



**The Gymnast's
Ultimate
Guide to
*Holiday Eating***

**New Ebook from
Betsy Bootcamp**



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Gymnast Holiday Eating



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Common Holiday Challenges

Tis the "Season" at the start of the gymnastics season!

The holiday season coincides with the gymnastics season! A time of excitement, traditions, and celebrations. It's the time of year when we come together with family and friends to share food, exchange gifts, and create lasting memories. But alongside the joy and sparkle of the holidays come two big challenges: limited time and the temptation to eat things that do NOT align with your gymnastics goals RIGHT before competition season!

Challenge 1: Too Much To Do, Not Enough Time

Between holiday shopping, decorating the house, holiday parties, attending school, long practices (and challenging routines!) The days can feel like they are disappearing before your eyes. This is especially true if you're baking, hosting or preparing food for a big family gathering. The pressure to get everything done can turn what should be a joyful season into a stressful time and can put your training goals on hold



Challenge 2: The Temptation to Overindulge

Holiday meals often come with an endless buffet of rich, delicious foods—everything from creamy mashed potatoes to decadent pies. While it's wonderful awesome and in the spirit of the season to indulge in these seasonal treats it's easy to overeat sugar, salt and too much candy especially when you're surrounded by so many tempting options!! No fear, you can still enjoy and celebrate the holidays. Keep reading!



Time Saving Strategies

Meal Preppin During The Holidays!

Start with Pre-Prepped Ingredients

Pre-prepped ingredients can dramatically save you time in the kitchen, without sacrificing flavor or nutrition. Here's how to make your holiday meal prep easier:

- **Semi-Homemade Hacks:** Use store-bought rotisserie chicken, pre-made pizza dough, or pre-chopped veggies to save on prep time. Customize these items with your favorite sauces and seasonings for a home-cooked feel with minimal effort. Or toss into salads or stir fries!
- **Frozen and Canned Staples:** Keep frozen veggies, canned beans, and pre-cooked grains (like frozen quinoa or rice) on hand. These can be quickly turned into side dishes or added to soups and casseroles.

Batch Cooking for Efficiency

Batch cooking is one of the best time savers. By preparing large amounts of food at once, you'll have ready-made meals or ingredients that can be repurposed throughout the week.

- **Cook Once, Eat Twice:** Make extra rice, roasted veggies, or proteins that can be used in different meals. For example, grilled chicken can be added to salads, wraps, or pasta dishes.
- **Prepare Basics in Bulk:** Boil a dozen eggs, roast several sweet potatoes, or grill extra chicken breasts at the beginning of the week. These can be quickly used to assemble meals during busy holiday days.

Sheet Pan and One-Pot Meals

Cleaning up after cooking can be time-consuming, so focus on meals that require minimal dishes.

- **Sheet Pan Dinners:** Roast your proteins and vegetables on a single sheet pan. You can make an entire meal this way with little cleanup.
- **One-Pot Meals:** Stews, soups, and casseroles made in one pot (or an Instant Pot) save time both in cooking and cleaning. Throw all your ingredients in one dish, set it, and forget it! This can also be done in an Air Fryer!

Overindulging: Everything in Moderation and remember, you are a kid! So Have FUN in balance with your goals!

1

Arrive Prepared

Eat a light snack before heading to a holiday event to avoid overeating too much sugar or salt. Pick ONE treat that you really want to indulge in and go ALL IN!



2

Stay Hydrated—bring a water bottle!

Staying hydrated is CRITICAL and often overlooked by many holiday revelers! If you are an adult/coach or parent, mocktails are a festive, non-alcoholic alternative to holiday drinks and desserts. Drink water before and during meals to help offset excess sugar, sodium or alcohol if you are of drinking age



3

Portion Priorities! Load up on veggies!

ENJOY balance: Take a good look at the buffet table or options and strategize your eating game. Remember, FUNctional foods are foods from the earth, the trees, the seas or the land!

Prioritize Veggies and Proteins: Start your plate with salads, vegetables, and lean proteins. Once full, allow yourself smaller portions of your favorite treats that you just gotta have.

4

Balance Healthy Options & Treats

It's okay to indulge in your favorite holiday goodies, but balance is key. Remember, eating FUNctionally is critical to your energy, mindset and recovery in the gym.

One-Plate Rule: Fill one plate with a variety of foods, but avoid second helpings. Savor each bite and focus on the experience, not just the food.



Holiday Celebrations Done Right

Charcuterie Board For Gymnasts!

A holiday charcuterie board is an elegant and easy-to-make centerpiece for any party, and it can be both festive and healthy.

