

Autumn

SURVIVAL GUIDE

Fall Survival Tips

Change and Grow

● **Halloween Will Soon Be Upon Us** ●

Fall Into Fitness

Autumn Recipes

GOLO
for Life®

Autumn

SURVIVAL GUIDE

Ahhhh, Autumn. It's a great time of year. The leaves are changing, the air is cooling down and...our lives start to get super busy again. A lot of things are going on — the kids go back to school, homework, and Halloween. BUT like every season and holiday, it is important not to let all of these things get us off track.

Because of this, we are bringing to you ANOTHER Survival Guide! This one is going to help you navigate through Autumn, back to school, provide you with delicious fall-inspired recipes and give you tips on how to avoid those Halloween candy temptations!

Let's get into it!





Fall Survival Tips



Fall is a great time of year. The leaves are changing, the air is cooling down and...the kids are going back to school. This means packing lunches, field trips, homework, and after school sports. There is going to be a lot on your plate! And while a lot of your time is focused on others, it is important to not let the daily grind be an excuse to get off track.

Here are some tips to help you stick with your goals:

1. Make healthy lunches, not only for your child, but for yourself! There's no reason why you should make multiple lunches for different people. Here are some examples:
 - Hardboiled egg + cubed cheese + hummus + veggies
 - Chicken + string cheese + berries + side salad
2. Have your kids do their homework in the kitchen, so that you can prepare your meals while still being around if they need help.
3. Take advantage of getting up earlier than everyone else — go for a walk around the block or get some other type of workout in! That way, exercise is completed before the day even starts.
4. Include your kids while making fun, healthy dinners or other easy chores that will save you time.
5. Make sure you get a good night's sleep every night so that you're alert and energized the next day.
6. Set aside time to go grocery shopping — you do not want to find yourself in a situation where fast food seems like the only answer.
7. Make sure you have quick breakfasts on hand — there is no excuse to skip breakfast!
Hint: *You can make egg bites, overnight oats, or even just cut fruit ahead of time, so there are fewer steps in the morning.*
8. Keep a meal schedule. For example, chicken on Mondays and fish on Tuesdays.

**“Our dilemma is that we hate change
and love it at the same time;
what we really want is for things to
remain the same but get better.”**

– Sydney J. Harris



Change and Grow

All things must change in order to grow, move forward or evolve. During the fall, the leaves change color from green to beautiful reds, oranges and yellows. Then they fall from the trees and eventually as we move towards winter, they become bare. Most trees let go of their leaves in order to conserve water or energy; or because it helps them to survive the winter. Basically, they have to change in order to evolve. Watching a tree go through these changes, shows us that there is always something worth changing for. Something better.

If we compare our weight loss journey to the changes trees go through in order to grow, you will see that not every part of the process is beautiful, or even comfortable. Yet, it's necessary. Think about the old saying, “If you change nothing, nothing changes.” We are often stuck in our ways and afraid to change because we are comfortable. We learn to cope with our problems with food or other unhealthy habits. But, it's

important to let go of what is holding us back, because deep down we know the path we are going down is not sustainable, which is why you probably started to think about changing in the first place.

So, why are we so afraid of change? Simply put, change can be hard! Psychologists have discovered that self-control is an exhaustible resource, because changes require you to make new decisions. For example; your daily habits that have sabotaged you are now ‘disqualified’ if you decided to change, and in its place a better decision has to be made. This causes friction because even though the decisions and choices you made weren't good for you, they were comfortable! How can you get beyond this? Give yourself crystal-clear guidance. Practice in your mind the specific behavior you want to see in a tough moment.

Clarity dissolves resistance. Be very clear on where you want to end up. Even if you can only see beyond a day, or even a few hours. Every small victory will strengthen your resolve and willpower and you will have the energy to make it to the next milestone.



Halloween will soon be upon us!

While Halloween is a fun holiday, especially for the kids, it comes with A LOT of temptation. The kids will be coming home with pillowcases full of candy, and sometimes it takes a lot of willpower to not dive headfirst into that! Here at GOLO, we have come up with some helpful tips so that you can stay on track during Halloween!

