

# Down a Pound

## NEWSletter

### Special points of Interest

- How to Get Past Weight Loss Plateaus
- Low Carb Plateau Breaking Recipes
- Sample Carbohydrate Cycling Menu Plan

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### How to Get Past Weight Loss Plateaus

Plateaus are a normal but frustrating part of any weight loss journey. Just when you've started to get the hang of a new lifestyle your body stops responding to the hard work that you are doing. The reason for plateaus is that as your body changes, it starts to get 'used' to the new weight and wants to settle there, to avoid starvation. It senses that it's not getting as much food as it used to so it tries to hold onto what you're giving it. Or it's getting used to the exercises you're doing, so it's not responding the same

way. Basically, your body is leveling out, hence the term plateau.

However, there are ways to power through plateaus and stay on track with your weight loss. These simple steps can help recharge your body and put it back into fat-burning, weight-losing mode. What you need to do is change up what you've already been doing so that your body has to respond, including *increasing your calorie intake slightly, increasing the intensity of your exercise plan, adding more protein to your diet,*

*and drinking more water.*

For a more advanced approach, try *carbohydrate cycling. This is the practice of lowering carbs for 2-3 days and then bringing your carbs back up to your recommended amount for 1-2 days, instead of just keeping your carb ratios the same all the time.*

This keeps your metabolism from slowing down and makes sticking to your 'diet' easier knowing that you will be able to eat higher carbs and calories in a few days.

### Low Carb Plateau Breaking Recipes

#### Low-Carb Pancakes

Serves 1

#### INGREDIENTS:

3 oz. cream cheese, softened in microwave  
2 eggs  
1 tsp. ground cinnamon  
1 tbsp. sugar-free maple syrup  
Butter to taste

Beat together thoroughly, no lumps allowed! Pour on a

Pam-sprayed skillet on low/medium heat for 4 minutes. Flip and let fry

for another 1-2 minutes. Top with sugar-free syrup and butter.



Calories:  
210 Total  
Fat: 11g  
Carbohydrates: 8.0g  
Dietary Fiber: 0.2g  
Protein:  
15g

**“It’s not where you are today that counts. It’s where you are headed.”**

## Buffalo Chicken Wings

Serves 8

### INGREDIENTS:

1 large egg  
1 cup cider vinegar  
½ cup canola oil  
1 tsp. salt  
½ tsp. pepper  
½ tsp. garlic powder  
½ tsp. celery salt  
1/8 tsp. cayenne  
2 pounds chicken wings, separated at joint and wing tips discarded  
Light blue cheese dressing to taste.

1. For the wings, preheat oven to 450 degrees.
2. Beat egg in a medium bowl. Add vinegar, oil, salt, pepper, garlic powder, celery salt and cayenne; stir until well combined. Dip chicken pieces into marinade and arrange on a large baking pan.
3. Bake 30 minutes, turning and brushing with marinade several times, until wings are crisp.

4. Serve wings hot with dipping sauce.  
*Calories: 640 Total Fat: 28 g Carbohydrates: 2g Dietary Fiber: 0g Protein: 31g*



## Low Carb Coconut Layer Cake

Serves 12

### INGREDIENTS:

8 eggs  
1 ½ cup granular sugar substitute  
1 tbsp. coconut extract  
2/3 cup soy flour  
1 tsp. baking powder  
2 cups unsalted butter substitute, melted and cooled  
6 large egg whites  
¼ tsp. salt  
2/3 cup unsweetened shredded coconut

- a rubber spatula to combine.
4. Fold in ½ cup melted butter. Then pour batter into prepared pans.
5. Bake for 22 minutes



- and salt until temperature reaches 130°F.
9. Transfer whites to mixing bowl and beat on high speed until cool and fully whipped.
10. Reduce speed to medium and beat in 1 1/2 cups room temperature butter 1 tablespoon at a time until well combined, thick and creamy, about 10 minutes - do not rush the process.
11. Place one cake layer on serving plate.
12. Mix 1 cup frosting with half the coconut; frost bottom layer. Place top cake layer over bottom layer. Cover top and sides with remaining frosting and pat remaining coconut over frosting.

1. Heat oven to 350°F. Grease two 8-inch cake pans; line bottoms with parchment paper; then grease the paper.
2. With an electric mixer on high, beat whole eggs, ¾ cup sugar substitute and extract until ribbons form, about 5 minutes.
3. In 3 additions, sift soy flour and baking powder over egg mixture; fold in with

- until cake springs back in middle when lightly touched.
6. Cool in pans on wire racks 5 minutes.
7. Line racks with paper towels and invert cake layers. Gently peel off parchment and cool completely.
8. For frosting: in a double boiler or a bowl placed over simmering water, whisk egg whites, ¾ cup sugar substitute

- Calories: 320 Total Fat: 18g Carbohydrates: 7g Dietary Fiber: 1g Protein: 8g*

**“Nothing is particularly hard if you divide it into small jobs.”**

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## 80 Calorie

### Fettuccine Alfredo

(from Hungry Girl)  
1 Serving

#### INGREDIENTS:

1 package Tofu Shirataki  
Fetteccine Shaped Tofu  
Noodles (available at  
Whole Foods)  
½ wedge The Laughing  
Cow Light Cheese  
1 tsp. Low Fat Sour  
Cream  
2 tsp. Kraft Reduced Fat  
Parmesan Cheese  
Salt & Pepper (if desired)

1. Rinse fettuccine noodle VERY well. Microwave them for one minute, then drain them and pat dry with paper towels. It is important to make sure they are completely dry.
2. Add cheeses and sour cream. Mix thoroughly. Microwave to help melt the cheese further, and mix some more. Add salt and pepper to taste.



Calories: 80 Total Fat: 3g  
Carbohydrates: 9g Dietary  
Fiber: 4g Protein: 4g

## Sample Carbohydrate Cycling Menu Plan

### Lower Carb Day

#### Breakfast:

*Southwestern omelet with tomatoes, avocado,  
and turkey bacon*

#### Snack:

*Celery stuffed with herb cream cheese*

#### Lunch:

*Fettuccine Alfredo (recipe in newsletter)*

#### Dinner:

*Buffalo Hot Wings (recipe in newsletter)*

### Higher Carb Day

#### Breakfast:

*Low carb pancakes (recipe in newsletter)  
with strawberry and banana slices*

#### Snack:

*Almonds*

#### Lunch:

*Grilled turkey burger with  
pepper-jack cheese and green salsa*

#### Dinner:

*Herb roasted chicken, brown rice, and salad  
with oil and vinegar.*