How to Build a Balanced Charcuterie Board:

- **Protein Options:** Include lean meats like turkey slices, smoked salmon, or plant-based proteins like hummus or nut butter.
- **Fruits and Veggies:** Add color and nutrients with fresh fruits like grapes, figs, or pomegranate seeds, along with raw or roasted veggies.
- **Cheese Choices:** Offer a variety of cheeses, like aged cheddar, goat cheese, or a light ricotta spread.
- **Whole-Grain Crackers or Nuts:** Serve alongside whole-grain crackers, toasted nuts, or even homemade granola bites for crunch.



FUNCTIONAL Cookie Alternatives Gift Ideas

Show your appreciation with thoughtful, healthy gifts that stand out from the typical bottle of wine or box of homemade cookies for your friends or party hosts.

***Homemade Spice Mixes:** Give the gift of flavor with custom spice blends that can be used long after the holidays.

***Gourmet Olive Oil or Vinegar:** A high-quality bottle of olive oil or balsamic vinegar makes a thoughtful and practical gift.

***Holiday Power Bites:** Homemade power bites made with oats, nut butter, and dark chocolate are a sweet, nutritious gift and AWESOME for midworkout energy



Spice Blends For Friends!

Want to do something different this year for your gymnast friends? Pre-made, FUNCTIONAL spice blends are wonderful, unique gifts for friends and family and are also BENEFICIAL to athletes! Here are some easy spice blends to offer as gifts - scale according to your mason jar size and number.

BBQ Seasoning Blend

- 4 Tbs paprika (smoked if desired)
- 4 Tbs coconut sugar
- 4 tsp garlic powder
- 4 tsp chili powder
- 2 tsp onion powder
- 2 tsp salt
- 1/4 tsp cayenne pepper (optional)



Italian Herb Blend

- 2 Tbs oregano, dried
- 2 Tbs basil, dried
- 2 Tbs parsley, dried
- 3 tsp rosemary, dried
- 3 tsp thyme, dried
- 2 tsp garlic powder



Taco Seasoning Blend

- 2 Tbs chili powder
- 4 tsp cumin, ground
- 2 tsp oregano, dried
- 2 tsp garlic powder
- 2 tsp paprika, smoked (or regular)
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp cayenne pepper (optional)



Add any of these mixtures into a mason jar, add some festive flair like ribbons, and your holiday gift game just leveled up! (OR make two one for YOU and one for your friend!)

Athlete Benefits of Holiday Spice Blends: How can these spice blends help YOU the gymnast?

PAPRIKA: contains carotenoids which reduce inflammation

CAYENNE PEPPER: capsaicin (a compound) helps with blood circulation which helps muscle endurance

GARLIC: contains allicin which reduces muscle soreness



Oregano: high in antioxidants and supports immunity

Basil: filled with anti-inflammatories to help with joint recovery

Rosemary: helps with blood circulation and reduces pain in muscles

Thyme: rich in vitamins which support bodies under stress



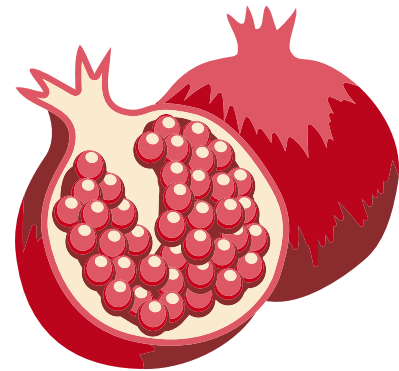
Cumin: helps with digestion and nutrient absorption, promoting excellent gut health and brain health

Chili Powder: boosts metabolism and helps with fat metabolism for excellence in endurance training



Try some functional and beneficial MOCKTAILS instead of sugary sodas to add to your holiday cheer! Here are some mocktail staples, (great adult option too)

POMEGRANATES: Arguably the most powerful antioxidant on the planet, these seeds are important in fighting INFLAMMATION and helping cardiovascular health. They also help build endurance and help with digestion! Great for pushing through floor routines and with a calm belly!



Oranges: The high amounts of Vitamin C found in oranges are important for skin, vision, immunity and energy! When paired with protein, vitamin C helps build extra strong collagen bonds for strong bones and joints! Plus they are in season and delicious!



Ginger: This root helps not only with digestion, but also has a calming effect for those competition season nerves!



Fresh Cranberries: High in antioxidants for immunity and strong cells, cranberries are a great energy boosting and recovery food. They help protect your urinary tract and your heart! A holiday favorite for sure!



Gymnast Functional Holiday Mocktails

Cranberry Orange Mocktail

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: 1 serving

Ingredients

- 2 Tbs orange juice, freshly squeezed
- 1 tsp ginger root, grated
- 1/2 cup sparkling water
- 1/4 cup cranberry juice
- 2 Tbs ginger beer
- 1 tsp crystallized ginger
- 2 tsp sugar



Instructions

Prep

1. Squeeze orange for juice and grate fresh ginger [if you freeze the ginger ahead of time it will be easier to grate].

Make

1. Add crystallized ginger to a small food processor with sugar and process until combined. Add to a small plate.
2. Run the quartered orange around the rim of the glass and dip into the ginger/sugar mixture.
3. Add ice to the glass then add sparkling water, cranberry juice, orange juice, and ginger.
4. Top off with ginger beer. Garnish with fresh rosemary and cranberries.