1. If you do not have kids, but still hand out candy, buy some that you don't like so that you will not be tempted!
2. Buy candy as close to Halloween as you can, so it is not sitting around tempting you.
3. If you do have kids, keep the candy somewhere you are not going to constantly see it – out of sight, out of mind.
4. Make sure you get all of your meals in! If you are full, you are less likely to snack.
5. Keep yourself and your kids busy by doing fall activities. Visit a pumpkin patch, carve pumpkins, go apple picking, visit a corn maze, or leaf hunting!
6. If you want something sweet, indulge in one of the tastiest parts of fall – PUMPKIN! Make homemade pumpkin bread, muffins, waffles or pancakes.
7. Bring your own treat when you take your kids trick-or-treating, such as hot cider, tea, or coffee. You can also bring apple slices, almonds or other easy snacks.
8. Keep the holiday in perspective. Just because Halloween is centered around candy, does not mean that you have to have it. Candy is available all year round.
9. Keep healthy treats on hand – don't worry, we will give you some ideas.
10. Hand out non-food items such as fun erasers, spider rings, stickers or tattoos.

Of course, it is also okay to have a piece or two. After all, GOLO allows a treat every now and then!

For those with small children...

Have you ever heard of the Candy Fairy? The premise is this: your child picks out a few pieces of their favorite candy, and leaves the rest of the candy on the doorstep for the Candy Fairy. The Candy Fairy then takes the candy to be turned into “energy” and leaves your child a toy in its place. This way, it is out of sight out of mind for both you AND your child!



Fall into Fitness



Fall is a great time to start a fitness program because you're going to create good habits for the holiday season and the upcoming winter months. With the change of seasons comes a renewed time to rethink and restart.

Get Outside

Try walking, kayaking, hiking and cycling outdoors now that the weather is cooler. Discover park trails and take in some new scenery. Do you live near the beach? Get out and play volleyball, throw the frisbee around, play a game of fetch with your dog or tag with the kids. It's a great time for beach activities because it's much less crowded. If you're near a lake, try kayaking or canoeing. This is an excellent whole-body workout and a really good change of pace.

Think outside the box

Is there something you have always wanted to learn? Tap dance? Kickboxing? Master the jump rope? Many classes at gyms or other studios get started in the fall, so look around and see what intrigues you. Fall is a great time to learn something new.

Be an active TV watcher

This is the time of year when many of our favorite television shows premier but that doesn't mean you have to be a couch potato. If you're going to sit down and watch a few hours of TV, get moving while you do. If you own a bike or treadmill, hop on while you watch. You can also walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. Or try GOLO's Perfect 5 exercise device. In a one-hour

show, you probably have close to 20 minutes worth of commercial interruption. Another great part of working out while watching is that it keeps you busy which should keep you from the mindless snacking that tends to happen in front of the television.

Integrate exercise into your life

You probably already know the obvious suggestions: park farther away from the store, take the stairs instead of elevators, take a walk during your lunch break, but here are a few that are less obvious:

- Spending the afternoon taking kids to sports practice? Instead of reading a book or chatting with the other parents, why not walk the perimeter of the field while you wait?
- Try "walking meetings" at work or even at home with the family. Getting outside, walking while brainstorming or catching up is a great idea. Things get achieved quickly and everyone feels better for doing it.
- Get some inspirational music or find a motivational talk (TED talks are great) and walk while you listen for 30 minutes.
- Take the family to your local seasonal orchard and spend some time walking and getting lost in the corn maze.



Apples & Pumpkins



Apples and pumpkins are probably the two foods you think about most when you think of Fall.

APPLES: One of Fall's most notable pastimes is going to the apple orchard. Did you know apples pack a big nutritious punch?

- Vitamin A, potassium, vitamin C and vitamin K
- Full of powerful antioxidants
- Prebiotic effects, which means they aid in the growth of good gut bacteria
- Compounds that can aid in your respiratory health

Other benefits of apples include:

1. Weight loss
2. Contribute to a higher bone density
3. Outstanding effects on your neurological health

PUMPKINS: Not only are they festive, but pumpkins actually carry LOTS of significant nutritional value:

- Abundance of Vitamin A, which helps your vision
- Lots of fiber, which can aid digestion, healthy blood sugar levels, and aid in weight loss
- Help your good cholesterol (HDL)
- Contain many carotenoids, which help keep your skin looking young
- Help with the production of serotonin, which can help with your mood
- Good source of potassium
- Help boost your immune system

So, what are you waiting for? Get out there and find a local orchard, pumpkin patch or combination of the two!

