



The month of **November 2020** is here! This is a big month for holidays & specially recognized days. **November is GOOD NUTRITION MONTH!** Oh and National Peanut Butter Lover's Month ☺ Daylight savings begins on Nov. 1st this year. Election Day is Nov. 3rd in the US. Nov. 11th in the US we honor our Veteran's while our Canadian friends observe Remembrance Day. November 13th is World Diabetes Day where you are asked to "go blue." The US celebrates their Thanksgiving Day on the 26th. **What a great month!!!!**

Throughout history, November signals the start of winter and people spent this month storing up their harvest and preparing their food and homes in order to survive winter. Fortunately we no longer have to do this to survive, however, the wisest people still do plan and prepare ahead.

It's widely reported that the average person gains 7 lbs. during the holiday months, **but that's simply not true.** Studies from Stanford University show the average weight gain is closer to ONE pound of weight gain during the final two months of the year. Stressing out about gaining weight during the holidays will actually work against you. Simply practice all the Balanced Habits™ behaviors you've been learning, keep up with your exercise, drink plenty of water, and *chillax!*

We are on our final quarter of 2020 health & wellness journey! This has been an extremely stressful and difficult year for everyone. What good things happened to you since March 2020 that have IMPROVED your health? It's always important to reflect and acknowledge the good things you did that positively impacted your health.

Make this final quarter of 2020, your best months of the year! **Go into 2021 stronger!**



To commemorate Good Nutrition Month, here's a great bonus recipe for **November!**

Grown Up Popcorn

-adapted from Clean Eating Magazine April 2014

Ingredients:

- 3 Tbsp. EVOO
 - 1/3 cup Popcorn Kernels, divided
 - 2 x 1/2 finger pinches Kosher Salt, divided
 - EVOO Cooking Spray, divided
 - 4 Tbsp. Freshly Grated Parmesan Cheese, divided
 - Chopped Fresh Herbs
- Ideas:** Chives, Basil, Thyme, Tarragon, Sage, Cilantro, Italian Parsley



swirling to coat. Add 3 kernels and 1 pinch salt; cook with a lid slightly ajar until the 3 kernels pop.

Step 2: Remove pan from heat and immediately add remaining kernels. Cover with lid. Swirl kernels around pan into a single layer. Keep pan off heat for 30 seconds; return to heat with lid slightly ajar again. Gently shake pan side-to-side until popping becomes less frequent. Remove from heat and immediately transfer to a large bowl.

Step 3: Mist popcorn with Olive Oil spray. Add 2 Tbsp. Parmesan and herbs; toss to combine. Repeat this process with remaining ingredients; topping with remaining pinch salt.

→The gram amount below is based on the grams in relationship to the macro nutrient value, NOT the weight of the food source.

→The fat is included with the popcorn

2 Unit Portion:

2 cups popcorn

3 Unit Portion:

3 cups popcorn

4 Unit Portion:

4 cups popcorn

5 Unit Portion:

Up to 5 cups popcorn

1 Balanced Habit to work on in the 11th month of 2020

-Each month we will add to this list-

1. Anchor a desired new habit to an existing habit for best results.
2. Focus on balancing one unbalanced habit this month until its set.
3. Mentally walk through your day before getting out of bed in the morning.
4. Start and End each day by silently listing 4 positive adjectives that describe you.
5. Identify 5 areas of your life you wish to improve and create your action plan.
6. Incorporate TWO meatless meals per week that still provide adequate protein.
7. Fill your plate with colorful, not beige foods.
8. Consume so much water your urine is light yellow.
9. Try a new vegetable each week.
10. Each day, identify 1 positive word to describes you
11. Set a new goal to accomplish by 12/31/20