



Week 4: Healthy Holiday Foods

For week 4 of our challenge we want to give you some ideas for enjoying the holiday foods while staying within your “moderation limits.” Here are some websites and videos with holiday tips and ideas:

1. [Meal Prep Made Easy](#)
2. [CooperAerobics - Cooper Aerobics - A Dietitian's Survival Guide For The Holiday Season](#)
3. [Tofu Pumpkin Pie](#)
4. [Lighter Libby's Pure Pumpkin Pie Recipe](#)
5. [CooperAerobics - Cooper Aerobics - Controlling Your Diet During the Holidays Video](#)
6. [Mixed Berry Compote with Orange Liqueur Recipe](#)
7. [Crostini with Manchego Cheese & Jalapeno Jam](#)
8. [Hot Cinnamon Mulling Spiced Beverage Recipe](#)