A LIVING WELL TOOLBOX GUIDE

Holiday Survival Guide

to Live Well

GRACE · EASE · FUN MEMORIES

Simple, science-backed tools to protect your energy, enjoy the food and make the memories that matter



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WELCOME

This Year, Let's Do the Holidays Differently



Every year I hear the same thing: "I'll get back on track in January." And every year, January arrives with tired bodies, tight jeans and a little guilt tagging along.

I want something better for you. Not a holiday of rules and willpower, but one of **grace**, **ease** and **fun memories**. You can enjoy the pie and still wake up with energy. You can say yes to the party and no to the crash. It starts with understanding *why* your body does what it does, because once you understand it, you get to choose.

I'm a teacher at heart, so this guide won't just tell you what to do. It will make you curious, show you the science in plain words, and hand you small experiments to try on yourself. Your body is the best teacher you'll ever have. Let's learn to listen to it.

With love, Andrya

How to Use This Guide

1

Wonder

Each section opens with a question. Pause and really think about it.

2

Learn

"The science, simply" explains what's happening inside you.

3

Try

A small experiment you can test this week. Notice how you feel.

4

Teach

Share one thing with someone you love. Teaching it locks it in.

I WONDER…

What if this were the first holiday season you finished feeling better than when you started?

BEFORE WE BEGIN

Why the Holidays Knock Us Off Course

It isn't a willpower problem. It's a sleep, stress and sugar problem.

Sleep

Late nights, travel and early mornings. Even one short night raises hunger hormones and makes sweets louder the next day.

Stress

Shopping, schedules, family dynamics. Stress raises cortisol, and cortisol raises blood sugar, even when you haven't eaten.

Sugar

Cookies at work, treats at every gathering. Constant snacking keeps insulin high, so your body stays in storage mode.

THE SCIENCE, SIMPLY

Sleep, stress and sugar feed each other. Poor sleep raises stress. Stress raises blood sugar and cravings. Sugar spikes and crashes disrupt sleep. That's the holiday loop. The good news: improve **any one** of the three and the other two get easier. That's fixing the root instead of chasing symptoms.

The Results Formula, Holiday Edition



Results never lie. To change the result, change the thought that comes first. Try this one instead: **"One meal doesn't define me. My next choice does."**

A thought that usually trips me up during the holidays:

The new thought I'm choosing:

THE THREE KEYS

Design Your Holiday Before It Designs You

I WONDER…

It's January 2nd. You wake up, stretch, and smile. What happened over the holidays that made you feel this good?

1 Design your dream

Three words for how I want to feel on January 2nd:

The memories I most want to make this season:

2 Decide for your dream

Two or three non-negotiables I'll keep no matter how busy it gets (for example: protein at breakfast, a walk after dinner, in bed by 10:30):

3 Befriend your fear

What usually derails me (the office treats, a certain relative, travel, being tired):

My plan when it shows up:

> Fear isn't a stop sign. It's a sign you care. Name it, plan for it and keep going.

PART 1

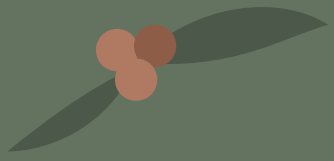
Grace

Grace over guilt. Calm over chaos.

FAITH · FOCUS · FREQUENCY

START HERE

When was the last time you gave yourself the same kindness you give everyone else at the table?



GRACE · FAITH AND FOCUS

Grace Over Guilt

I WONDER…

Have you ever noticed that guilt after a treat often leads to more treats, not fewer?

THE SCIENCE, SIMPLY

Guilt is a stress signal. Stress raises cortisol, and cortisol tells your body to raise blood sugar and look for quick energy. That's why "I blew it" so often turns into a weekend of grazing. Grace isn't letting yourself off the hook. It's turning off the stress response so your body can get back to balance.

Your Pause, Breathe, Choose Reset

1. **Pause.** Before you reach for the plate, the phone or the second glass, stop for one breath.
2. **Breathe.** One round of box breathing (below). It tells your nervous system you're safe.
3. **Choose.** Ask: "What do I really need right now?" Sometimes it's food. Often it's rest, water, a hug or a moment alone.

Box Breathing

Inhale	Hold	Exhale	Hold
4 counts	4 counts	4 counts	4 counts

Repeat four times. Perfect in the car or before you walk in the door.

Kind Words That Protect Your Peace

"No, thank you. I'm so full, but it looks wonderful."

