

FLIPPING 50'S

GIFT GUIDE 2021

WITH DEBRA ATKINSON

Your Guide to Healthy Holidays

DISCUSSION OUTLINE

RECIPES
FOOD PUSHERS & HEALTH HABIT SHAMER PLAN!
STOCKING STUFFERS
NEW AT FLIPPING50
COMING UP BLACK FRIDAY WEEK



FOOD PUSHERS & HEALTHY HABIT SHAMERS PLAN

I'D LOVE TO BUT...

Plea to their supportive, caring side and firmly explain why you simply can't as much as you want to.

WHAT IF YOU WERE SICK?

There isn't a lack of healthy food. There's just an abundance of unhealthy temptations.

BRING IT!

Recipes that serve you and can appeal to everyone.

SET INTENTIONS

Pre-Party

STOCKING STUFFERS

ANNMARIE



PIQUE TEA





WILDLYTES

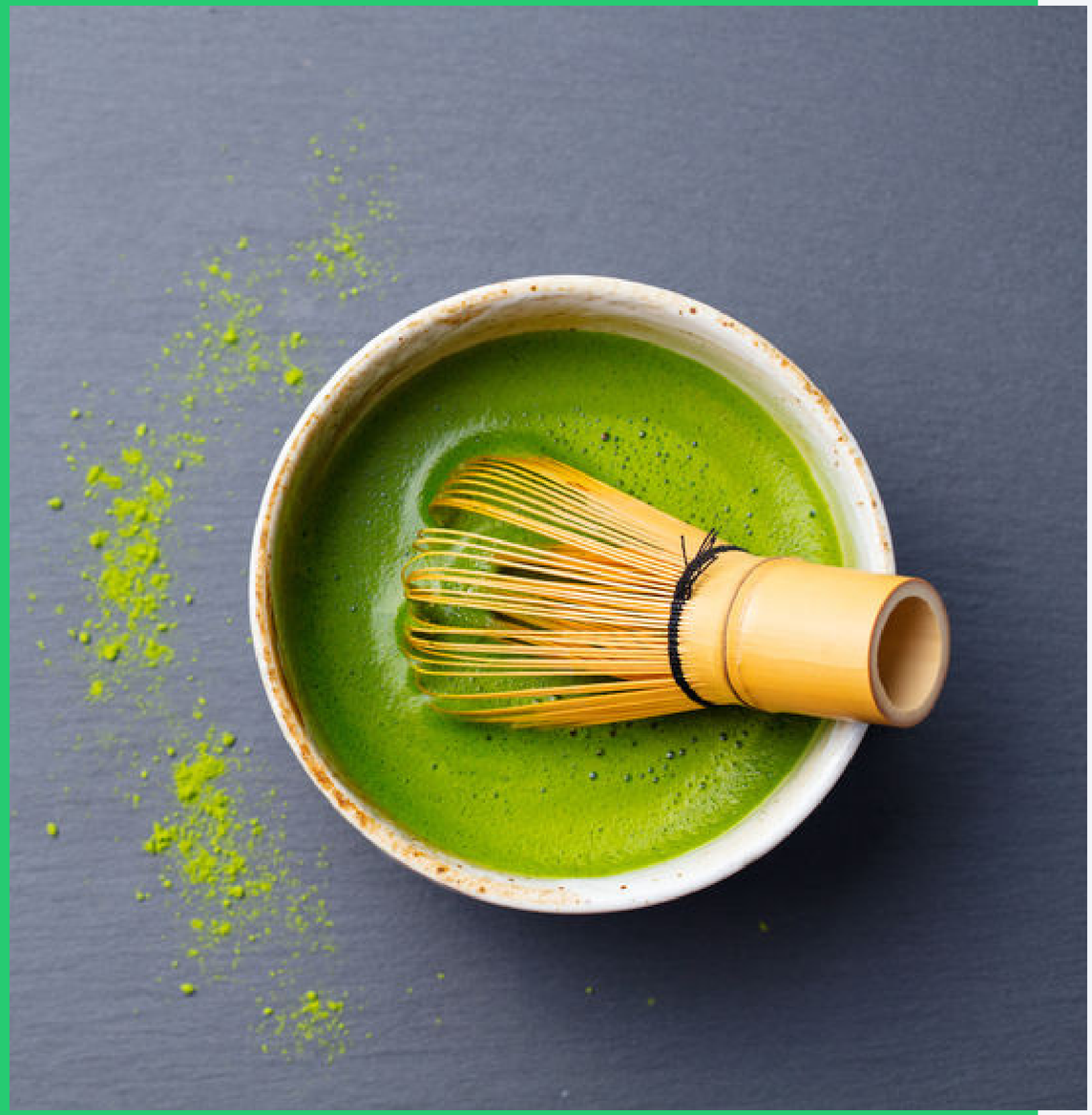




Annmarie Skincare

FLIPPINGFIFTY.COM/SKIN

Did you know "organic" skin products often aren't? They contain harmful products for your skin and your hormones.
Annmarie Skincare has been doing it "clean" since day 1. Need a change in your routine? It's not at Walgreens.
There's a couple sample bundles.



Pique Tea matcha

FLIPPINGFIFTY.COM/MATCHA

How about burning 29% MORE fat from interval training? A serving of matcha can do that.
Maybe you knew. Did you know that only Pique Tea is quadruple screened?
Since matcha is created where toxins and mold is likely, the only way to KNOW you're doing GOOD not harm is to test. Do it daily as I do?
That's a big risk you take.

And the taste? Yes. There's a difference.



Mighty Maca

FLIPPINGFIFTY.COM/MIGHTYMACA

An adaptogen to support cortisol levels combined with alkoline-enhancing support a woman needs. As you add protein you need, you also increase acidic foods.
Support balance with 6-9 cups of veggies a day and or this support. From our friend Dr. Anna Cabecca



Code: Debra10

FLIPPINGFIFTY.COM/WILDLYTES

Millions of years old and untouched by many of the toxins and pollutants found in other forms of salt, Himalayan sea salt contains key minerals, including potassium, magnesium, calcium, iron, and zinc, that maintain electrolyte balance and regulate cellular function for whole-body balance.
Includes watermelon and cilantro. Muscle cramps, recovery from exercise.

