

Mini Guide: Tips & a Delish Sample Recipe for...

Getting through the holidays without the gluten...



...and WITH the happiness!

Instagram: @atomic.glutonic



Who is this for?

I'm guessing if you're reading this, you're probably not going to be starting to give up gluten around the holiday season. If you are about to **START** a gluten free life immediately, message me on Instagram or Facebook and I can help you.

For now, **I'll assume that maybe you've recently had to (or chosen to) give it up** and the holidays are looming like a nightmare on Elm Street.

I've been there, for decades, and I'm here to give you the good news: **YOU CAN DO THIS!**

In this quick, no fluff Holiday-Season-without-the-gluten guide, I'm going to share what works for me in navigating those Christmas dinner restaurant visits, dinners at friends and family, and ALL those *glutenated snacks that abound at Christmas time.

Download the full guide at www.christinehambidge.com

Ready? Let's go!

*Yes, I made that word up

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Eating out

I want to firstly remind you that there's nothing 'wrong' with you, **you're not an inconvenience** and that **most people are inherently good and understanding of your situation**. With that fundamental mindshift taken care of, here's how I deal with eating out around this time:

- **If you are joining a big Christmas dinner party** at a restaurant, check first with the organiser if they cater to gluten free people. If the the organiser doesn't know, take matters into your own hands and **give the restaurant a call**.
- **Ask to please speak to the manager**. The manager will certainly know, and may make a note of your intolerance or allergy. Try be understanding that they are probably in a rush, and to not feel offended if they sound 'off-ish', it's not personal, please remember that.

Remember to download the full guide if you eat out, to know where those hidden, unexpected places are for gluten in restaurant food!

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Eating at friends and family

Most of your friends and family are probably aware of your new way of life, but definitely mention it as a reminder as soon as possible.

- **Offer to bring your own dessert or snacks** immediately, to avoid placing any extra burden on them. Frankly, most people reassure me it will all be taken care of though, depending on our relationship.
- There's no harm in **bringing extra gluten free snacks for yourself on the night**, or a bit of chocolate in your bag, just in case.

I also like to **check first with the host** in their planning phase, to check if they understand what kind of ingredients they can't use. I also explain **they can't use the same spatulas, rolling pins, pasta water, etc. for gluten free food**.

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Cosying up at home

Quick Hot Chocolate

My favourite way to relax and cosy up with a book or a movie and forget my gluten free woes! And it's easy to know it's gluten free if you've made it yourself. Not all hot chocolate powders are gluten free!

- Mug of Cashew milk (or any milk). I heat half on the stove and put half in my milk frother
- 1-2 teaspoons of raw cacao powder (or baking cacao powder)
- Teaspoon honey or *xylitol /sugar, to sweeten
- Capful of vanilla essence (depending on how concentrated it is, my brand only needs 2 drops)
- Some chocolate sprinkles (shavings from any chocolate bar) on top, or xylitol and cinnamon
- If using plant-based milk like me, I find a teaspoon or two of **grass-fed beef collagen helps it feel even creamier**

Top with cream and marshmallows if that's your thing!

***Please Note: Pets cannot go near xylitol, it can be lethal for them!**

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Maple roasted Pecans

Serves 8

4 cups (400g) raw pecans
3 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. salt

What you need to do

Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.

Place the pecans, maple syrup, ground cinnamon, and salt into a large bowl and mix ensuring the pecans are fully coated. Pour onto the baking tray and spread in a single layer across the baking paper.

Place the tray into the hot oven and roast the nuts for 10 minutes.

Remove the tray from the oven and cool for 10 minutes before transferring into an airtight container.

And please let me know how they come out for you!

Scan the barcode if you use myfitnesspal app and you'll see the full macronutrient breakdown.



*See key for allergens on the last page

GF	DF	LC	MP	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)		
5 mins	10 mins	366	36	12	5		

*Nutrition per serving

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Key for allergens

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

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Thanks for reading!

Dear friend,

I sincerely hope something in this or the **full guide** will be helpful for you. Try and stay positive when things seem to be really hard in the dietary front without the gluten - it gets easier and easier, I promise! That social awkwardness gets better too. Just remember your WHY!

Download the full guide with details on strategy and things to look out for when eating out, aaand 2 more delish recipes for Peanut Butter & Choc brownies and a Bundt cake, yes please! Get it at www.christinehambidge.com.

I wish you a wonderful holiday period and Christmas, if you celebrate it!

Christine

Certified Integrative Nutrition Health Coach



Disclaimer: Christine Hambidge is not a doctor, therapist, registered dietitian, or psychotherapist. You shouldn't rely on the information in this guide as any kind of promise, guarantee, or expectation of any level of success or results. Your results will be determined by a number of factors over which I have no control and your use of any information contained in this guide is at your own risk. By accessing this content, you agree that I am not responsible for any decision you may make regarding any information presented.

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