Pomegranate Ginger Mocktail

Prep Time: 5 minutes

Total Time: 2 hours 5 minutes

Yield: 4 servings

Ingredients

- 1 tsp ginger root, grated
- 1 lemon, sliced
- 2 cups pomegranate juice
- 4 cloves, whole
- 4 cups sparkling water
- 4 sprigs mint leaves
- 1/4 cup pomegranate seeds



Instructions

Prep

1. Grate ginger & slice lemon.

Make

1. Place pomegranate juice, two lemon slices, ginger, and cloves in a glass jar and refrigerate for at least 2 hours to infuse.
2. Strain the mixture into a fresh glass jar.
3. Fill 4 glasses with ice and pour equal amounts of strained juice into each serving glass and top with sparkling water. Stir gently.
4. Add lemon slices, pomegranate seeds, and mint sprig just before serving.

Functional Holiday Recipes

Pumpkin Bean Dip

Prep Time: 5 minutes

Total Time: 20 minutes

Yield: 6 servings

Ingredients

- 1/2 Lemon, Juiced and Zested
- 2 Tbs Tahini
- 1 Clove Garlic, crushed
- 1 1/2 cups White beans, Drained and Rinsed
- 2 Tbs Olive oil
- 1 1/2 cups Pumpkin purée
- 1/4 tsp Cayenne pepper
- 1/2 tsp Salt
- 1 tsp Sage, fresh, Chopped
- 2 Tbs Pumpkin Seeds

Instructions

Prep

1. Zest and juice lemon.
2. Drain and rinse beans.

Make

1. Place the lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding some water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.
3. Serve with raw vegetables.



Shaved Brussels Sprouts Salad

Prep Time: 15 minutes

Total Time: 20 minutes

Yield: 6 servings

Ingredients

Salad

- 2 lb Brussels sprouts, shaved
- 2 pears, chopped
- 1 cup pomegranate arils (1 small pomegranate)
- 1/3 cup pecans, raw, roughly chopped

Dressing

- 1/4 cup olive oil
- 1/4 cup tahini
- 1 lemon, juiced (for 1/2 Tbs juice)
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 2 Tbs cold water
- salt, to taste
- black pepper, to taste

Instructions

Prep

1. Using a food processor, shave the Brussels sprouts.
2. Seed the pomegranate (if necessary).
3. Roughly chop the pecans.
4. Chop the pears.

Make

1. Place Combine the shaved Brussels sprouts, pears, pomegranates, and pecans in a bowl.
2. To make the dressing, combine all ingredients in a mason jar and shake to emulsify. If necessary add more water to thin the dressing. Season to taste with salt.
3. When ready to serve the salad, drizzle the dressing over the salad ingredients and toss to combine.

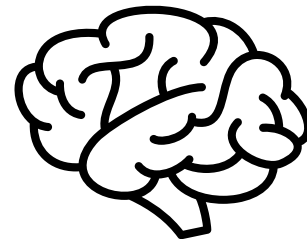


Ready For The Holiday "Season" and the "Competition Season?"

Tips For The First Meet!

Get Your Mind Right!

Ok, I know you are nervous headed into the season so be sure to get your brain focused and ready to handle both mental and physical routine repetitions! Start with doing mental routines each night when you are lying in bed, see yourself perfectly finishing your routines from start to finish!



Prep for the First Practice Meet

While you are working on that "mental gymnastics" be SURE to eat foods that enhance focus, confidence and mental sharpness.

Omega 3 fatty acids found in salmon, seeds, blueberries, olive oil along with GREEN veggies will ALL help with blood flow for strong mental and physical connections (kale, broccoli and spinach are top favorites!

Recovery Foods and Snacks

Once you start working those routines, short dismount landings can be rough on ankles, backs and knee joints! Be sure to eat plenty of protein, vitamin D, C and calcium dense foods to keep joints, muscles, ligaments and bones strong! Foods rich in minerals are also helpful so load up on nuts, seeds, Greek yogurt, and lots of fruits and veggies!





Message From Betsy



Happy Holidays! I absolutely LOVE the holiday season as it is a time I get to spend with my family, friends and amazing Betsy Bootcamp clients like YOU and your GYM!

Remember, this is the BEGINNING of the competition season. You have worked SO HARD to get here. So enjoy all FUN foods but especially focus on those holiday foods that are IN SEASON (I have presented many in this EBOOK) and that are actually HELPFUL to your recovery, energy, mental wellness and endurance! I am so proud of ALL of you for taking the Fifth event so seriously! Now, Let's EAT!