

December Recipe Calendar

Favorites from the AK&M Family



2025

Weekly Challenges

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Power-Up Plates

1
Homemade Stromboli
By: Trainer Eric

2
Easy Tacos
By: Alumni Kyle

3
Bean Chicken Chili
By: Trainer Heather

4
Chicken and Broccoli
By: Alumni Joey

5
Lemon Garlic Salmon
By: Alumni Jason

WEEK 2

Rainbow Recipe Week

8
Egg Roll In a Bowl
By: Trainer Lynn

9
Stuffed Peppers
By: Alumni Karly

10
Crispy Maple Tofu
By: Trainer Vanessa

11
Chicken + Roasted Veggies
By: Trainer Keri

12
Med-Chicken sun dried toms and artichokes
By: Trainer Kathleen

WEEK 3

Cook Together Crew

15
Beef and Broccoli Stir Fry
By: Trainer Kimberley

16
Marry Me Chicken
By: Alumni Paige

17
Breaded Chick and Beans
By: Alumni Owen

18
Stuffed Zucchini Boats
By: Trainer Lynn

19
Beef Bourguignon
By: Alumni Cam

WEEK 4

Healthy Holiday Swaps

22
Dinner Charcuterie
By: Trainer Bridget

23
Melancauli Baby-Cauli soup
By: Trainer Shannon

24
Ground Chicken Meatballs
By: Alumni Owen

25
Meatloaf Sheet Pan Dinner
By: Trainer Lisa

26
Chicken Sausage and Veggie Skillet
By: Trainer Meghan

WEEK 5

Sweet & Smart Desserts

29
Blueberry Angel Trifel
By: Trainer Kimberley

30
Banana Oat Choc Cookies
By: Alumni Kyle

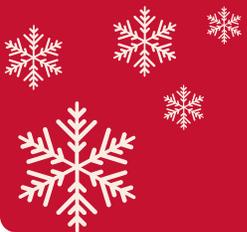
31
Pecan Choc chip Cookies
By: Alumni Ava

1
Christmas Shortbread Cookies
By: Winnie

2
Sticky Toffee Pudding
By: Trainer Kathleen

How does this work?

Click on the recipe to see the details



December Recipe Calendar

Weekly Themes



WEEK 1

Power-Up Plates

Start the month strong by building balanced meals that fuel your energy, mood, and focus. Aim to include protein, whole grains, and colorful veggies at each meal. When you nourish your body well, you give your brain the steady fuel it needs to learn, move, and feel its best. No Skipping meals.

WEEK 2

Rainbow Recipe Week

Food is one of the easiest ways to boost your brainpower. This week, challenge yourself to eat the rainbow! Each color of fruits and vegetables brings unique vitamins and antioxidants that support memory, concentration, and immunity. The more color on your plate, the more your mind and body thrive.

WEEK 3

Cook Together Crew

Cooking with others doesn't just make healthy eating more fun. It strengthens connection, boosts motivation, and teaches lifelong habits. Prepare at least one meal with a family member or friend this week. When we share the process of fueling our bodies, we build stronger relationships and healthier routines.

WEEK 4

Healthy Holiday Swaps

Holiday foods can be fun, comforting, and nourishing. This week, explore a mix of your favorites along with some lighter options that help you feel your best – like adding fresh fruit or roasting veggies for extra flavor. Little choices that make you feel energized can help you enjoy the season even more.

WEEK 5

Sweet & Smart Desserts

Celebrate the month with treats that make you smile! From fruit-filled desserts to your favorite chocolate or a homemade goodie, enjoying something sweet can be a fun and comforting way to refuel. When we savor treats with intention (and without guilt!), we support our mood, energy, and overall wellbeing..

Check out the Trainer Hub for more resources

[CLICK HERE](#)