"I'd love the recipe! I'll take a small piece."

> *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds.*
>
> PHILIPPIANS 4:6–7

GRACE · FREQUENCY

Protect Your Rhythm

I WONDER…

Why do cookies call your name louder after a late night?

THE SCIENCE, SIMPLY

Your body runs on a 24-hour clock. When sleep is short, the hunger hormone **ghrelin** rises and the fullness hormone **leptin** drops, so you feel hungrier and crave quick sugar. Morning daylight resets that clock, and a calm, dark evening helps your body make melatonin. Protecting your rhythm is one of the kindest gifts you can give yourself this season.

Morning Anchors

- [ ] Water before coffee
- [ ] 5–10 minutes of daylight outside
- [ ] Protein at your first meal
- [ ] Wake at about the same time, even after a late night

Evening Anchors

- [ ] Kitchen closed 3 hours before bed
- [ ] Dim the lights and screens after dinner
- [ ] Warm shower, stretch or prayer to wind down
- [ ] Bedroom cool, dark and quiet

TRY THIS EXPERIMENT

For three nights, close the kitchen three hours before bed and step outside within an hour of waking. Rate your cravings and energy each morning from 1 to 5. Are they different by day three?

Night 1 — cravings ___ energy ___

Night 2 — cravings ___ energy ___

Night 3 — cravings ___ energy ___

Traveling? Keep your wake time steady, get daylight early in your new time zone, and pack protein snacks so you're not relying on airport food.

TEACH IT BACK

Tell one family member about the "kitchen closed" rule and invite them to try it with you. Accountability feels a lot like fellowship.

GRACE · FOCUS

Mindset Matters

What you tell yourself shapes how you feel, and what you do next

I WONDER…

If a friend talked to you the way you talk to yourself after the holiday party, would you keep them as a friend?

THE SCIENCE, SIMPLY

Your brain believes what you repeat. Thoughts create feelings, and feelings drive actions. Kind, true words calm the stress response; harsh self-talk keeps it switched on. Affirmations aren't pretending. They're choosing which thoughts lead.

Holiday Affirmations

I can enjoy this season and honor my body.

One meal doesn't define me. My next choice does.

I choose peace over perfection.

My body was designed to heal, and I'm giving it what it needs.

I am allowed to rest.

I am present for the people I love.

I give myself the same grace I give others.

Joy is part of my health, not a reward for it.

How to Use Them

1. **Choose one** for the week and write it on your bathroom mirror or phone lock screen.
2. **Pair it with a breath** and use it when it matters most: walking into the party or when you feel stretched thin. A drop of lavender on your wrists makes it a ritual.

My affirmation for this season, in my own words:

> *Be not conformed to this world: but be ye transformed by the renewing of your mind.*
>
> ROMANS 12:2

GRACE · FAITH

Encouraging Scripture Cards

Cut them out. Tuck one in your purse, on the fridge or at each place setting.



Thou wilt keep him in perfect peace, whose mind is stayed on thee.

ISAIAH 26:3



For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 TIMOTHY 1:7



This is the day which the LORD hath made; we will rejoice and be glad in it.

PSALM 118:24



Be still, and know that I am God.

PSALM 46:10



I can do all things through Christ which strengtheneth me.

PHILIPPIANS 4:13



Come unto me, all ye that labour and are heavy laden, and I will give you rest.

MATTHEW 11:28



I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

PSALM 4:8



A merry heart doeth good like a medicine.

PROVERBS 17:22

TEACH IT BACK

Place a card at each seat at your holiday table and invite everyone to read theirs aloud before the meal. It becomes a blessing and a memory in one.

GRACE · COMFORT

When the Holidays Are Hard

For the empty chair, the heavy heart and the quiet ache

Not every holiday feels merry. Maybe you're missing someone, walking through a loss, navigating a hard family dynamic, or simply feeling tired and alone. If that's you, please hear me: you are not doing the holidays wrong.

> THE SCIENCE, SIMPLY
>
> Grief and loneliness are stress on the body, too. They can disrupt sleep, appetite and energy, which is why the holidays can feel physically exhausting when your heart is heavy. Gentle care isn't indulgent. It's exactly what your body needs.

Give Yourself Permission

- **To feel** what you feel, without explaining it.
- **To keep** the traditions that comfort you and let go of the ones that hurt.
- **To say no,** leave early or do less.
- **To laugh** and still miss them. Both can be true.

