

Move It 2 Lose It

WEEK 3 TIPS:

- To add to your water intake each day, **eat your H₂O!** Have a green salad with a drizzle of balsamic vinaigrette and a few slices of avocado. These water-rich foods help keep you hydrated.
- Brew up a pot of **peppermint tea**. Peppermint can help calm the stomach muscles. Don't like peppermint tea? Try **chamomile** instead.
- Chew slowly. The more quickly you chew your food, the more air you swallow, and the more bloated you'll get.
- Get plenty of **potassium**. Bananas, papayas, kiwis, strawberries, cantaloupe, and asparagus are all great sources for potassium, which counterbalances sodium (so you retain less water).

Workout Challenge: Up Down Planks

- Start in a push up position (high plank).
- Lower your right elbow to the ground.
- Lower your left elbow to the ground.
- One arm at a time, lift yourself back into the high plank position.
- Repeat.

Go hard and fast for 20 – 30 seconds, 4 times, resting between each set.

Beginners: Start in a modified push up position where your knees are on the ground.

MEGA MANGO SMOOTHIE:

½ mango

handful of frozen strawberries

6 ounces 100% natural (no sugar added) orange juice

2 ounces 100% natural (no sugar added) pineapple juice

Toss all ingredients into a blender, add ice if desired, and blend until smooth.

100 CALORIE TREATS:

10 grilled shrimp

5 raw oysters

2 pieces maki sushi roll

12 dry-roasted almonds

2 steamed vegetable dumplings

8 oz Starbucks Skinny Cinnamon
Dolce Latte

2 dark chocolate-dipped
strawberries

1 oz herbed goat cheese on 2
small crackers

6 large or 15 small olives

Huevos Rancheros Tostadas*

**Recipe retrieved from Shaklee Corporation*

4 corn tortillas

½ cup picante sauce

¼ cup ketchup

15 ounces pinto beans

4 large eggs

¼ teaspoon salt

¼ cup fresh chopped cilantro

- 1.) Preheat oven to 450 degrees. Lightly coat both sides of corn tortillas with cooking spray, place on baking sheet.
- 2.) Bake at 450 degrees for 5 minutes on each side or until corn tortillas are crisp.
- 3.) While corn tortillas are baking, combine the picante sauce, ketchup, and pinto beans in large non-stick skillet, bring to a simmer over medium high heat, stirring frequently.
- 4.) Using a wooden spoon, make 4 small wells in bean mixture, 2 inches apart.
- 5.) Break 1 egg into each well, and sprinkle evenly with salt.
- 6.) Cover and cook 5 minutes or until each egg is desired degree of doneness.
- 7.) Place 1 tortilla on a plate and top with ½ cup bean mixture and an egg. Sprinkle each with 1 tablespoon of cilantro.

Recipe makes 4 servings

Nutritional Information per serving: **186 calories**

11 g protein 7 g fat

710 mg sodium 3 g fiber

212 mg cholesterol

Power Up Your Oatmeal

Whip up ¼ cup of dry, unsweetened oats (ensure at least 3 grams of fiber) and mix in one of these ideas:

- ½ sliced pear + 1 Tablespoon chopped pecans + dollop of Greek yogurt = 175 calories (plus extra fiber & antioxidants)
- 1 strip of turkey bacon, crumbled + 1 Tablespoon low-fat cheddar cheese + 1 teaspoon scallions = 150 calories (plus calcium & protein power)
- 1 Tablespoon chopped walnuts + ½ banana + ½ teaspoon vanilla extract = 175 calories (plus a sweet way to get your Omega 3s)