



Temptation-Proof Your Halloween!

With Halloween just two weeks away, it's the perfect time to get ahead of the inevitable candy onslaught. Here's how to set yourself up for success and stay committed to your wellness journey.

1. Set Clear Boundaries

Plan ahead by deciding what treats, if any, you'll indulge in. Keep track of your choices so you don't overdo it. For example, limit yourself to a small portion of your favorite candy and save the rest for later.

2. Stock Up on Healthy Options

Before the big night, have some nutritious snacks readily available. If you know you'll be surrounded by candy, balance it with healthier treats like fruit, nuts, or popcorn. You can even prepare fun, Halloween-themed versions of your healthy snacks to keep it festive.

3. Mindful Indulgence

When you do indulge, focus on being present and enjoying the treat. Eat slowly, savor the flavors, and avoid mindless snacking, which often leads to overconsumption.

4. Keep Moving

Exercise can be a great way to balance out the extra calories. Whether it's a walk before trick-or-treating or a dance party with Halloween music, staying active can help you feel your best and offset indulgences.

5. Limit Sugar Exposure

If you're passing out candy, buy only what you need for trick-or-treaters and avoid excess. Once the night is over, donate any leftover candy or store it out of sight to reduce temptation.

By planning now, you can enjoy Halloween and the treats that come with it without straying too far from your wellness goals. Staying mindful and making small adjustments can help you keep your balance and stay on track!

Spooky Stuffed Peppers



These jack-o'-lantern-inspired sweet peppers are stuffed with a mix of quinoa, black beans, diced tomatoes, onions, and spices. Bake until the peppers are tender, and you'll have a festive, nutritious meal that's packed with protein and fiber. They're fun, filling, and a great way to celebrate Halloween healthfully!

Ingredients:

- 4 orange bell peppers
- 1½ cups cooked quinoa
- 1 can black beans, drained and rinsed
- 1 tsp olive oil
- 1 medium onion, diced
- 1 15-oz can diced tomatoes
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp cayenne (optional)
- Salt and pepper to taste
- ½ cup tomato sauce

Instructions:

Preheat oven to 375°F (190°C).

Carve faces into the peppers. Carefully cut around the stem, remove stem, and remove seeds.

Heat olive oil in a large saucepan. Sauté the onions for 2 minutes over medium heat. Add the tomatoes, cumin, chili powder, and optional cayenne, and heat through. Add the quinoa and beans and stir well. Add salt and pepper to taste.

Stuff the peppers with the mixture, replace the stem, and bake for 25-30 minutes.

Spread the tomato sauce on a serving platter. Place the peppers on top of the sauce and serve.