Gentle Comfort Rituals

- Light a candle or set out a photo to honor someone you miss.
- Write them a letter, or share a favorite story about them.
- Step outside for fresh air and daylight every day.
- Diffuse lavender or frankincense and rest without guilt.

People I can reach out to when it feels heavy:

One way I'll be gentle with myself this season:

> *The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.*
>
> PSALM 34:18

If the heaviness feels like more than the holiday blues, please reach out to your doctor, a counselor or your pastor. In the US, you can call or text **988** any time, day or night. You don't have to carry it alone.

PART 2

Ease

Enjoy the food. Skip the crash.

FOOD · FITNESS

START HERE

What if the secret to enjoying holiday food isn't eating less, but eating in a different order?



EASE · FOOD

The Fix-the-Root Holiday Plate

I WONDER…

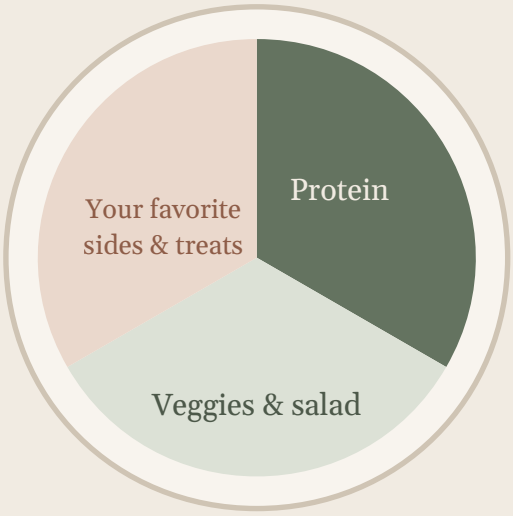
Could the same holiday meal give you a gentle hill or a steep spike, depending only on what you eat first?

THE SCIENCE, SIMPLY

Carbs hit your bloodstream within one to two hours. Protein rises gently over several hours. Healthy fats barely move blood sugar. When fiber and protein go in first, they slow down how fast the carbs that follow are absorbed. Same meal, smaller spike, less insulin, fewer cravings later.

Eat in This Order

1. **Fiber** — Salad, green beans, roasted veggies
2. **Protein** — Turkey, ham, roast, eggs
3. **Healthy fat** — Olive oil, butter, nuts, cheese
4. **Carbs last** — Rolls, stuffing, potatoes, pie



A third (or more) protein. It keeps you full and steadies blood sugar for hours.

A third veggies and salad. Fill up on fiber first.

A third for the foods you love. Choose the ones that are truly special: Grandma's dressing, not the store-bought rolls.

Savor dessert after the meal, not as a separate snack later. It lands on a slower system.

TRY THIS EXPERIMENT

At one holiday meal, eat your plate in order: veggies, then protein, then carbs. Two hours later, check in. Are you sleepy? Craving? Steady? Compare it to a meal where you started with the bread basket.

EASE · FOOD

Become a Sugar Chip Detective

I WONDER…

How many sugar chips do you think are hiding in your favorite holiday drink?

THE SCIENCE, SIMPLY

One sugar chip, like a sugar cube, is about **4 grams** of sugar your body has to process. The American Heart Association suggests no more than **6 teaspoons (25 g)** of added sugar a day for women and **9 teaspoons (36 g)** for men. A single holiday coffee drink can use up the whole day's amount.

Your Detective Worksheet

Pick four holiday favorites. Find the grams of sugar on the label or the restaurant's nutrition page, then divide by 4.

Holiday favorite	My guess (chips)	Grams of sugar	÷ 4 = chips	Surprised?

Easy Holiday Swaps

Instead of…	Try…
A flavored holiday latte	Coffee or tea with cream and cinnamon, or yerba mate tea
Punch, soda or sweet tea	Sparkling water with cranberries, orange slices and rosemary
A plate of cookies all afternoon	One favorite cookie, savored after a meal
Crackers and chips at the party	Cheese, nuts, olives, deviled eggs and veggie trays

TEACH IT BACK

Turn this into a game at your holiday table: have everyone guess the chips in a soda, a slice of pie or a cup of eggnog, then check the label. Kids love it, and it teaches without lecturing.

EASE · FOOD

Fasting and Fiber Make It Easier

The two tools I lean on most when life gets full

I WONDER…

What would happen if your body had a real break between the feasting?

