

TURNIP *the* BEETS

HOLISTIC NUTRITION & WELLNESS



NEWS

Happy December!

Holiday season is upon us and I couldn't be more excited. I hope you make *time to rest and recharge* amongst all the festivities - I know it can be a busy time for a lot of people. Simple moments like enjoying a cup of coffee in the morning before your family wakes up, going for a solo walk bundled up, watching a Christmas movie as a family or having a warm epsom bath can all help you feel a bit more grounded.

Baby #2 is due to arrive this Spring and I'll be going on my mat leave as of April 1st! If you're a **past client** looking for a winter tune up to help you feel great through the colder months, **reach out to book for new year as it gets quite busy in January** & my hours are limited.

For any **new client** that are excited and ready to start their health journey this new year, **please reach out asap as my cut off will be end of January** to make sure you're well taken care of before I go.

In this newsletter, I'll be sharing an **almond butter protein bar recipe** (great to freeze as well), thoughts on **ozempic vs. holistic weight loss**, my new **2026 Post Holiday Detox Meal Plan** and my favourite...**client inspiration** (jump to the last page to read those)!

Hope you all have a Merry Christmas and a Happy New Year!

Sabrina

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TTB NEWS - LAST CHANCE

ALMOND BUTTER PROTEIN BAR

OZEMPIC/DIETING VS. HOLISTIC WEIGHT LOSS

CLIENT INSPIRATION:

Perimenopause, weight loss, post partum, digestion & more



Almond Butter Protein Bars

I wanted to include a fun recipe in this newsletter to show you that just because you're choosing to achieve your health goals, it doesn't mean that you have to give up delicious foods. It's about working together to find the ones that you love AND that still support your health. These squares have about 8g of protein in each, are low carb, refined sugar free and contain healthy fats to nourish your body.

Ingredients

- $\frac{3}{4}$ cup (192g) natural creamy almond butter (make sure there are no seed oils)
- $\frac{1}{4}$ cup (84g) honey
- 1 tablespoon melted coconut oil
- 1 teaspoon vanilla
- $\frac{1}{3}$ cup (40g) ground flaxseed meal
- $\frac{1}{2}$ cup (40g) of your favourite vanilla or plain protein powder*
- 2.5 ounces your favourite 85% dark chocolate bar
- Coarse sea salt for sprinkling on top



Recipe adapted from Ambition Kitchen

Instructions

1. In a medium bowl mix together nut butter, honey, coconut oil, vanilla together until smooth. Add in ground flaxseed meal and protein powder of choice. Use a spoon to mix together until you can't anymore, then use clean hands to help work together. The batter should be similar to cookie dough.
2. Press into an 8x4 inch pan lined with parchment paper.
3. Make the chocolate layer by adding 2.5 ounces of dark chocolate to a small saucepan and melting until completely smooth. Pour the melted chocolate over the almond butter layer and tilt the pan so that the chocolate covers the almond butter layer entirely.
4. Place in the fridge for 30 minutes-1 hour before slicing into 10 bars or squares (either works but I love squares the most). Store covered in the fridge until ready to eat. Bars will keep for up to two weeks or you can freeze them to enjoy at a later date.

NEW 2026 Post Holiday Detox Meal Plan



I always love sharing a **gentle “detox” meal plan** after the holidays since we're often feeling inflamed, bloated and low energy from all the indulging and festivities. **If you need a little reset** but aren't ready to commit to a full wellness transformation package, **this is the perfect plan** for you AND it's very affordable.

After just a few days you should start to feel some (if not all) the following **benefits**: less inflammation, weight loss, energy, decreased bloated, improved bowel movements, clearer skin, better sleep, improved mood. [Click here to get your meal plan!](#)



Ozempic/Dieting vs. Holistic Weight Loss

We're often influenced to believe that once we reach our 30s, it's all downhill from there physically. Our families begin to grow, some of us struggle with post-partum weight loss as we adapt to our new role, our hormones shift, life stress increases, we're short on time to make healthy meals or exercise, our sleep quality declines, metabolism starts to slow down and before we know it, we're entering perimenopause/menopause.