Autumn



RECIPES

Apple Pie Baked Apples	9
Apples with Date “Caramel”	10
Pumpkin Ice Cream	10
Butternut Squash Fritters	11
Cranberry Jalapeno Dip	11
Butternut Squash Hummus	12
Spicy Dark Chocolate Pumpkin Seed Bark	13
Healthy Pumpkin Bread	14
Pumpkin Pancakes	14
Zucchini and Spaghetti Squash Lasagna	15





Apple Pie Baked Apples

This is a treat. You do not have to use it as a protein or carb for a meal. Just enjoy!

Makes 8 Baked Apples

Serving Size: 1 apple

Each serving contains:

Protein - 0 Vegetable - 0
Carb - 2 Fat - 1

Ingredients

For pie filling:

- 1 tsp cornstarch
- 1 Tbsp warm water
- 2 granny smith apples
- 3 tsp cinnamon
- $\frac{1}{3}$ tsp nutmeg
- $\frac{3}{4}$ cup coconut palm sugar

For baked apples:

- 8 granny smith apples

For pie crust:

- 2 cups all-purpose flour
 - 1 tsp salt
 - $\frac{2}{3}$ cup butter
 - 5-7 Tbsp cold water
 - 1 egg for egg wash
- 1) Place flour in a mixing bowl with the butter
 - 2) Using a pastry cutter, cut the butter into the flour
 - 3) Add salt and water
 - 4) Mix until dough is formed

Directions

- 1) Combine cornstarch and 1 Tbsp warm water in a small bowl and stir until dissolved
- 2) Core, peel and dice 2 apples
- 3) Add apple pieces, cornstarch mixture, $\frac{1}{2}$ coconut palm sugar and 1 tsp cinnamon to a pan and cook over medium heat stirring constantly
- 4) Reduce to low and simmer for 5 minutes and remove from heat
- 5) Preheat oven to 375 degrees
- 6) Slice off tops of remaining apples, use a spoon or melon baller to hollow out insides
- 7) Fill each apple with cooled filling
- 8) Cut pie crust into $\frac{1}{4}$ inch strips
- 9) Form strips of lattice pattern on top of each apple
- 10) Whisk together egg and a little water to make an egg wash
- 11) Combine $\frac{1}{4}$ cup coconut palm sugar, 1 tsp cinnamon and nutmeg to make a sugar mixture
- 12) Brush crusts with egg wash and sprinkle with sugar mixture
- 13) Bake for 30 minutes, or until crust is brown and filling is bubbling

Apples with Date “Caramel”

This is a treat. You do not have to use it as a protein or carb for a meal. Just enjoy!

Serving Size: ½ apple

Each serving contains:

Protein - 0 Vegetable - 0
Carb - 1 Fat - 0

Ingredients

For apples:

- 2 apples
- 1 bar dark chocolate
- ½ cup nuts of choice
- 2 skewers

For “Caramel” sauce:

- 5 dates, chopped and set in boiling water for 10 minutes
- 1 Tbsp milk of choice (whole, almond, coconut)
- 1 Tbsp unrefined coconut oil
- 1 Tbsp almond butter
- 1 tsp maple syrup or honey

Directions

- 1) Drain the water from the dates. In a high speed blender combine all ingredients for the “caramel” sauce until completely smooth
- 2) Either insert your skewer into your apple, or cut into slices (“caramel” sauce can also be used as a dip)
- 3) If putting apples on stick, cover apples evenly with “caramel” sauce. Place in freezer to mildly firm it
- 4) Roll around in chopped nuts and drizzle with melted chocolate (If dipping, add dark chocolate and nuts to top of “caramel” sauce before dipping)



Pumpkin Ice Cream

This is a treat. You do not have to use it as a protein or carb for a meal. Just enjoy!

