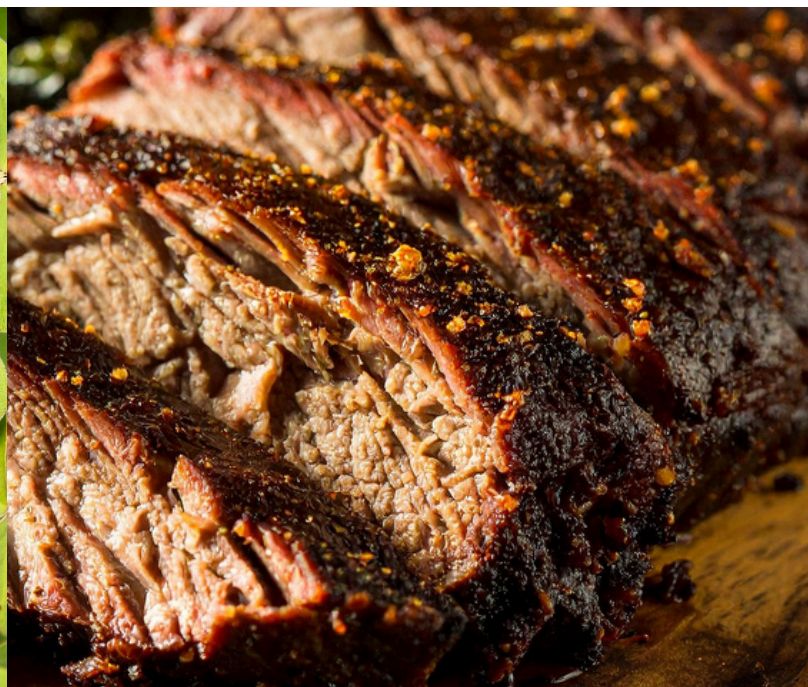




ST. PATRICK'S DAY SWAPS



Celebrate without the setback...

Holidays are meant to be celebrated! They are about connection, tradition, great food, and shared experiences. What they are *not* meant to be is a setback.

At **Recoup**, we believe progress is built through *consistency*, not restriction. One meal may not make or break your results, but patterns do matter. The goal is not to *avoid* the celebration. The goal is to show up to it with *intention*.

You do not have to choose between enjoying your life and supporting your health! With a few intentional tweaks, you can honor your traditions while continuing to build strength, energy, and momentum.

This guide was created to help you do exactly that. Simple swaps. Smarter portions. Protein prioritized. Alcohol approached with awareness. All without stripping the fun out of the day.

Enjoy the meal. Enjoy the company. If you raise a glass, do it with the people you care about. Progress is not about perfection. It is about building habits that support you most of the time.

There is room for celebration *and* growth in the same season.

- *The Recoup Team*

TASTY SWAPS

Traditional corned beef is often high in sodium and saturated fat. Instead, choose slow-cooked lean brisket trimmed of fat, garlic-herb roasted turkey breast, or shredded chicken with mustard.



Cabbage - keep it, just *elevate* it. Roast with olive oil, sea salt & cracked pepper. Add a small amount of turkey bacon for flavor without the heavy fat load.

Mashed Potatoes ➡ High-Protein Mash

Combine Yukon gold potatoes and cauliflower (1:1 ratio), then mix in plain Greek yogurt instead of heavy cream.



Soda Bread ➡ Smarter Carb Choice

Traditional soda bread leans heavily on refined flour and sugar. Try a whole wheat or oat flour blend, add raisins for sweetness.

Shamrock Shake ➡ Recoup Style

Blend vanilla protein, frozen banana, spinach, milk of choice, mint extract (not peppermint), and ice.

