

Holiday Recipe Challenge
Drops Monday, June 17th, Due by Sunday, July 7th at noon

This is one of my favorite challenges. I enjoy seeing new ideas people find. Since we have a holiday coming up, this is your "Pop" challenge. A lot of people celebrate the holiday with food and family and friends. So for this challenge, I want you all to act as though you are gathering with family and friends for a holiday celebration or a cookout. You are in charge of one dish. It can be the main course, an appetizer, a side, or even a dessert. I want you all to find a **healthy** recipe that fits this description.

1. Find the recipe and create a PDF of it. This is the easiest way for me to be able to share these with everyone. The easiest way to do this is put all needed information into a word/ google document and then choose save as: PDF. You can then download that and send it to me. Please ask your Trainer or teammates for help if needed! The only way I can easily post these recipes is with a PDF from you. Do not send a link or quick email description. The idea is to be able to share these recipes! The recipe should include:
 - a. **Ingredients**
 - b. **How to make it**
 - c. **Nutritional information including calories, serving size, carbs, protein and fat.**
 2. Actually make the recipe and send me a picture! I would like to add the recipes and pictures to the website for people to see. I love pictures of you all having fun with this challenge as well! So if you send me a picture with you in it, I will use that on the website as well. They will be under the recipe page on the website titled "Healthy Holidays brought to you by the Princeton Club's Biggest Loser Teams."
- You will receive 1 point for sending me a recipe
 - You will receive 2 total points for sending me the recipe in the correct format.
 - You will receive 4 total points for sending me the recipe in the correct format **AND** sending me a picture.

I know a lot of you have family recipes, holiday traditions, etc., that you enjoy that may not be the healthiest option. That's ok! You can have those in proportion. But please do not use that for this challenge. Use this challenge to come up with new, healthy ideas that you can use again on your weight loss journey. You have extra time to do this challenge so that you can plan ahead and have time to make the recipe. Have fun with this and use it as a way to think about how to make holiday eating a little healthier!