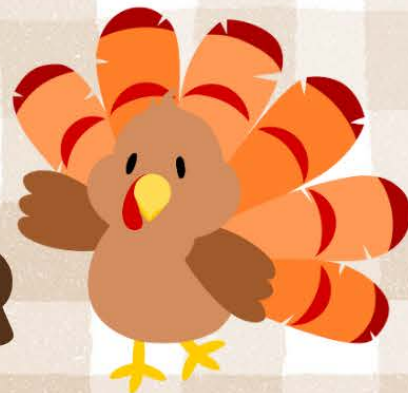


# NEFF

# NEWSLETTER

NOVEMBER 2025



## Thanksgiving Macromanagement

A traditional Thanksgiving plate is often a macro-heavy event, usually rich in carbohydrates, fats, and moderate amount of protein. Turkey (6 oz), mashed potatoes with gravy (1 cup), stuffing (1 cup), green bean casserole (½ cup), cranberry sauce (¼ cup), and a slice of pumpkin pie—can easily land in the 1,200–1,600 calorie range. Macronutrient breakdown? Roughly 50–60% carbs, 25–35% fat, and 15–20% protein. The carbs come from starchy sides and desserts, fats from gravies and casseroles, and protein primarily from turkey.

If you're managing fitness goals like fat loss, muscle gain, or performance, Thanksgiving doesn't have to derail you. The key is to plan the day around the big meal. Start with a high-protein, low-carb breakfast (eggs and veggies), and if possible, fit in a workout (strength training, a walk, turkey trot) to get the metabolism working. Approaching dinner with an empty stomach often leads to overeating, and creates an environment for a slow metabolism leading to excess fat storage.

Finally, focus on portion awareness, not restriction. Prioritize lean protein (turkey), fiber-rich sides (vegetables), and enjoy the indulgent items mindfully. One high-calorie meal won't ruin your progress, but turning it into a 4-day binge might. Hydrate well, avoid skipping meals, and consider a post-meal walk to aid digestion. Thanksgiving can be both enjoyable and aligned with your fitness goals. Check out the table below to help you manage your day and Happy Thanksgiving!

## Client Appreciation Recap

We were blessed we great weather and you all really turned out! Thanks to Bear's BBQ and Frigos for providing eats, as well as Diane Jimenez and Ann Guttman for the desserts. Cant wait to do it again next year.

## Holiday Schedule

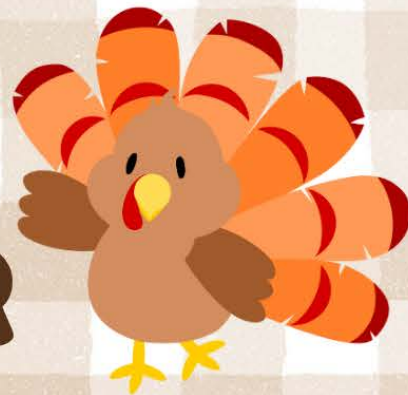
- Thanksgiving: Closed
- Christmas: Closed
- New Year's Day: Closed



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### Thanksgiving Macromanagement

Food	Amount	Protein	Carbs	Fat
Turkey	6 oz	40g	0g	18g
Mashed Potatoes	1 Cup	4g	35g	10g
Stuffing	1 Cup	6g	42g	18g
Green Bean Casserole	½ Cup	2g	10g	8g
Cranberry Sauce	¼ Cup	0g	26g	0g
Pumpkin Pie	1 Slice	4g	46g	14g