THE SCIENCE, SIMPLY

When we eat from morning to midnight, insulin never gets a chance to come down, and while insulin is high your body stores fat instead of burning it. A longer overnight break lets insulin fall so your body can tap stored energy and do its repair work. Fiber before a meal slows how fast sugar reaches your bloodstream, so you get a gentle hill instead of a spike.

Easy Fasting for the Season

- **Close the kitchen after dinner** and aim for 12 hours overnight. Stretch to 14 when it feels easy.
- **The morning after a feast,** skip the breakfast pastries. Have water, coffee or yerba mate tea and let your body catch up.
- **Break your fast with protein,** not sugar.
- **Be flexible.** A late party night just means a later start tomorrow, not a failed fast.

My 2-Step Rhythm

MORNING	**Yerba mate tea** to support focus and take the edge off hunger in my fasting window
BEFORE MEALS	**Fiber blend** 10–15 minutes before my two biggest meals, especially the holiday feast
ALWAYS	**Protein and veggies first,** carbs last

2 Steps to New You is what my husband and I use every day. Turn to page 31 to get started.

TRY THIS EXPERIMENT

Pick one holiday meal and take a fiber drink, or eat a big salad, 10–15 minutes beforehand. Notice how full you feel and whether you want seconds.

Fasting isn't right for everyone. If you're pregnant, breastfeeding, diabetic, on blood sugar or blood pressure medication, or have a history of disordered eating, talk with your healthcare provider first.

EASE · FOOD

Your Party Game Plan

I WONDER…

What if the most important part of the party happens before you even walk in?

Before

- [ ] Eat a protein-rich snack or meal. Never arrive starving.
- [ ] Drink a big glass of water
- [ ] Decide on your one or two “worth it” treats
- [ ] Offer to bring a dish you know is a great choice

During

- [ ] Fill a small plate once, then step away from the table
- [ ] Protein and veggies first
- [ ] Alternate every drink with water
- [ ] Hold a sparkling water and stay busy talking
- [ ] Savor your treat slowly. Really enjoy it.

After

- [ ] Take a 10–15 minute walk
- [ ] Close the kitchen when you get home
- [ ] No guilt. Grace, water and sleep.
- [ ] Start tomorrow with protein or your fasting window

A Word About Alcohol

Alcohol lowers your guard around food, disrupts deep sleep and asks your liver to pause its other work while it clears it. If you choose to drink, have it with food, alternate with water, pick dry wine or a spirit with soda water over sugary mixers, and set your limit before you arrive.

My worth-it treats this season:

The dish I’ll bring to share:

TEACH IT BACK

Bring a beautiful protein-and-veggie dish and tell people why you chose it. You’ll be surprised how many people want to hear about it.

EASE · FITNESS

Movement Made Easy

I WONDER…

What if a walk after dinner did more for your blood sugar than an hour at the gym the next morning?

THE SCIENCE, SIMPLY

Your muscles are like sponges for sugar. When you move after a meal, they pull glucose out of your bloodstream for fuel, flattening the spike without needing as much insulin. Even 10–15 minutes of easy walking after eating makes a real difference. You don't need a perfect workout this month. You need to move often.

Movement Snacks (pick a few each day)

After-meal walk

10–15 minutes around the block or the mall.

Kitchen squats

Ten squats while the coffee brews or the oven preheats.

Lights walk

An evening family walk to see the holiday lights.

Dance party

Three songs, full volume, everyone in.

Park far away

Extra steps on every shopping trip.

Stretch and breathe

Five minutes on the floor before bed.

TRY THIS EXPERIMENT

Walk for 15 minutes after your biggest meal for three days in a row. How do you feel an hour after eating: sleepy, or steady and clear?

> *They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*
>
> ISAIAH 40:31

TEACH IT BACK

Start a new tradition: the after-dinner family walk. Ask everyone to share one thing they're grateful for along the way.

EASE · RESET

Your Day-After Reset

Not a restart. A gentle return.

I WONDER…

What if the day after a big holiday wasn't a day to punish yourself, but a day to love your body back to balance?

You don't need a detox, a cleanse or a Monday. You need one easy day of getting back to your basics.