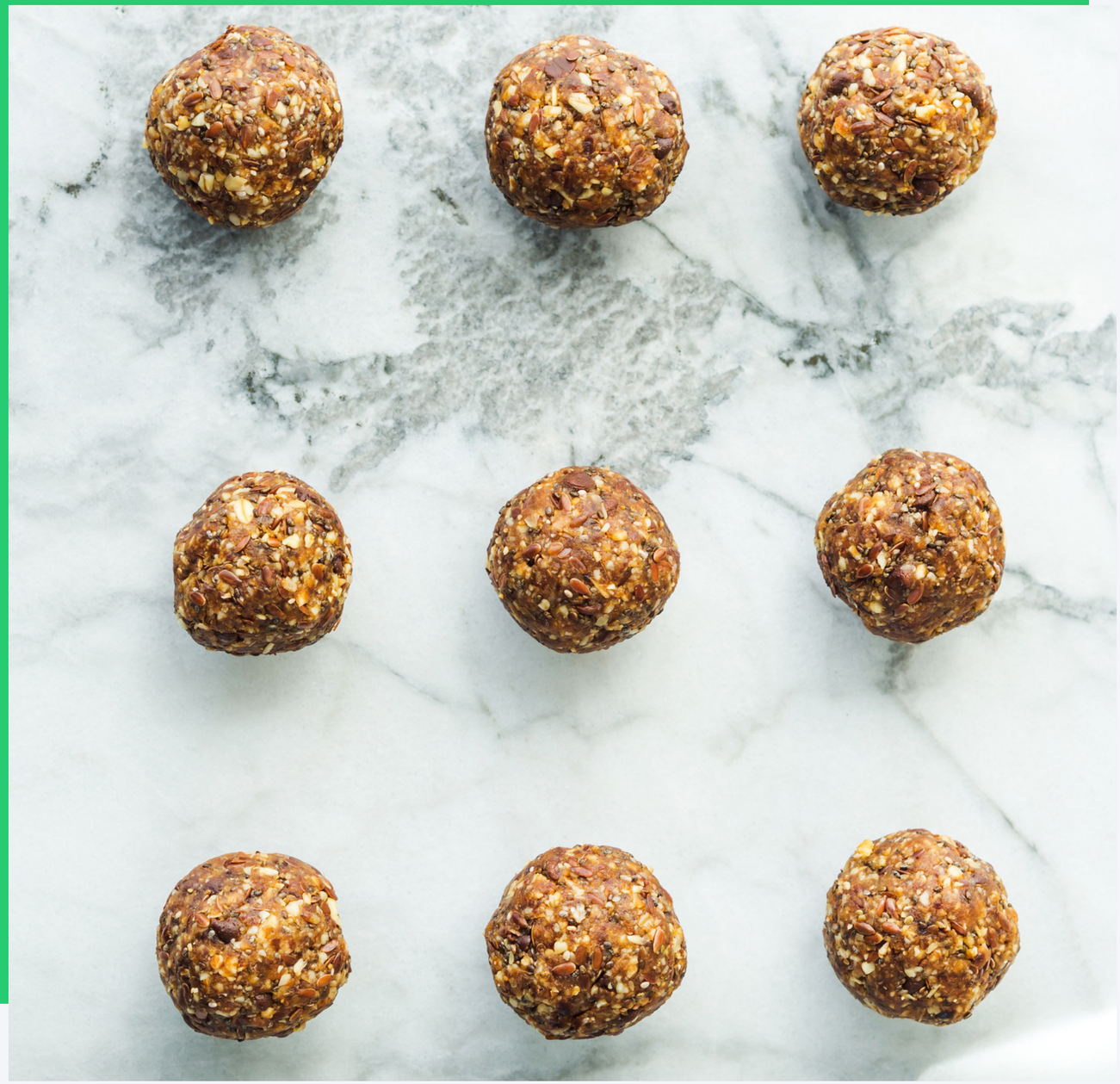
QUICK HEALTHY HOLIDAY OPTIONS











NO-BAKE CHOCOLATE CHIP NUT BUTTER BALLS (10 MINS)

Ingredients

- 1 1/2 cups creamy almond* butter
- 1/2 cup honey (or maple syrup)
- 1 1/3 cups GF oats (rolled oats)
- 1/2 cup vanilla protein powder
- 1/8 teaspoon salt
- 1/2 cup mini dark cacao chips



ALMOND DATE COCO BALLS (20 MINS)

Ingredients:

- IMedjool Dates: 2 1/2 cups pitted
- raw almonds - 1 cup
- Vanilla Protein Powder - 1/2 cup
- unsweetened shredded coconut - 1 cup
- unsweetened cocoa powder - 1/4 cup
- flaxseeds - 1/4 cup
- almond extract - 1/2 teaspoon
- sea salt - 1/2 teaspoon



INSTRUCTIONS: REQUIRES FOOD PROCESSOR

1. Combine almonds and 1 tablespoon Protein Powder in a food processor. Pulse until the almonds are coarsely ground.
2. Add the pitted Medjool dates, protein powder, 1/2 cup of the coconut, cocoa powder, flax seeds, almond extract, and sea salt to food processor.
3. Pulse to combine, until the mixture is sticky and blended.
4. Roll about 2 T into balls for each.
5. Roll each ball in coconut to coat



Chipotle Dip

HIGH FLAVOR & FAST

Ingredients

- 1/2 cup egg-free mayo
- 1/2 tsp garlic powder
- 2-3 Tablespoons Chipotle Tobasco Sauce
- 1/2 teaspoon creole seasoning (gluten free*)



Salmon "Sushi"

FESTIVE & FLAVORFUL

Ingredients

- 2 large zucchini
- 14 oz. smoked salmon
- cashew cream cheese (see below)
- 2 cups raw cashews soaked overnight in filtered water (raw macadamia nuts also work – but will take a lot longer to blend)
- 2 tbsp plain, unsweetened non-dairy yogurt
- 1/2 tsp sea salt (plus more to taste)
- filtered water as needed to blend



Cashew "cream cheese"

STEP 1:

Instructions:
Drain the liquid off of the soaked cashews. Add them to a high-powered blender or food processor and blend until completely smooth. Stop to scrape down the sides as needed; you can also add filtered water a tablespoon at a time if you’re having trouble blending.
Transfer to the clean container and cover.
Let sit out at room temperature for 24 hours.
Taste the mixture, and add more sea salt to taste; let it culture for another 12-24 hours if you want a stronger tang.
Store in the refrigerator for up to 1 weeks.



