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“There is no happiness except in the realization that we have accomplished something.”

Down a Pound

NEWSletter

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Weekly Motivation

It's motivating to think about how good you will look after that gym session, however putting your motivation into actually getting to the gym can be more helpful. People are more active when they focus on **HOW** they'll fit in exercise-like packing their gear the night before-rather than **WHY** they should do it.

Recipes of the week

Chocolate Banana Pancakes

These delicious pancakes provide 46 grams of filling protein, which will tide you over and keep you energized until lunch!
1 Serving

INGREDIENTS:

- 1/8 cup fat-free or low-fat cottage cheese
- 1/4 cup egg whites
- 1 1/2 scoops of chocolate protein powder
- Nonstick cooking spray
- 1 medium banana, sliced
- 1 tbsp. sugar-free maple syrup

1. Place cottage cheese, egg whites, and protein powder into a blender. Blend thoroughly.
2. Spray a pan with cooking spray and place over medium heat.
3. Pour or scoop the batter into the pan. Cook on both sides until brown, about 2 minutes per side.
4. Top with banana slices and syrup. Serve.

Calories: 330 Total Fat: 3g
Carbohydrates: 33g Dietary Fiber 4g Protein: 46g

Creamy Potato and Leek Soup

Adapted from *The Great American Detox Diet*, by Alex Jamieson (Rodale Press, 2005).

This soup is both filling and low in calories, and satisfies with a creamy consistency - yet has no dairy! Great to bring for lunch or as a side with dinner.

4-6 Servings

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 leeks, white and light green parts washed and sliced into 1/4-inch slices
- 2 cups chopped yellow onion
- 1/2 teaspoon sea salt
- 3 cloves garlic, minced
- 2 large Yukon Gold potatoes (about 1 pound), peeled and cubed into 1/2-inch cubes
- 4 cups vegetable stock
- 2-3 teaspoons fresh rosemary leaves

1. Heat a 4-quart soup pot over medium heat and add the oil.
2. Add the leeks, onion, and sea salt and sauté

- for about 5 minutes, stirring often, until the onion begins to turn translucent.
3. Add the garlic and stir well. Cook for 1 minute more.
4. Add the potatoes and vegetable stock, cover, and bring to a boil. Reduce heat to simmer. Cook 20 minutes.
5. Remove the soup from the heat and use an immersion/stick blender to blend the soup in the pot or ladle the soup into a blender, 1 cup at a time. Blend the soup with the fresh rosemary leaves until smooth and free of chunks. Pour smooth soup into a heat-proof bowl and continue until all of the soup has been blended.
6. Transfer the blended soup back to the original soup pot and warm over low heat until heated through. Serve hot.

Calories: 127 Total Fat: 6g
Carbohydrates: 14g Dietary Fiber: 3g Protein: 4g

11 Ways to Cut Calories

Anyone who's ever tried to lose weight knows it takes work. But it may not require as much as you think. Instead of trying to launch your weight-loss program by trying to change everything at once, try starting small. Drastic attempts rarely ever work.

The simple solution? Make incremental adjustments to your eating and exercise habits that can shave calories here and there for maximum impact. For example, consuming just 100 fewer calories each day is enough to avert the 1 to 2 pounds the average person gains each year. You won't see dramatic changes immediately, but small tweaks like these can, and will, pay off over time.

1. Order two appetizers

Instead of an entree, that is. It's no big secret that serving sizes at restaurants have grown exponentially over the last couple of decades. So rather than ordering a main course, choose a pasta dish and salad or soup from the appetizer column. The smaller sizes here won't wreak havoc on your dietary goals.

2. Visit the vending machine

Nibbling on single servings is better than digging your way to the bottom of a megabag of chips. Just don't bring a whole roll of quarters along during your next snack attack.

3. Start with salad...
and eat less during the rest of the meal.

4. Stick a fork in it

If you prefer your salad dressing on the side, dip your fork into it before stabbing your greens. That little maneuver could cut 500 calories.

5. Watch coffee calories

The fancy concoctions



that are now the java of choice for many people can contain as many calories as an entire lunch. A 16-ounce Starbucks Café Mocha with whole milk, for instance, packs 400 calories—the same number as in a grilled-chicken sandwich—along with 22 grams of fat and 33 grams of sugar. If a regular cup of joe bores you, slim down your latte by going with skim or 2 percent milk.

6. Walk and talk

The next time a call on your cell phone keeps you yakking for a while, slip on your walking shoes, and stroll the halls at work or hoof it outside. If you did this for 10 minutes every workday at a moderate 3 mph pace, you'd burn about 1,000 calories a month and lose 3 pounds a year.

7. Crack a nut

Dieters who eat a handful of peanuts or mixed nuts daily are more likely to keep weight off, nuts provide healthy fats that keep you feeling full and energized. Count out 15 almonds or cashews or 30 pistachios to keep your consumption in check.

8. Don't just sit there

The average person burns 100 calories per hour sitting and 140 per hour standing. Get on your feet two hours a day while you work, and you could drop an extra 6 pounds over the year.

9. Sleep well, lose more

Sleep loss may hinder your efforts to lose extra pounds. Insufficient shut-eye appears to increase production of the stress hormone cortisol, which regulates appetite. High levels seem to worsen bingeing and hunger; moreover, too little sleep could keep your body from burning carbohydrates, which translates to more stored body fat.

10. Double your protein

The high-protein, low-carb approach may help keep you from losing muscle along with fat. The secret: the amino acid leucine, found in beef, dairy, poultry, fish, and eggs.

11. Keep an exercise journal

Writing down your fitness achievements is a great way to track your progress, give yourself positive feedback, and maintain focus on your goals.