EASY HOLIDAY SWAPS

Make Your Holiday 1% Better

TEDESCO BODYSHOP FITNESS

Pick one swap you'll actually enjoy. Keep the holiday favorites you look forward to.

Creamy dips

Use plain Greek yogurt for half the sour cream in a ranch or herb dip. Add lemon and dill to taste.

Stuffing

Replace a cup of bread cubes with a cup of sautéed mushrooms, onion, and celery for more savory flavor.

Mashed potatoes

Replace up to half the potatoes with cooked cauliflower. Drain it well, then mash everything together with roasted garlic.

Green beans

Try roasting the beans with olive oil and garlic. Finish with a squeeze of lemon and a handful of toasted almonds.

Holiday drinks

Try plain sparkling water with a splash of cranberry juice, an orange slice, and ice.

Dessert

Keep your favorite pie on the table. For a fruit-forward option, bake sliced apples with cinnamon and top with toasted oats.

My 1% swap

What's one small change I'll try at my next holiday meal?