Assemble

STEP 2:

Instructions:
For each zucchini, use half cream and half salmon. Create thin strips of zucchini. Lay flat overlapping slightly. Spread a thin layer of cream cheese over it, then top with smoked salmon. Tightly roll zucchini. Secure 1" apart with a toothpick. Refrigerate, loosely covered for 2 hours. Slice between toothpicks.
Repeat process for the second half of ingredients.

Delicious appetizers or light lunch.

WHAT'S ON MY WISH LIST?

OH, AND CLOTHES

I'm currently obsessed with clothes in my colors that change the way I feel, from workout to dress up.
It matters. I refuse to wear or buy anything not in my colors going forward.

REGISTRATION

Conferences
Courses
Races & Events

LAB TESTING

Deep diving into longevity
Regular Micronutrient Testing
Food Sensitivities
Cortisol

TRIPS

Golf vacays
Beach vacays
Challenging physical activity

SUPPORT STAFF

Coaching to rise above
Business, health, performance
Time

FLIPPING50 HEALTHY NEW YEAR 2022











BLACK FRIDAY week open

FLIPPINGFIFTY.COM/CAFE

A special bundle savings PLUS a Virtual Retreat registration. Watch **starting November 19.**

Visit the link to be on the **notifications list**



VIRTUAL RETREAT

FLIPPINGFIFTY.COM/2022-VRETREAT

A kickoff of your 2022 intentions with strength training, core, yoga, hormones & exercise 101/201, and meditation.
Sat Jan 8 7-12 Pacific/10-3 Eastern

Gift with purchase for Cafe members



GROUP COACHING
Age like a Babe

FLIPPINGFIFTY.COM/OPTIMAL-AGE

BETA group will test Epigenetics, create a reverse-age plan, meet 6 times, plus 1x with Debra privately, and post test to see how much they have "turned back the clock" on biological age.



Ultimate 90-minute Consultation

FLIPPINGFIFTY.COM/90-MINUTE

You're disciplined, you'll do the work. You don't know though is if you're doing it right. This session includes pre-meeting review of your history, current plan, and summary of: fitness plan, nutrition feedback, lifestyle habits, and priorities, along with questions for your practitioner or suggested additional testing. Fee applicable to VIP coaching within 30 days.

Quality You'll love

HTTPS://SAVVI.COM/FLIPPING50

More affordable than Lulu, less inflated, a woman-owned & run business, listening to customers. A crazy "style club" that you can start and stop ANY time.

