

Keeping It Clean Through the Holidays

Enjoy this season, but remember to stay strong and keep focused on your goals when temptation strikes

I WON'T DENT IT. The holidays are difficult — late nights, desserts, parties, drinking — and they're just around the corner. Just as many would agree the holiday season is one of the most joyous times of year, we also know it's one of the more difficult as far as eating clean and working out consistently are concerned. This year I challenge you to get a head start.

I love parties and getting together with friends and family. However, when I do, food and drinks are often involved. When I first began eating natural, whole, clean foods, I was hassled all the time. "Oh, come on, just have one bite! It isn't going to hurt you!" "You worked out today, so you can eat what you want." I still sometimes get a snide comment for not having dessert or a drink, but people don't bother me

as much anymore.

Usually, those who give you a hard time have yet to find the willpower to reach their own goals. Overeating and drinking doesn't seem so bad when you have someone to do it with. Don't get me wrong, I occasionally have a glass of wine or a slice of cake — I'm not immune to holiday cheer! But the majority of the time, I politely decline. And I always feel better afterward because the next day I'm that much closer to reaching my physique goals.

Getting and staying lean

takes hard work and sacrifice. You have to work at it day in and day out. There's no magic concoction that'll help you lose weight or gain lean muscle. The key is consistency. So enjoy the holiday season, but remember to stay strong when temptation strikes; you'll be that much closer to reaching your goals. I promise.



Continuing to eat clean around the holidays is the ultimate test of willpower.

5 WAYS TO KEEP IT CLEAN

- 1/ **Be the host.** It's easy to prepare processed packaged foods, but try taking the time to prepare whole, natural foods to make your meal healthier. This way, you know what's in each dish.
- 2/ **Keep your meal simple.** Try roasted Brussels sprouts with a drizzle of honey or a salad with dried cranberries and walnuts. Keep it fresh and minimize your prep time.
- 3/ **Include unrefined whole grains on the menu.** Try switching out white rice for brown or white bread for whole wheat. It'll increase the amount of vitamins, minerals and fiber in your meal.
- 4/ **Avoid creamy sauces and drinks (like eggnog).** Instead, drink flavored teas (hot or iced). Create your own fruity blends like cranberry apple or cinnamon. If you're a wine drinker, add a bit of sparkling water for low-calorie fizz.
- 5/ **Don't skip meals the day of the party.** You don't want your stomach to be grumbling when all there is to munch on is fat-laden treats. Make sure to eat a few healthy meals before the event.

AM PERFORM (L); FASHION DIRECTOR: ERIN WITTENBERG; BEAUTY DIRECTOR: GALLIAN WITOLD; PROP STYLING: KIM FREY; LITING: APRIL JOSE; SET BY DECE BOA; FITNESS WEAR: PARIS OF LULULEUR; CLEFT: TOP BY HAMB TAIL; Curls by FHE

CONTEST RECAP

The NPC Natural Michigan and Nicole Wilkins Lee Figure, Fitness and Bikini Championships on July 17 went great! It was so exciting to promote my first contest — what a difference from competing! We had a record-breaking number of competitors. Goody bags were given to each athlete, a dessert table was set up, flowers were given to the winners, and I was on hand to glaze and glue all the girls backstage! Here are some pictures from the event.



Nicole gets a chance to be on the other side of a show. Here she poses backstage with several competitors.



Usually the recipient of trophies, Nicole was the one handing them out in Michigan.

My New Website!



It took awhile, but I finally launched my redesigned website! If you have time, check out nicolewilkinslee.com. There's a ton of free information that can hopefully help you on your fitness journey! Stop by and say hi.

QUOTATION MOTIVATION

I'm constantly looking for ways to stay motivated. One of the things I like to do is jot down inspirational quotes when I hear them. This is one of my favorites.

The future belongs to those who believe in the beauty of their dreams

— Eleanor Roosevelt

Get Out, Order Right

During the holidays, you may dine out more often. Remember to be health-conscious and ask for substitutions if necessary. Here are some of my favorite options at a few popular restaurants.

OUTBACK STEAKHOUSE

Atlantic Salmon & Fresh Seasonal Veggies
(no seasoning or butter)
> 408 calories, 41 g protein, 11 g carbs, 22 g fat



PF CHANG'S

Ginger Chicken with Broccoli
> 273 calories, 28 g protein, 18 g carbs, 11 g fat
Add brown rice instead of white, and ask for no sauce to cut calories, sodium and sugar.



APPLEBEE'S

Asian Crunch Salad
(ask for no dressing)
> <550 calories
(even less without the dressing)



STARBUCKS

Grande Caff  Americano
(no cream or sugar)
> 15 calories, <1 g protein, 3 g carbs, 0 g fat



CHEESECAKE FACTORY

Fresh Grilled Mahi Mahi
> 466 calories, 42 g protein, 0 g carbs, 13 g fat
Choose your sides wisely and remember to ask for no butter, oil, seasonings, etc.



GOT A RECIPE?

Do you have a favorite healthy holiday recipe? Send it to me and I'll put them all together in a healthy holiday recipe book! E-mail them to me at Nicole@nicolewilkinslee.com. I can't wait to try them all!