

Move It 2 Lose It

Week 7 Tips:

Snacks under 200 calories:

- Cinnamon graham cracker goldfish.
- Frozen banana tossed in a food processor, topped with slivered almonds.
- Greek yogurt topped with strawberry puree.
- 1 medium zucchini topped with tzatziki dip.
- 1 cup non-fat cottage cheese topped with chopped veggies.
- 1 cucumber drizzled with French dressing.
- Celery dipped in black bean salsa.
- Baked jalapeno cheese puffs.
- Ricotta topped with ½ cup chopped grapes.

- Read your **labels**. Be aware of chemicals, artificial sweeteners and flavors, and fillers hiding in processed foods. *Having less calories or sugar isn't always a positive.*
- Look for foods with larger **servicing sizes**. For example, look for bite sized portions, mini portions, or 100 calorie packs instead of average, smaller serving sizes.
- Eat at the dining room **table** rather than in front of the television. You will be much less likely to overeat this way.
- **Leave the food on the counter** and stovetop rather than serving from the dining room table. This way you will need get up for a second serving, rather than just reach across the table.

HOMEMADE GRANOLA:

2 cups rolled oats
¾ raisins
½ cup sliced almonds
½ cup hulled pumpkin seeds (pepitas)
½ cup agave syrup
2 Tablespoons unsalted butter
¼ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice

- 1.) Heat oven to 325 degrees. Combine oats, raisins, almonds, and pumpkin seeds in a large bowl.
- 2.) Combine agave syrup, butter, salt, cinnamon, and allspice in a small saucepan. Heat over low heat until butter is melted, about 3 minutes. Whisk to blend, and then pour over oat mixture in bowl. Stir to evenly coat pieces.
- 3.) Spread mixture onto one large or two smaller rimmed baking sheets. Bake at 325 degrees for 15 minutes. Stir and rotate pans (if using more than one). Bake an additional 15 minutes until mixture is golden. Transfer from pan to bowl or canister. Serve with fruit and milk, or over yogurt. Store in an airtight container.

All Fruit Smoothies:

Five Fruit Frenzy –

Blueberries, strawberries, banana, peach, mango, and mixed berry juice.

Peach Perfection –

Strawberries, peach, mango, and apple-strawberry juice.

Add ingredients to a blender, add ice, and experiment with juice until you get the desired thickness.

Workout Challenge: **Plank Jacks**

- Begin by starting in a push up position (high plank), legs together.
- Leave hands in the same place the entire time.
- While performing a push up, move your legs apart, then back together (like you are doing jumping jacks).

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

Beginners: 1. Hold arms still (no push up) 2. Move one leg out at a time rather than 'jumping' with both.

VEGGIE FRIES:

Potatoes
Carrots
Sweet potatoes
Parsnips

- 1.) Preheat oven to 450 degrees. Thinly cut veggies, and add to a cookie sheet.
- 2.) Drizzle with olive oil, paprika, and salt. Bake at 450 degrees for 30 for 40 minutes or until crisp.

BURN CALORIES LIKE CRAZY:

Dancing for an hour – 530 calories

Ice skating for an hour – 476 calories

Jumping rope for 10 minutes – 125 calories

Wrapping presents for an hour – 88 calories

5 minutes of **jumping jacks, push-ups, and sit-ups** – 45 calories

Cheering on your favorite sports team for an hour – 224 calories

Power walking for 20 minutes after dinner – 97 calories