WAKE	**Big glass of water** with a pinch of sea salt or a squeeze of lemon. Step outside for daylight.
MORNING	**Stay in your fasting window a little longer, with water, coffee or yerba mate tea. Then break** your fast with protein.
MIDDAY	**Big protein-and-veggie lunch.** Fiber first. No sugar to "use up the leftovers."
AFTERNOON	**Move.** A long walk, outside if you can.
EVENING	**Simple dinner, kitchen closed,** lights low, early bed.
MIND	**Grace, not guilt.** Say it out loud: "That was a beautiful day, and today I'm caring for my body."

Leftover Strategy

Keep the proteins and the veggies. Send the desserts home with guests, freeze a few favorites for later, or share them with neighbors. Leftover turkey makes a great breakfast scramble or soup.

How I want to feel the day after the holiday:

> *It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.*
>
> LAMENTATIONS 3:22–23

PART 3

Fun Memories

Creating the moments people come home for

FELLOWSHIP · FUN · FAITH

START HERE

Ten years from now, what will you remember about this holiday: the food, or the people and the moments?



Make Memories, Not Just Meals

THE SCIENCE, SIMPLY

Connection is medicine. Laughter, hugs and meaningful conversation lower stress hormones and help calm your nervous system. Joy isn't a reward for getting healthy. It's part of what makes you healthy.

Memory-Making Ideas Beyond the Table

Gratitude jar

Everyone writes a note. Read them together on New Year's Day.

Serve together

Volunteer, adopt a family, or bring a meal to a neighbor.

Story night

Ask the elders about their favorite holiday as a child. Record it.

Game night

Board games, charades or a puzzle everyone works on together.

Make it, don't buy it

Ornaments, cards or a family recipe book.

Lights and carols

A drive or walk to see the lights, singing all the way.

My Joy List

Five things that make me genuinely happy that have nothing to do with food:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The tradition I want to start this year:

_____

> *The joy of the LORD is your strength.*
>
> NEHEMIAH 8:10

FUN MEMORIES · ATMOSPHERE

Set the Atmosphere With Essential Oils

I WONDER…

Why can one whiff of cinnamon or pine take you straight back to your grandmother's house?

THE SCIENCE, SIMPLY

Smell is wired directly to the parts of your brain that handle emotion and memory, which is why scent memories feel so vivid and why scent can cue calm. A signature holiday scent makes your home welcoming now and becomes a memory your family carries for years.

My Favorite Holiday Oils

Lavender
CALM · REST

Diffuse in the evening to wind down, or add a drop to your pillow.

Frankincense
GROUNDING · PRAYER

One of the gifts of the Magi. Lovely for quiet time and reflection.

Wild orange
JOY · UPLIFT

Bright and cheerful when the house is full and energy is high.

Peppermint
FOCUS · ENERGY

A quick pick-me-up for shopping days and long drives.

Fir or pine
COZY · FRESH

Smells like the season, even without a real tree.

Cinnamon or clove
WARM · WELCOMING

A drop or two in a blend. Strong, so diffuse only.

Diffuser Blends to Try · Our signature scent this year: _____

Blend	Drops	When
Welcome Home	3 wild orange, 2 fir, 1 cinnamon	As guests arrive
Silent Night	3 lavender, 2 frankincense, 1 cedarwood	Evening wind-down
Peace in the Chaos	2 lavender, 2 wild orange, 1 frankincense	Busy cooking or wrapping days
Gift of the Magi	3 frankincense, 2 myrrh, 1 wild orange	Prayer and quiet time

Use oils safely. Diffuse in a ventilated room 30–60 minutes at a time and dilute before applying to skin. Keep away from eyes, little ones and pets (cats and birds are especially sensitive), and check with your provider if you're pregnant, nursing or managing a health condition.

FUN MEMORIES · GAMES

Games That Bring Everyone Together

I WONDER…

What if the healthiest thing at your gathering wasn't a dish, but the laughter everyone still talks about next year?

People remember what they *experience*, not what they're told. Laughter and play lower stress and bring people closer, and that's healthy, too.

The Sugar Chip Guessing Game

ALL AGES · 10 MINUTES

Set out a soda, a cup of eggnog, a slice of pie and a box of cereal. Everyone writes their guess for sugar chips (4 g each). Flip the labels and divide by 4. Closest guess picks the first dessert.

Two Truths and a Dream

TEENS AND ADULTS · AROUND THE TABLE

Each person shares two true things about their year and one dream for next year. Everyone guesses which is the dream, then cheers it on.

The Blessing Ball

ALL AGES · 10 MINUTES

Toss a soft ball around the circle. Whoever catches it names one blessing from this year, or one thing they love about the person who threw it.

