

Move It 2 Lose It

Week 2 Tips:

- **Avoid diet soda** and opt for tea or water. Research shows that drinking diet soda regularly can lead to an overall high preference for sweetness, and an increased chance to develop type 2 diabetes. Instead, **drink unsweetened tea or coffee**, which have antioxidants and health benefits.
- Switch your peanut butter for an **all-natural** brand like Adam's Peanut Butter. Some types of peanut butter and reduced fat peanut butter come loaded with empty carbs and extra sugar, whereas the all-natural variety is **100% peanuts**.
- When you're **stressed**, eat a fried egg or chew a piece of gum. Fried eggs can help lower blood pressure and gum can reduce tension.
- When you're **feeling down**, instead of binge eating try to eat salmon, add garlic to your meal, or have a little dark chocolate. Salmon can help calm you down, garlic can increase the release of serotonin (which calms you down), and dark chocolate can improve heart health, lower blood pressure, reduce cholesterol, and increase the flow of blood to the brain.

Workout Challenge:

Reverse Crunches

- Sit on the ground, knees bent, feet flat on the floor.
- Keeping your knees and feet in the same position put your back flat on the floor.
- Using your abs, pull your knees to your chest, lifting your butt off the floor.
- Return legs to starting position, and repeat.

Repeat move 10-20 times, take a 20 second break, repeat 3 more times.

Beginners: Lift your butt slightly off the floor & work up to lifting a few inches off the floor.

Strawberry Whirl Smoothie

Handful of frozen strawberries 1 banana, chopped up
8 ounces of 100% natural (no sugar added) apple-strawberry juice

- 1.) Throw all ingredients into a blender, add ice if desired, and blend until smooth.

Chicken and Waffle Open-Face Sandwiches:

4 slices lower-sodium bacon, halved crosswise
3 Tablespoons canola mayonnaise
1 Tablespoon low-fat buttermilk
1 teaspoon cider vinegar
¼ teaspoon sugar
¼ teaspoon garlic powder
1/8 teaspoon freshly ground black pepper
8 frozen whole-grain waffles, toasted
6 ounces thinly sliced, lower sodium deli chicken breast
8 slices ripe tomato
4 leaves of lettuce

- 1.) Cook bacon in a large nonstick skillet over medium heat until crisp. Drain on paper towels.
- 2.) Combine mayonnaise and the next 5 ingredients in a small bowl.
- 3.) Spread mayonnaise mixture evenly over 4 waffles. Divide meat, tomato, and lettuce evenly among servings.

SWEET POTATO CHICKEN CHOWDER

2 Tablespoons butter or olive oil
2 cups yellow onion, 1/3 inch diced
1½ cups chopped celery, 1/3 inch diced
2 large cloves garlic, finely minced
1 Tablespoon sea salt

Dozen twists fresh black pepper
2 bay leaves

2 teaspoons dried thyme leaves (1 tablespoon fresh)

10 cups sweet potatoes, peeled, ½ inch diced
3 cups yams, peeled, ½ inch diced
1½ cups corn (fresh or frozen)
1 cup blanched, slivered almonds
2 scallions very thinly sliced for garnish
Water

Still hot Rotisserie chicken (peel off skin)

- 1.) Melt butter in large soup pot over medium heat.
- 2.) Add the onion and cook about 10 minutes until it is tender and just beginning to color.
- 3.) Stir in the celery, garlic, salt, pepper, thyme, and bay leaves and cook for another 3 minutes.
- 4.) Add the potatoes & yams and 6 to 6 ½ cups water (enough to cover the potatoes).
- 5.) Cover the pot and bring to a boil.
- 6.) Reduce heat to a simmer, partially cover the pot and cook for 16 minutes.
- 7.) Meanwhile, prepare the almond cream by combining the slivered almonds with 2 cups of water in a blender for 3 minutes on medium high speed.
- 8.) Add the corn to the pot.
- 9.) Simmer the pot of soup partially covered for another 4 minutes.
- 10.) Stir in the almond cream.
- 11.) Puree; 4 cups of the soup at a time until the entire soup is smooth.
- 12.) Add chicken in small chunks.
- 13.) Serve garnished with thinly sliced scallions