

# Down a Pound

## NEWSletter

### Special points of Interest

- Tips to Stay on Track
- Multitasking Stanzas
- Substitute Recipes

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### It's Not a Diet, It's a Lifestyle Tips to Stay on Track on the Down a Pound Program

#### You're Not Too Busy to Cook.

Cooking some eggs in the morning or packing a sandwich for lunch is actually more time efficient than going slightly out of your way on the way to work to go through the drive through or driving to a restaurant on your lunch break. To save even more time, plan a 1-2 hour time block to prepare foods at the beginning of the week that you can grab and warm up when needed. Another great tip is to make double (or even triple) portions when cooking, and freeze the rest in individual portioned containers. You will have microwavable meals available at anytime without the preservatives!

#### Always Order an Appetizer

If you plan to go out to dinner, don't forget to plan. Always be sure to look at the menu online before you go. If you can't do that, scan the menu once you get to the restaurant and look for



things in each section that look like good choices. Your best bet is to order a healthy appetizer such as a side salad or broth based soup to cut hunger, and tell your server not to bring the chips or breadbasket. As for the entrée, stay with grilled proteins and double vegetables. One thing to always skip is the pasta, a lot of restaurant pasta dishes have three or four servings on one plate.

#### Find an Exercise Routine That Works

It is important to find the right exercise routine that you'll stick to. Whether its 30-60 minutes of jogging or

taking one of the group fitness classes at New Beginnings, it is important to find what you enjoy. It is also important to stick to strength training at least two times a week, hiring a trainer or taking a toning class at New Beginnings will help you stay committed and on track. When you build your muscles, your metabolism speeds up and then you're burning more calories throughout the day.

#### Avoid Your Food Weaknesses

Never order or buy your 'trigger' foods, wait to have them when you get home and can make a

"The timing will never be perfect for you to pursue your dream, so you might as well start now."  
-Chris Voss

## Tips to Stay on Track on the Down a Pound Program *continued...*

healthier version. This will keep you on track and keep you from feeling deprived. If you need help finding a healthier version of a certain food, contact your Down a Pound coach.

### Navigate the Fast Food Menu

Sometimes fast food stops are unavoidable. But if you feel like you're powerless to the call of fried food, get creative. An example would be to order a chicken sandwich, then pull out the chicken and put it on a salad. Or you can order a salad with chicken on it but then get a chicken sandwich and take the chicken breast out to have double protein.

### Calories Count

While your weight loss plan may include many factors, don't forget that calories do count. Some people believe that as long as they are making healthy choices, calories don't matter. Eating healthy foods will make you feel full and more energized but when it comes down to it, the only weight to gain is to eat more calories than you burn. Use your Down a Pound journal to keep track of calories and as a tool to plan meals ahead. The most successful people, if they're trying to lose or even maintain weight, are people that can think ahead. If you know you're going out to dinner, and you know you want to make certain

choices that night, alter how you eat throughout the day. Don't starve yourself, but don't make the bad choices during the day if you know you want to splurge a little at dinner.

### Indulge Wisely

Live by the 80/20 rule. Make sure 80 percent of the choices you make are good, and only 20 percent of the choices are less than ideal. When you do indulge, be wise about it. Some good strategies are to share dessert, or order a healthy dinner and taste other fellow companions' more indulgent fare.

## Multitasking Stanzas

When you are pressed for time, try these multitasking stanzas to get the most out of your workouts.

**Thursday**  
**Upper Body Burner**  
10-1: Bicep Curls on Knees  
1-10: Tricep Push Ups (See Image)

**Friday**  
**Arm and Thigh Trimmer**  
10-1: Shoulder Press to Tricep Extension with One Dumbbell  
1-10: Ball Squeezes

**Saturday**  
**Back and Leg Chiseler**



10-1 each side: Stork Stance Row  
1-10: Wide Squat with Heavy Dumbbell

**Sunday**  
**Rest**

**Monday**  
**Leg and Arm Sculptor**  
10-1 each side: Bulgarian Split Squat (see image)  
1-10: Arm Curls



**Tuesday**  
**Chest and Ab Shredder**  
10-1: Push Ups  
1-10: Butt Elevations

**Wednesday**  
**Rest**

## Craving Substitutes Recipes

### Crispy White Pizza

*Entire pizza only 200 calories!*

Serves 1 (Eat entire pizza!)



#### INGREDIENTS:

1 large low-carb, high-fiber, burrito-size tortilla with about 100 calories (like this kind by La Tortilla Factory)  
1/3 cup fat-free ricotta cheese  
1 tbsp. shredded part-skim mozzarella cheese

1/4 cup thinly sliced onion  
1/4 tsp. garlic powder  
1/8 tsp. salt, or more to taste  
Dash black pepper  
4 thin slices plum tomato  
4 fresh basil leaves

1. Preheat oven to 375 degrees.
2. Put tortilla on a baking sheet sprayed lightly with nonstick spray. Bake in oven until slightly crispy, 3-5 minutes per side. Leave oven on.
3. In a small bowl, mix ricotta cheese with mozzarella cheese. Set aside.
4. Bring a skillet sprayed with nonstick spray to medium heat on the stove. Add onion and, stir-

ring occasionally, cook until softened and slightly browned, about 5 minutes. Immediately stir onion into cheese mixture. Add garlic powder, salt, and pepper, and mix well.