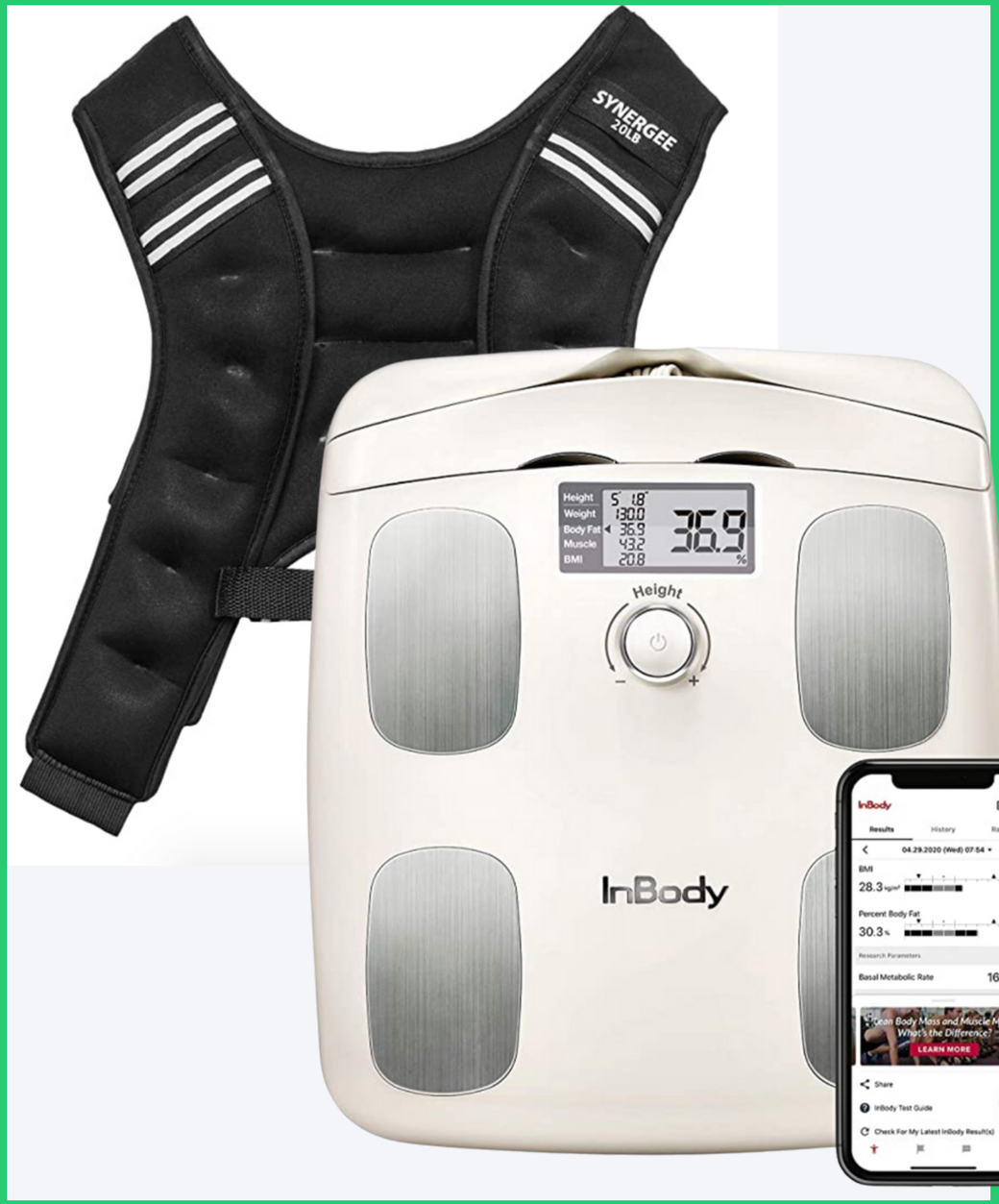
For yoga, runs, workouts, a half marathon, and casual wear so far.



My Fitness & Health Picks

HTTPS://WWW.AMAZON.COM/SHOP/FLIPPING50

#1 a SMART SCALE (3 options)
#2 a Weighted Vest (10% your BW)
#3 the queen of eye masks (give these!)
#4 books to fuel inspiration



COMING IN 2022!!



MULTIPLE LOCATIONS

Desert, Mountains, Midwest

Convenient, or travel-inspired and... I want your help. Have a location idea?



UNIQUE CHALLENGES

Summer, Fall, Winter

Training programs, training nutrition, for a complete experience that starts before you ever arrive.



FLIPPING50 MOVEMENT™

Older, Stronger, Fitter

The start of a bigger influence on your world and THE world.
Fitness & health pros, there's one for you too.

10 Tenets of Flipping50

1. **Restore Before More**
2.
3.
4.
5.
6.
7.
8.
9. **Do It for Joy (not calories)**

Removing the Obstacles: cortisol

How?
a DOSE of …

Dopamine
Oxytocin
Seratonin
Endorphins



flippingfifty.com/daybreaker

14 DAY FREE TRIAL
CHOOSE TO DO A YEAR? USE **DATKINSON** AND YOU'LL
HTTPS://WWW.FLIPPINGFIFTY.COM/GETSTRONGER 2 MONTHS FREE

Happy Holidays!

I LOOK FORWARD TO SUPPORTING YOU ALL THROUGH THE HOLIDAYS AND INTO YOUR DREAM 2022.
LET'S BUILD LIVES WE LOVE.



HEALTH & FITNESS PRO?

Are you wanting your business to go or grow and looking for a guide whose done it for decades, and proved it can be done after 50 from "0"? I've got you there, too.
Psst. Women are collaborating now. For a supportive boost to your business and influence...

WOMAN FLIPPING 50?

For more of the science you want about WHY to do what isn't intuitive after decades of other messages, for the movement, the nutrition, the daily health habits that make the movement work...