Serving Size: ½ cup

Each serving contains:

Protein - 0 Vegetable - 1
Carb - 1 Fat - 0

Ingredients

- 4 medium bananas, sliced and frozen overnight
- 1 cup pumpkin puree
- ¼ cup maple syrup
- 1½ tsp pumpkin spice

Directions

- 1) Using a food processor or blender, blend the bananas, pumpkin puree, maple syrup and pumpkin spice thoroughly
- 2) Freeze for 24 hours

Butternut Squash Fritters

Makes 5 servings

Serving Size: 2 fritters

Each serving contains:

Protein - 0 Vegetable - 1
Carb - 0 Fat - 0

Ingredients

- 5 cups butternut squash, shredded
- 2 eggs
- 1 Tbsp fresh sage, minced
- $\frac{2}{3}$ cup whole wheat flour
- 2 Tbsp olive oil
- Sea salt and pepper to taste

Directions

- 1) In a large bowl, combine shredded squash, eggs, sage, salt and pepper. Fold in flour gradually
- 2) Heat olive oil in a large skillet over medium heat
- 3) Add mixture, by $\frac{1}{3}$ cup to the skillet. Cook about 2 minutes on each side, or until golden brown and cooked throughout



Cranberry Jalapeño Dip

Serving Size: Appetizer

Each serving contains:

Protein - 0 Vegetable - 0
Carb - 0 Fat - 0

Ingredients

- 12 oz package of fresh cranberries, chopped
- $\frac{1}{4}$ cup green onion
- 1 fresh jalapeño, seeded and diced
- 2 Tbsp cilantro, chopped (optional)
- $\frac{1}{3}$ cup sugar
- 1 Tbsp lemon juice
- 8 oz ricotta cheese
- Dash of salt

Directions

- 1) In a medium-sized bowl, add chopped cranberries, green onion, cilantro and jalapeño
- 2) Pour sugar, lemon juice, and salt over mixture and stir gently until blended
- 3) Cover with plastic wrap and refrigerate for at least 1 hour (Hint: If you want less tart cranberries, leave in refrigerator overnight.)
- 4) Spread ricotta cheese over bottom of a pie plate or 9X9 dish
- 5) Pour cranberry mixture on top of ricotta cheese and refrigerate until ready to serve



Butternut Squash Hummus

Makes 4 servings

Serving Size: ½ cup

Each serving contains:

Protein - 0 Vegetable - 0
Carb - 1 Fat - 0

Ingredients

- 1 cup butternut squash, cubed
- 4 cloves of garlic, skin on
- 4 cloves garlic, peeled & minced
- Juice from 1 lemon
- 2 cups chickpeas
- ⅓ cup tahini
- 3 Tbsp olive oil
- Salt & pepper
- ½ cup parsley, chopped
- ¼ tsp cinnamon
- ½ tsp cumin
- ¼ tsp paprika

Directions

- 1) Preheat oven to 400 degrees
- 2) Add butternut squash and 4 unpeeled garlic cloves to a baking sheet and drizzle with 1 Tbsp olive oil and a pinch of salt and pepper. Toss to combine.
- 3) Bake for 15-20 minutes, until squash is fork tender and garlic is golden brown. Let cool 5 minutes.
- 4) Peel roasted garlic and add to food processor or blender, along with squash, minced garlic, lemon juice, chickpeas, tahini, olive oil, salt, pepper, parsley, cinnamon, cumin and paprika
- 5) Puree until creamy and smooth, adding more olive oil or a touch of water if too thick
- 6) Serve immediately with pita chips and vegetables of choice



Spicy Dark Chocolate Pumpkin Seed Bark

This is a treat. You do not have to use it as a protein or carb for a meal. Just enjoy!