If there was one thing I could encourage all women to do if they are struggling with weight gain or health goals in general, it would be to **work with a practitioner to help you not only address the root cause, but to also help you THRIVE in all areas of health too**. Try your best to **address this BEFORE you hit perimenopause (if you're past that point, it's never too late to begin!)** because it does make it a lot more challenging and it seems like so many women wait until then to try and make changes. Together, you'll learn how to **nourish your body with the right foods** specific to you, chat about **quality supplementation** & proper **strength training routines** (*no more HIIT classes that stress out your body please – this is usually adding to your weight gain... you need a good foundational program to see real results!*)

Weight loss pills like Ozempic, or chronically dieting or working with fitness coaches that have a more extreme approach **WILL NOT** get you long term results. You will be left feeling restricted, moody, depleted, inflamed and your digestion will likely suffer too.

Ozempic/Dieting

Pros

- Weight loss
- Rapid results

Cons

- Not sustainable long term (most people gain the weight back within a few months)
- Doesn't support hormones
- Not sustainable long term
- Lacks nourishment
- Remains inflamed
- Can negatively impact digestion
- Feels restrictive
- Loss of muscle mass (from calorie restrictions or Ozempic)
- Requires constant tracking
- Doesn't teach you how to optimize overall health and support healthy aging

Holistic Weight Loss

Pros

- Improved digestion & elimination
- Nourishment
- Increased energy
- Improved mood (less anxiety, irritability & depression)
- Better cycles/Hormone balance = easier transition into menopause
- Clearer skin
- Improved sleep
- Sustainable long term
- Supports yourself and your family
- Prevents chronic health issues
- Understanding of how to nourish your individual body
- Stronger immune system
- Decreased cortisol levels & inflammation
- Stronger body & more endurance

Cons

- More gradual results
- More effort than "popping a pill"



Take the leap to take care of yourself so that you can feel good again instead of "waiting until you have time", your to do list is done, your kids are in school etc. I've witnessed so many clients transform their lives by choosing to start their journey and **wishing they started sooner**.

If you're ready, **reply to this email** so we can figure out what the best options is for you whether it's the starter package, transformation or maybe just setting up a free 15-minute consult where I can provide you with information about how holistic nutrition or share free resources to help.



Client Inspiration

TINA

Perimenopause, Weight Loss, Overall Health

Working with Sabrina has been an incredibly positive experience. She helped me **navigate the early stages of perimenopause with clarity and confidence**. Her holistic approach to nutrition and wellness has made a **real difference in how I feel day to day**.

Sabrina **tailored a nutrition plan that supported my hormones, energy levels, and overall well-being**. She also **guided me in adjusting my workouts** to better match what my body needed during this transitional time. I really appreciate her thoughtful, supportive style and how **she takes the time to listen and adjust things as needed**.

If you're looking for someone who truly understands the connection between food, movement, and hormonal health, **I highly recommend Sabrina**.

MEAGAN

IBS, Post Partum Weight Loss + Health

Sabrina is awesome. **I had severe IBS for years and I've been so much better for years after working with her**.

Again we went on **another journey in a season of postpartum of two young children**, I can say **I am the healthiest I've maybe ever been with narrow windows of time to work on myself**. Sabrina has helped me with picking meals that fuel me and the supplements to support me.

I was having **painful periods, dizziness, nausea, fatigue**, and we've gotten me to a point now where **I'm down 60lbs from postpartum and have energy and no more dizziness and handling stress better**. I'm a busy mom with a family business, and my own job as a physiotherapist and two very small kiddos. She's helped me navigate **adding nutrition, supplements and lifestyle changes** in as a piece of the puzzle to keep me going when I'm needed in 1000 different ways. **I truly can't recommend her enough**.

Lets Chat



Not sure which Holistic Nutrition Package is right for you?

Feel free to schedule a *Free 15 Minute Call* by sending me a DM on IG or email me at sabrina@turnipthebeets.ca

For more tips,
follow me on **Instagram**
Turn on post notifications & add me to your favourites for stories and posts so you never miss a "beet"



@turnipthebeets_

Visit my website:



www.turnipthebeets.ca

Quote

"While weight loss is important, what's more important is the quality of food you put in your body - food is information that quickly changes your metabolism and genes."

Dr. Mark Hyman