The Gratitude Walk

EVERYONE · AFTER THE MEAL

Head out for 15 minutes. Each person shares one thing they're grateful for at every corner or streetlight. A blood-sugar win wrapped in a memory.

Family Charades and Carols

KIDS LOVE THIS ONE

Act out favorite holiday movies, songs or family memories. The winning team picks the next carol everyone sings together, loudly and off-key.

Memory Jar Draw

ALL AGES · DESSERT TIME

Everyone writes a favorite memory with someone at the table. Draw and read them aloud, and guess who wrote each one.

Conversation Cards

"What's one thing you learned about yourself this year?"

"What's a family tradition you never want to lose?"

"Who made a difference in your life this year?"

"What's one small habit that changed your life?"

FUN MEMORIES · TEACH IT

Health Hacks to Teach at the Table

Simple, science-backed, and easy to share in one sentence

I WONDER…

Who in your family would feel better this year if they learned just one of these?

1. **Veggies first, carbs last.** Fiber and protein slow down the sugar that follows. Same meal, smaller spike.
2. **Walk after you eat.** Muscles pull sugar out of the blood for fuel. Ten to fifteen minutes is enough.
3. **Protein at breakfast.** It sets your blood sugar and cravings up for the whole day.
4. **Dessert after the meal, not as a snack.** It lands on a slower system and one treat doesn't become five.
5. **Water before you reach.** Thirst often feels like hunger, especially with salty party food.
6. **Close the kitchen.** A long overnight break lets insulin come down so your body can burn and repair.
7. **Never arrive starving.** A protein snack before a party is your best defense.
8. **Breathe before you bite.** One slow breath shifts you out of stress mode and helps you choose.

TEACH IT BACK

Pick one hack and share it this season: at the table, on a walk, or while cooking together. Tell the story of how it worked for you. Stories teach better than facts.

The hack I'll teach, and who I'll teach it to:

FUN MEMORIES · KITCHEN SURVIVAL SKILLS

Host With Ease

Spend less time in the kitchen and more time at the table

I WONDER…

What if hosting felt less like a marathon and more like a gathering you actually get to enjoy?

My Kitchen Survival Skills

- **Cook protein once, use it three ways.** Roast a turkey breast or a pan of chicken thighs for dinner, salads and breakfast scrambles.
- **Sheet-pan everything.** Toss veggies in olive oil and salt and roast at 425°F. One pan, almost no cleanup.
- **Build a protein board** instead of a cracker tray: cheeses, meats, nuts, olives, deviled eggs and veggies.
- **Make ahead and freeze.** Soups, casseroles and breakfast egg bites save you on busy days.
- **Keep a "rescue shelf."** Canned salmon, hard-boiled eggs, nuts, frozen veggies and broth mean a real meal in 10 minutes.
- **Share the load.** Assign dishes and set up a clean-up crew. Many hands make memories, too.

One-Hour Holiday Prep

0:00	Oven on. Veggies chopped and on sheet pans.
0:10	Protein seasoned and in the oven.
0:20	A dozen eggs on to boil. Wash and dry salad greens.
0:35	Mix a simple olive oil and lemon dressing.
0:45	Portion snacks: nuts, cheese, cut veggies.
0:55	Everything cooled, labeled, in the fridge.

Pantry Staples

Olive oil · Sea salt · Broth · Canned salmon · Nuts and seeds · Frozen veggies · Eggs · Cinnamon · Dark chocolate · Sparkling water

A TASTE OF MY HOLIDAY RECIPE COLLECTION

One-Pot Leftover Turkey & White Bean Soup

Serves 6 · About 35 minutes · One pot, minimal cleanup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 4 garlic cloves, minced
- 1 tsp dried thyme
- 1 tsp Italian seasoning
- 8 cups chicken or turkey broth
- 3 cups cooked turkey, shredded
- 1 can (15 oz) white beans, rinsed
- 4 cups chopped kale or spinach
- Sea salt and pepper to taste
- Juice of half a lemon

Directions

1. Warm the olive oil in a large pot over medium heat. Add the onion, carrots and celery and cook for 6–8 minutes until soft.
2. Stir in the garlic, thyme and Italian seasoning and cook for 1 minute until fragrant.
3. Add the broth and bring to a boil, then lower to a simmer for 15 minutes.
4. Add the turkey and beans and simmer 5 minutes more. Stir in the greens until just wilted.
5. Season with salt and pepper and finish with lemon juice. Serve hot, and freeze extra for busy days.

