into a saucepan. Stir in the honey and place the saucepan on the stove over high heat. Let it simmer for 10 minutes. The mixture will thicken and reduce by about half.
6. Carefully taste and add more honey or salt if desired. Slice the brisket into 1 cm thick pieces and drizzle the gravy over it. Serve and enjoy!



Black-Eyed Peas & GREENS

THIS RECIPE WILL HELP YOU RING IN THE NEW YEAR WITH GOOD LUCK AND GOOD HEALTH! ALTHOUGH IT'S TRADITIONALLY SERVED WITH COLLARD GREENS (WHICH TAKES 45 MINUTES TO COOK), YOU CAN SAVE TIME BY USING SPINACH OR KALE, WHICH COOK UP IN JUST A FEW MINUTES.

Serves 6

INGREDIENTS

- 2 Tbsp avocado oil
- 1 yellow onion, finely chopped
- 2 garlic cloves, minced
- 5 cups (215 g) of collard greens or other hearty green (Swiss chard, kale, spinach, etc.)
- ½ cup (120 ml) vegetable broth (plus more if desired)
- 2 425 g cans black-eyed peas, drained and rinsed
- 2 Tbsp apple cider vinegar
- ¼ tsp chilli flakes
- Sea salt & freshly ground pepper, to taste

METHOD

1. In a large heavy frypan over medium heat, warm the oil. Add the onion and cook for 3-4 minutes, until it starts to soften. Add the garlic and cook for 1-2 minutes until it becomes fragrant but doesn't scorch.
2. Add half of the greens to the frypan with ½ cup (120 ml) of the vegetable broth. Cover until the greens start to wilt and then add the remaining greens and continue to cook until they reach your desired level of tenderness, stirring occasionally and adding more broth if necessary.
3. Spinach and Swiss chard will take just a few minutes, kale can take 10+ minutes, and collards can take upwards of 45 minutes, depending on how tender you prefer your greens.
4. When the greens are done, stir in the rinsed & drained black-eyed peas and cook until heated through. Add the vinegar, red pepper, and salt and capsicum to taste. Serve and enjoy!



Cranberry APPLE CRISP

WHO DOESN'T LOVE A DELICIOUS FRUIT CRISP FOR DESSERT? THIS HOLIDAY-INSPIRED CRANBERRY-APPLE CRISP TAKES JUST A FEW MINUTES TO MAKE ... AND IT'S SURE TO BE A HIT.

Serves 8

FILLING

- 3 large apples, peeled, cored and chopped
- 2 cups (220 g) cranberries fresh or frozen
- Juice of ½ orange
- ½ cup (95 g) coconut sugar
- 1 tsp cinnamon

CRISP TOPPING

- 1 cup (120 g) chopped pecans
- 1 cup (80 g) rolled oats (gluten-free, optional)
- ¼ cup (54 g) grass-fed butter, cut into small cubes
- 2 tbsp maple syrup or honey
- ¼ tsp sea salt

METHOD

1. Preheat your oven to 190°C and grease the inside of a 23x23 cm baking dish with coconut oil or butter.
2. In a medium bowl, combine the apples, cranberries, orange juice, sugar, and cinnamon. Toss until the apples and cranberries are well coated and pour the
3. contents into the baking dish.

- In another bowl, combine the pecans, oats, butter, maple syrup and sea salt and work together until it forms a crumbly topping. Sprinkle over the apples and cranberries, and place the baking dish into the oven. Bake for
4. 45-50 minutes, until the mixture is bubbling and the top is brown.

Remove from the oven and let sit for at least 10-15 minutes before serving.



Popcorn **CRUNCH MIX**

LOOKING FOR A SIMPLE RECIPE TO JAZZ UP YOUR SNACKS FOR ENTERTAINING? GIVE THIS ONE A TRY! IT'S SWEET, SALTY, CRUNCHY, AND HAS JUST ENOUGH SPICE TO MAKE IT CRAVE-WORTHY.

Makes about 6 servings

INGREDIENTS

- 10 cups (80 grams) air-popped popcorn
- Olive oil cooking spray
- 1 Tbsp taco seasoning mix
- 1 cup (120 g) pecans
- 1 cup (160 g) golden raisins
- ½ cup (60 g) toasted pumpkin seeds

METHOD

1. Place the popped corn in a very large bowl and lightly coat with nonstick cooking spray. Sprinkle the taco seasoning over the popcorn and stir lightly to coat. Stir in the remaining ingredients.
2. Serve!

TASTY TREATS

for a Healthy Holiday

These recipes will help you enjoy the best of the holidays while still feeling energized and on track with your goals.

We hope you love them.

As a coach, I specialize in helping my clients feel fit, strong, and healthy – and feel amazing (and empowered) every step of the way.

Here are just a few ways I do that:

- **Motivation**
- **Accountability**
- **Support**
- **A proven plan so you know what to do and when to do it**
- **Coaching in other areas that affect your results (stress, sleep, workouts, and more!)**

If you're ready to upgrade your health/fitness, I have a gift for you as a special thank you for downloading this ebook.

I would be honored to be part of your fitness & wellness journey.

To your health,



Jewelz

Founder of Tighten Up
e: jewelz@tightenup.com.au



YOUR NEXT STEP:

Join us for our **UNLIMITED** Small Group Training Deal

- 2 weeks UNLIMITED Small Group Training sessions
- Strategy and Goal Setting Session
- Postural and Movement Assessment
- Body Composition Scan
- Beginner Exercise Guide and Programs
- Simple and Easy Recipe eBook
- Habit Checklist and Mini Guide eBook
- Support from your Coach and Crew

ALL THIS FOR \$99! ONLY 30 available

CLICK HERE
FOR MORE INFO