

# Down a Pound

## NEWSletter

### Special points of Interest

- Exercise Snacks
- Recipe of the week

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## Exercise Snacks

What should you eat before and after working out? This is one of the most frequently asked questions among Down a Pound participants. For the purpose of weight loss and fat reduction, here are your best options.

**Pre-Workout Snacks:** One way to burn fat is to work out on an empty stomach (no food for 2-3 hours). This helps your body tap into fat stores which

aids your body in burning more fat. However, when the body is burning fat for fuel during exercise, it inevitably means that you are working out at a lower intensity. Because of this, we only suggest working out on an empty stomach for morning cardio.

To really blast through fat stores during resistance training like VTX Storm workouts, you need to be in the carbohydrate-burning zone. When your body is using carbohydrates to fuel exercise, it means that you are burning



more calories per minute. Choose a satisfying snack, but keep the high calorie additions to a minimum if you are trying to lose body fat. Give yourself 30-60 minutes to digest and then hit a high intensity workout. Great pre-workout options that are low in calories and fat are an apple or banana, non-fat or fat-free yogurt, or a whole wheat English muffin or toast.

**Post-workout Snacks:** Avoid carbs 2 hours after working out. Carbohydrates spike insulin levels, which blocks fat burning. By keeping insulin levels low after a workout you are keeping your body in a "fat burning zone". Great high protein post-workout snacks include almonds, a low-carb protein shake (10 grams of carbs or less), hard boiled eggs, and turkey jerky. Avoid protein bars as they are full of carbs as fillers.

### Need Energy? Snack!

Not only does snacking keep you from overeating at meal-times, it keeps your energy up throughout the day because you are constantly giving your body fuel. Eating

5-6 times per day also keeps your metabolism firing. Besides avoid junk food, avoid "energy bars" as well. Most are just candy bars in disguise. Try an apple with peanut butter for a sweet, crunchy, and creamy combo. It packs nutrients and fiber, and the healthy fats from peanut butter deliver energy that last.

### Which Kind of Protein Powder is Best for Weight Management?

Whey all the Way! Studies show that achieving and maintaining a healthy weight can add years to your life and prevent weight related complications, including diabetes, cancer, and heart disease. Diet plays a key role in any weight management program and adding whey protein often makes a positive difference. First of all, your body requires more energy to digest protein than other foods (thermic effect) and as a result you burn more calories after a protein meal. Whey protein isolate is pure protein with little to no fat or carbohydrates, making it a perfect low carb high protein post-workout snack.

Recent studies by Dr. Donald Layman, a professor at the University of Illinois,



“Waiting for  
hunger ... is  
planning to  
overeat!”

have highlighted the role of the essential amino acid leucine in improving body composition. High quality whey protein is rich in leucine to help preserve lean muscle tissue while promoting fat loss. Whey protein contains more leucine than milk protein, egg protein and soy protein.

Whey protein helps to stabilize blood glucose levels by slowing the absorption of glucose into the bloodstream. This in turn reduces hunger by lowering insulin levels and making it easier for the body to burn fat.

Last, whey protein contains bio-active components that help stimulate the release of two appetite-suppressing hormones: cholecystokinin and glucagons. Adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal.



## Recipe of the Week: Green Goddess Pasta

*This dish is delicious, and sneaks in a lot of vegetables to fill you up with minimal calories. Great for dinner and to reheat for lunch!*

### Ingredients:

4 cloves garlic, minced  
3 tablespoons olive oil  
6 tablespoons whipped butter or butter substitute  
5 teaspoons sea salt  
8 ounces whole wheat pasta shells  
2 zucchini, halved lengthwise and cut into 1/4-inch slices  
1 broccoli crown, cut into bite-size florets (about 2 ½ cups)  
½ bunch (about 4 ounces) kale, cut into ½ inch strips  
½ teaspoon pepper  
¼ cup pine nuts

Serves 4

In a 1-quart saucepan over low heat, combine the garlic and coconut oil and cook, swirling occasionally, until the garlic is fragrant and starting to brown, about 3 minutes. Remove from the heat, add the butter, swirling until it melts, and set aside.

In a 4- to 6-quart stockpot over high heat, combine about 3 quarts of water with about 1-1/2 tablespoons salt. Bring the water to a boil, add the macaroni, and cook according to the package directions until about 1 minute shy of being done. Stir in the zucchini, broccoli, and kale. Cook until the vegetables are tender and the pasta is cooked, about 1 minute.

Drain the pasta mixture, reserving 1/2 cup of the pasta cooking water. Return the mixture to the pot and stir in the garlic butter, pepper, 3 tablespoons of the pine nuts, and the remaining 1/2 teaspoon of salt. Transfer the pasta to plates or a platter, garnish with remaining 1 tablespoon of pine nuts, and serve.

*Calories: 320.0, Fat: 24.1g, Cholesterol: 0.0mg, Sodium: 155.8mg, Carbs: 24.1g, Dietary Fiber: 6.0g, Protein: 6.6g*