> **Why it works:** protein from the turkey, fiber from the beans and greens, and healthy fat from the olive oil. It fills you up, keeps blood sugar steady and puts those leftovers to good use.

WANT MORE?

Holiday Recipe Collection

Breakfasts for fuel, one-pan and sheet-pan meals, and healthy desserts, all built the Living Well way. Find all the links on page 30.

YOUR TOOLS IN ACTION

12 Days of Living Well

One small action a day across your seven pillars

I WONDER…

What could twelve small, kind choices in a row do for how you feel by the end of the year?

Start any day you like: the first of December, the twelve days before Christmas, or the twelve days of Christmas themselves. Check off each day as you go. Miss one? Grace, not guilt. Just pick up the next day.

Day 1
FAITH

Write down three things you're grateful for.

☐

Day 2
FOOD

Protein at breakfast, every bite.

☐

Day 3
FREQUENCY

Step outside for morning daylight.

☐

Day 4
FITNESS

Walk 15 minutes after your biggest meal.

☐

Day 5
FOCUS

Four rounds of box breathing.

☐

Day 6
FELLOWSHIP

Call someone you've been missing.

☐

Day 7
FUN

Three-song dance party.

☐

Day 8
FOOD

Veggies first at every meal.

☐

Day 9
FAITH

Put a scripture card on your mirror.

☐

Day 10
FREQUENCY

Close the kitchen 3 hours before bed.

☐

Day 11
FELLOWSHIP

Do something kind for a neighbor.

☐

Day 12
FOCUS

Write a letter to your January self.

☐

TEACH IT BACK

Invite a friend or your family to do the 12 days with you and text each other a check mark every night. Share your progress with me, too. I love celebrating your wins!

YOUR TOOLS IN ACTION

Two-Week Holiday Tracker

Check off what you did. Progress, not perfection.

Pick the 14 days you want to focus on most, such as the two weeks around Christmas or Hanukkah, and write the dates across the top.

Pillar	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Faith Prayer, gratitude or quiet time														
Food Protein first at every meal														
Frequency Kitchen closed and in bed on time														
Fitness Walk after a meal														
Focus Pause, breathe, choose														
Fellowship Real connection with someone														
Fun Something from my joy list														
Energy Rate 1–5														

What I noticed in week one

What I noticed in week two

BRING IT TOGETHER

My Holiday Grace, Ease & Fun Plan

Keep this page on your fridge.

Grace

My new thought

How I'll reset when I'm stressed

My bedtime

Ease

My non-negotiables

My worth-it treats

My movement

Fun Memories

Memories I'll make

Who I'll connect with

One thing I'll teach my family

My name

Date

I WONDER…

What will you tell yourself on January 2nd about how you handled this season?

GIVE THE GIFT OF FEELING WELL

The Living Well Gift Guide

Gifts that last longer than the wrapping paper

I WONDER…

Who on your list would love a gift that helps them feel better all year long?

FOR THE CURIOUS

Digital Body Scan

See what's happening inside, and where to start.

Connect with Andrya for a special discount

FOR THE STRESSED AND SORE

BEMER and Red Light Sessions

Restorative sessions in my McCormick office.

Connect with Andrya for a special discount

FOR THE READY TO CHANGE

5-Day Living Well Toolbox Challenge

Five live Zoom sessions, workbooks and a body scan.

Connect with Andrya for a special discount

FOR THE ALWAYS TIRED

2 Steps to New You

Yerba mate tea and fiber blend, my 2-step system.

Connect with Andrya for a special discount

FOR THE SELF-STARTER

The Living Well Toolbox

My complete seven-pillar workbook and guides.

Connect with Andrya for a special discount

FOR THE HOME COOK

Holiday Recipe Collection

Breakfasts, one-pan meals and healthy desserts.

Connect with Andrya for a special discount

GIFT CERTIFICATE

A Gift of Living Well

To _____ From _____

For _____

Redeem with Andrya Martin, FNC · Living Well, LLC · 304-532-3219 · andryam.com

Gift certificates for sessions and programs are available. Text **GIFT** to 304-532-3219 and I'll help you choose.

KEEP GOING

Start the New Year Already Ahead

You don't have to wait for January to feel better, and you don't have to do it alone.