Serving Size: 1 oz

Each serving contains:

Protein - 0 Vegetable - 0
Carb - 0 Fat - 0

Ingredients

- 3- 3½ ounce bars dark chocolate (70% cacao or higher)
- 1 tsp pumpkin pie spice
- 1/8 tsp. ground red chipotle
- ½ cup + 2 Tbsp roasted and salted pumpkin seeds
- ½ tsp sea salt

Directions

- 1) Line a baking sheet with parchment paper and set aside
- 2) Break the chocolate into small pieces
- 3) Melt ¾ of the chocolate in a double boiler set over medium heat, stirring occasionally
- 4) Once melted, remove from heat and add remaining chocolate, stirring until melted
- 5) Add the dried spices and stir until combined
- 6) Stir in a ½ cup of the pumpkin seeds
- 7) Scrape the mixture out onto the parchment paper, spread out evenly
- 8) Sprinkle the remaining 2 Tbsp of pumpkin seeds over the top
- 9) Let cool for 5 minutes, then sprinkle sea salt over the top
- 10) Refrigerate for 45 minutes, break into pieces and enjoy!

Healthy Pumpkin Bread

Makes 10 servings

Serving Size: 1 slice

Each serving contains:

Protein - 0 Vegetable - 0
Carb - 1 Fat - 0

Ingredients

- 2 cups oats
- 2 cups pumpkin puree
- ¼ cup maple syrup
- 2 eggs
- 1 tsp baking soda
- 1 tsp cinnamon

Directions

- 1) Preheat oven to 350 degrees, lightly grease and 9x5 inch loaf pan with olive oil and set aside
- 2) Add all ingredients to a blender or food processor and blend until smooth
- 3) Pour batter into prepared loaf pan
- 4) Bake for 30 minutes or until a toothpick inserted in the center comes out clean
- 5) Let loaf cool and serve



Pumpkin Pancakes

Makes 3 pancakes

Serving Size: 3 pancakes

Each serving contains:

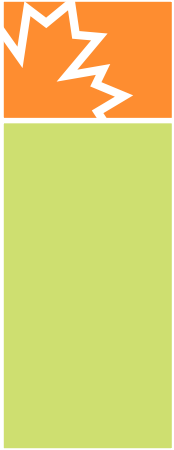
Protein - 2 Vegetable - 0
Carb - 2 Fat - 1

Ingredients

- 2 eggs
- 1 cup banana, mashed
- 2 Tbsp pumpkin puree
- ½ tsp cinnamon
- ½ tsp nutmeg
- 1 tsp butter

Directions

- 1) Combine eggs, banana, pumpkin puree and spices into a mixing bowl
- 2) In a skillet, heat butter over low-medium heat
- 3) Pour ⅓ of the pancake mixture, cooking for about 3 minutes on each side, or until golden brown and cooked throughout



Zucchini and Spaghetti Squash Lasagna

Serving Size: 4

Each serving contains:

Protein - 2 Vegetable - 2
Carb - 0 Fat - 0

Ingredients

- 3 cups Spaghetti Squash, cooked and shredded
- 2 medium Zucchini, sliced lengthwise
- 1 cup Yellow Onion, chopped
- 2 cups Crushed Tomatoes
- 1 Tbsp Olive Oil
- 2-3 Cloves Garlic, minced
- 12 oz Ground Chicken/Turkey
- 1½ Cup Ricotta Cheese
- ½ Cup Mozzarella Cheese
- Sea Salt and Pepper to taste

Directions

- 1) Preheat oven to 400 degrees. Grease baking pan with 1 tsp olive oil.
- 2) In a large rimmed skillet heat 2 tsp olive oil over medium heat and cook onions until translucent, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute.
- 3) Add in ground chicken and cook until well browned and broken into crumbles, about 5-8 minutes. Stir in crushed tomatoes and bring to a simmer. Salt and pepper to taste.
- 4) In a medium bowl mix ricotta cheese and tsp salt and set aside.
- 5) Layer 1½ cups spaghetti squash on the bottom of greased pan. Next layer half of the ricotta cheese and spread over the spaghetti squash. Then layer half of the sliced zucchini and then pour half of the meat sauce on top. Repeat layers with remaining ingredients.
 - Depending on the size of the pan you may only need to do one layer of each ingredient.
- 6) Bake for 15-20 minutes then top with mozzarella cheese. Put back in the oven and bake for another 15-20 minutes or until the cheese starts to bubble and is browned in some spots.