5. Spread cheese-onion mixture evenly on top of the tortilla. Top with tomato slices and basil leaves. If you like, sprinkle with a dash of salt.
6. Return pizza to the oven and bake until hot, about 5 minutes. Slice and enjoy. Pizza for one!

*Calories: 200 Total Fat: 3.25g Carbohydrates: 15g Dietary Fiber: 7g Protein: 17g*

### Loaded Mashed Potatoes

Serves 1

#### INGREDIENTS:



3 oz. cubed red potatoes (about 1 - 2 small potatoes), not peeled  
1 1/2 cups chopped cauliflower  
1 1/2 tbsp. fat-free sour cream  
1 tbsp. fat-free non-dairy liquid creamer  
1 slice fat-free American cheese

1 tbsp. real bacon bits  
1 tsp. chopped chives  
dash salt  
Optional: black pepper, additional salt, to taste

1. Place potatoes and cauliflower in a medium microwave-safe bowl with 2 tbsp. water. Cover and microwave for 6 minutes, until very tender.
2. Once the bowl is cool enough to handle, drain any excess water. Transfer potatoes and cauliflower to a large bowl, and set the medium bowl aside for later use.
3. Add creamer, sour cream, and salt.

Using a potato masher or fork, mash until completely blended. If you like, season to taste with pepper and additional salt. Place mixture in the medium microwave-safe bowl.

4. Lay cheese slice over the potato-cauliflower mixture. Microwave for about 30 seconds, until the cheese has melted.
5. Top with bacon bits and chives. Enjoy!

*Calories: 180 Total Fat: 2g Carbohydrates: 28g Dietary Fiber: 5g Protein: 13.5g*

"A year from now you may wish you had started today".  
-Karen Lamb

## Red Velvet Cupcakes

Serves 12

### INGREDIENTS:



### Frosting:

6 tbsp. Jet-Puffed Marshmallow Crème  
6 tbsp. Cool Whip Free, thawed  
¼ cup fat-free cream cheese, soften  
1 tbsp. Splenda

### Cupcakes:

1 cup Pillsbury Moist Supreme Reduced Sugar Cake Mix, Devil's Food  
1 cup Pillsbury Moist Supreme Reduced Sugar Cake Mix, Class Yellow  
Two 25-calorie diet hot cocoa mix packets

½ cup Egg Beaters  
¼ cup mini semi-sweet chocolate chips, divided  
½ ounce red food coloring  
1 tsp. Splenda  
1/8 tsp. salt

1. Place half of your chocolate chips (2 tbsp.) and the contents of both cocoa packets in a tall glass. Add 12 ounces of boiling water, and stir until chips and cocoa mix have dissolved.
2. Place glass in the freezer until mixture is cold (about 30 minutes). Meanwhile, preheat oven to 350 degrees. In a bowl, mix together marshmallow crème, cream cheese, and 1 tbsp. Splenda until smooth. Fold in Cool Whip. Place bowl in the fridge to chill until cupcakes are ready to be frosted.
3. Once the cocoa in the freezer has chilled, give it a stir, and

pour it into a large mixing bowl. Add the cake mixes, egg substitute, remaining chocolate chips, red food coloring, 1 tsp. Splenda, and salt. Using a whisk or fork, mix batter for about 2 minutes (until smooth and blended). Batter will be thin, but don't worry, your cupcakes will puff up once baked!

4. Line a 12-cup muffin pan with baking cups, and spray lightly with nonstick spray (or simply spray the pan with nonstick spray). Evenly spoon batter into the pan.
5. Place pan in the oven, and bake for 15 - 20 minutes. Cupcakes will look shiny when done. Once cupcakes have cooled completely, evenly spread the frosting over them.

*Calories: 134 Total Fat: 3g  
Carbohydrates: 25g Dietary  
Fiber: 0.75 Protein: 3g*

## Calorie Controlled Chips and Salsa

Serves 1



### INGREDIENTS:

Two 6-inch corn tortillas  
1/8 tsp. salt  
Salsa

1. Preheat oven to 400 degrees.
2. Cut each tortilla in half. Cut each half into 3 triangles, for a total of 12 triangles.
3. Spray a baking sheet lightly with nonstick spray. Place tortilla triangles close together on the sheet.
4. Cover triangles with a

- 1-second spray of nonstick spray (optional). Evenly sprinkle with salt.
5. Bake in the oven until crispy, about 8 minutes, carefully flipping about halfway through bake time.
6. Serve warm with salsa for dipping.

*(Entire recipe, 12 chips)  
Calories: 120 Total Fat: 3g  
Carbohydrates: 22g Dietary  
Fiber: 3g Protein: 1g*