5-Day Building Your Living Well Toolbox Challenge · $97

Five days live with me on Zoom, a new workbook every day, and a free digital body scan so you know exactly where you're starting. The perfect way to start the new year. Ask me for the next start date.

Complimentary Living Well Strategy Session

One-on-one with me. We'll look at what's working, which pillar needs the most love, and your next best step. A $250 value.

2 Steps to New You

Yerba mate tea and fiber blend: the 2-step system that makes fasting and fiber easier. See page 31.

Your New Year Reset Recipes for a Healthy 2027

Your choice of bundle: breakfasts, one-pan and sheet-pan meals, and healthy desserts. Connect with me.

Ready to give yourself the gift of feeling well?

Text the word **HOLIDAY** to 304-532-3219

andryam.com

Scan to visit andryam.com and book your next step

andrya@andryam.com · 864-528-8595 · Virtual and in person in McCormick, SC



About Andrya

Andrya Martin, FNC, is an Integrative Metabolic Transformation Coach and founder of Living Well, LLC. She teaches people to fix the root, not chase the symptoms, through seven pillars: Faith, Food, Frequency, Fitness, Focus, Fellowship and Fun.

BONUS · YOUR RECIPE COLLECTION

Your Holiday Recipe Collection

Simple recipes built the Living Well way: protein first, full of fiber, and made to share

I WONDER…

What if the healthiest choice in your kitchen this season was also the easiest one?



Breakfasts for Fuel

Protein-first mornings that keep you full, steady and energized, so you're not reaching for the pastries by 10 a.m.

OPEN THE RECIPES →

Scan to open



One-Pan & Sheet-Pan Meals

Real dinners with almost no cleanup. Toss it on one pan, set the timer and get back to your people.

OPEN THE RECIPES →

Scan to open



Healthy Desserts

Treats you can feel good about sharing. Sweet, satisfying and made without the sugar crash.

OPEN THE RECIPES →

Scan to open

Make the Most of Your Recipes

Bookmark the links

Save them on your phone so a good meal is always one tap away.

Cook once, eat twice

Double a breakfast or sheet-pan recipe and you've got tomorrow covered.

Share the love

Bring a dessert to the party and tell people why you chose it.

NEXT STEPS · JOIN US

2 Steps to New You

Two simple steps, 90 days of daily support, and a brand-new you for 2027

Why now is the perfect time

A fresh start is coming

January 1 is a natural new beginning. Start now and you walk into 2027 already ahead, not starting over.

Your tools are ready

You've already learned the habits in this guide. These two steps make them easy to keep every day.

90 days to spring

Join now and by spring you could feel like a whole new person, just in time for warmer days.

STEP 1 · IN THE MORNING

Yerba Mate Tea

Makes your fasting window easier and supports focus and clean energy.*

STEP 2 · BEFORE YOUR TWO BIGGEST MEALS

Fiber Blend

Fiber first, to support healthy blood sugar and help you feel full longer.*

WHAT YOU MIGHT NOTICE

- ✓ Steadier energy all day*
- ✓ Feeling full longer*
- ✓ Healthier blood sugar levels*
- ✓ Clearer focus*
- ✓ Fewer cravings and less snacking*
- ✓ An easier fasting window*
- ✓ Better digestion and regularity*
- ✓ Clothes fitting better*

See real results from me and my clients on the next page. Everyone's body is different, and results vary.

JOIN US

New Year – New You 90-Day Reset

- Daily support from me for 90 days
- My Starter Guide to Getting Healthy
- Simple steps that fit real life
- Encouragement when it gets hard
- Start 2027 already ahead
- 90-day money-back guarantee

ORDER AND JOIN US →

ufeelgreat.com/c/andryamartin

Scan to order

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Talk with your healthcare provider before starting any new supplement, especially if you are pregnant, nursing, taking medication or managing a health condition.

REAL PEOPLE, REAL RESULTS

A New You Is Possible

Real results from me, my clients and our community











Your before and after starts with one decision.

JOIN THE 90-DAY RESET →

Individual results vary and are not guaranteed.

LIVING WELL, LLC

Grace. Ease. Fun Memories.

andryam.com · 304-532-3219

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure or prevent any disease. Talk with your healthcare provider before changing your diet, exercise, fasting or supplement routine, especially if you are pregnant, breastfeeding, managing a medical condition or taking medication. Statements about supplements have not been evaluated by the Food and Drug Administration.