

# MOVE IT 2 LOSE IT

## Week 6 Tips:

- **Drink water** with **at least** two meals per day. This will save calories by cutting down on soda, fruit juices, and alcohol.
- Try to stay away from diet soda too. Though there are no calories, there are chemicals and other items that will not help with weight loss.
- Try to stick to **fresh food**, **minimally processed food**, and **organic food**.
- When eating dessert, exercise the **three-bite method**. This way you get a beginning taste, a middle taste, and an end taste, without over indulging.

## Workout Challenge: Speed Ball Squat

- Get into squat position (as if you are sitting on an imaginary chair with legs more than shoulder width apart)
- At chest height, close to your body, punch a speed bag.  
*Go hard and fast for 20 – 30 seconds, 4 times, rest between each set.*

**Beginners: Squat down less.**

## Caramel Apple Bites

Granny Smith apples      Low-fat caramel dip  
Toothpicks & Wax Paper

- 1.) **Cut apples into bite size pieces and inset toothpicks into each piece.**
- 2.) **Dip into caramel and cover sides & bottom.**
- 3.) **Set onto wax paper and place in fridge. Allow time to set up.**

## Weight Loss Tip: Organize Your Fridge!

- Keep fresh fruits & veggies cut up and washed, ready to eat!
- Have yogurt cups stocked for snacking.
- Divide food between baggies for grab and go snacking.
- Keep healthy snacks towards the front of the fridge.

## Snacks under 200 calories:

- Multigrain crackers topped with  $\frac{1}{4}$  cup light ricotta cheese and 2 Tablespoons dried apricots.
- Laughing Cow cheese spread on cucumber slices.
- Natural applesauce topped with low fat granola.
- Dried pineapple dipped in sugar free dark chocolate sauce.
- Cranberry almond popcorn clusters.
- Light cream cheese spread on an apple.
- 1 cup plain oatmeal topped with  $\frac{1}{2}$  cup fresh berries.
- 1 cup tomato soup combined with 2 Tablespoons low-fat sour cream.

## Garlic Mashed Potatoes:

1 large russet potato, peeled and cut into  $\frac{1}{2}$  inch pieces  
4 cups fresh cauliflower florets  
6 garlic cloves      Water  
 $\frac{1}{4}$  cup low-fat buttermilk  
Salt      Pepper  
1 Tablespoon chopped fresh chives

- 1.) In a large saucepan, combine potatoes, cauliflower, and garlic. Add water (enough to cover tops of items) & cover; bring to a boil over high heat. Once boiling, reduce the heat to simmer. Cook until the vegetables are tender (about 15 minutes); drain and return to the pan.
- 2.) Add buttermilk. With a hand-held blender, puree the mixture until it is smooth. Season with salt and pepper to taste.
- 3.) Transfer the mixture to a bowl and sprinkle chives over the potatoes.

## Cookie Dough Popsicles:

$\frac{2}{2}$  cups skim milk  
 $\frac{2}{3}$  cup light brown sugar  
2 pinches of salt  
 $\frac{1}{4}$  cup + 1 teaspoon mini dark chocolate chips

- 1.) Place milk in a microwave safe bowl and heat for 1 minute, or until warm to the touch. Stir in brown sugar and salt until dissolved. Stir in vanilla.
- 2.) Place  $\frac{1}{2}$  tablespoon of chocolate chips in the bottom of your popsicle molds. Fill to the top with milk mixture. Insert sticks and freeze until solid.