

## Healthy Eating Tips:

- **Never** eat straight out of the box or bag. Instead, count out a serving size, use a dish, and put away the rest of the food so you don't eat more than you should.
- Keep sweets **out of reach**. This way you can still have a piece of chocolate when you REALLY want it, but you won't make it a routine snack.

## Healthy Baking Tips:

- Substitute honey or agave nectar for sugar when baking.
- Substitute natural applesauce for butter when baking.

## Ab Workout:

### Oblique Twists

- Stand up straight and have your body and toes point to the right.
- Have your arms straight at shoulder level (point to the left)
- In one fluid motion, jump to have your toes point to the left and arms to the right.
- Repeat as fast as you can in a controlled movement

**Complete exercise for 30-40 seconds (as fast as you can), take a 10 second break, and repeat 3 more times.**

**Beginner?** Go at your own pace & make sure to have a good form.

## Chickpea and Tomato Salad with Fresh Basil:

1 can chickpeas, drained and rinsed  
! pint grape tomatoes, halved  
25 large basil leaves, chopped  
3 cloves of garlic, minced  
1 tablespoon red wine vinegar  
1 tablespoon apple cider vinegar  
2 tablespoons honey  
Pinch of salt

Toss all the ingredients together and chill for at least 20 minutes, then enjoy.

## Move It 2 Lose It

### Week 2 Tips:

- When you get up to go to the bathroom or go to lunch, **take the long way**.
- Add **lemon**, **lime**, **cucumber**, or **orange slices** to glasses of water to spice up your drink.
- To up your daily water intake, **keep track** of each bottle of water you drink, and try to drink at least eight per day.
- Eat meals on a **smaller plate**, or a plate with borders to keep from overeating.
- Eat **colorful** meals. The more colors on your plate, the better - fruits and veggies are a great way to add some color.

### Getting Active With Your Family:

- Buy toys or equipment that promote **physical activity**.
- Give **fitness** oriented gifts for birthdays and holidays instead of movie's and video games. Great options include Frisbee's, bouncy balls, jump ropes, sleds, and bikes.
- Take a family **walk** around the neighborhood. Go **sledding**, **snow shoeing**, **skiing**, or **snowboarding**.

## Breakfast and Snack Bar Recipe:

1 cup almond butter (or peanut butter)  
½ cup agave syrup or honey  
1½ cups canned pumpkin  
¾ cup shredded carrot (use a food processor)  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
6 scoops vanilla protein powder (using a scoop that requires two scoops per protein shake)

- 1.) In a large bowl, blend together almond butter and agave syrup.
- 2.) Add pumpkin, carrots, and spices.
- 3.) Blend well and continue to incorporate the rest of the ingredients one at a time.
- 4.) Press into a 5 x 9 pan or cup cake liners, chill in the refrigerator, and cut if using a pan.
- 5.) Store in an airtight container in the refrigerator.

## Apple Sandwich:

Apple  
Peanut butter  
Honey  
Chocolate chips  
Nuts

- 1.) Core and slice apple.
- 2.) Mix peanut butter and honey together and spread onto one of the apple slices.
- 3.) Add chocolate chips and nuts onto peanut butter and top it off with the other apple slice.

## Snacks Under 200 Calories:

- Pretzels with maple almond butter
- Popchips topped with avocado and sundried tomatoes
- Frozen blueberries with 14 whole almonds
- Air popped popcorn topped with unsweetened cocoa

## Snacks Under 80 Calories:

- 9 mini Swedish Fish
- Starbucks short skinny mocha
- 10 Alexia sweet potato fries
- 1 mini cupcake
- 2 tablespoons of pumpkin seeds