

TIP OF THE WEEK:

Rinse off your canned vegetables (and tell your patients to rinse theirs) before heating.

Canned vegetables are inexpensive, so popular with shoppers, and most of the salt can be washed away.

Quinoa & Broccoli-Avocado Pesto

Ingredients:

- ◆ 1/2 cup quinoa
- ◆ 2 heads broccoli, chopped
- ◆ 2 cloves garlic (or to taste)
- ◆ 1/4 cup olive oil, divided
- ◆ Sea salt
- ◆ 1 avocado
- ◆ 3 oz Parmesan, cut into chunks
- ◆ Lemon juice (optional)
- ◆ 2 Tbsp pin nuts or almonds
- ◆ 1/2 Tbsp butter
- ◆ 1/4 lb mushrooms, sliced

<http://greatist.com/eat/recipes/quinoa-broccoli-avocado-pesto>

Preparation:

Rinse the quinoa & then place in a small saucepan with 1 cup of water & boil. Reduce to low heat & cover. Allow to simmer for 15 minutes. Then turn heat off & leave covered for 5 minutes, then uncover & fluff with a fork.

Preheat: Oven to 425

Combine: Broccoli, garlic & 1 Tbsp olive oil & sprinkle with sea salt. Put on pan and roast for 15 to 20 minutes. Stir about 1/2 through process. Set 1/2 cup broccoli aside.

Combine in food processor: Remaining broccoli, garlic, avocado, Parmesan & 3 Tbsp olive oil. Blend. Stir in lemon juice to taste.

Mix 1/2 cup broccoli pesto & reserved broccoli into cooked quinoa.

Over medium heat, cook pine nuts for 2-3 minutes. Then remove from pan & add to quinoa. In same pan, add butter and sliced mushrooms. Cook until brown. Add to salad & serve with remaining pesto on the side.



Take a Hike - Apple Orchard Falls



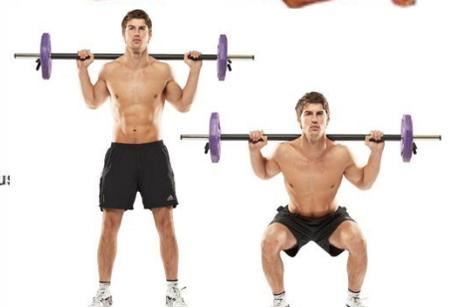
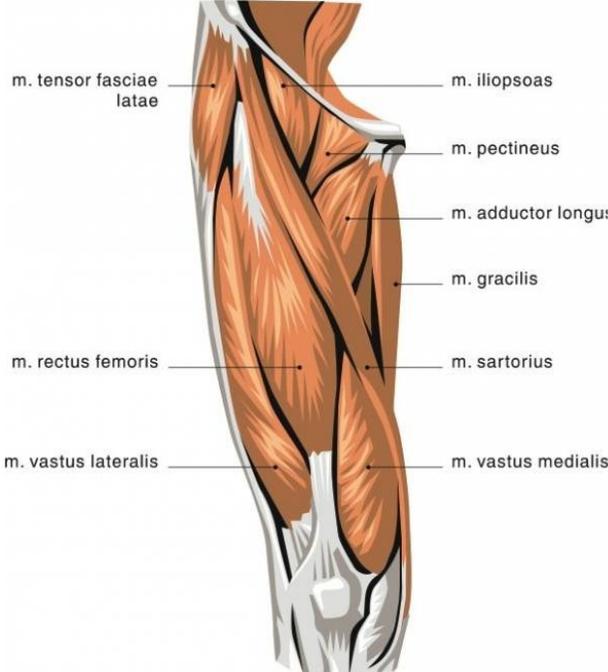
Apple Orchard Falls is a 7.5 mile loop in the Jefferson National Forest just a short drive north on I-81. It's a great hike with a pretty waterfall. It's worth the trip. Here are directions:

- To get to the FR 59 trailhead:
Take I-81 to exit 168
- Follow Rt. 614 for 3+ miles
- Turn left onto FR 59 at the North Creek Campground sign
- Follow for 4 miles. Road ends at trailhead
The Apple Orchard Falls Trail leads left out of here; the Cornelius Creek Trail is to the right.

http://www.trimbleoutdoors.com/ViewTrip.aspx?tripId=525996&utm_source=embedmap

Exercise What You're Learning

WARNING:
EXERCISE HAS
BEEN KNOWN TO
CAUSE HEALTH
AND HAPPINESS



Get the Facts - Starvation Mode

Myth:

I am hardly eating anything and I am gaining weight. My body is in starvation mode, holding onto all the calories and I need to eat more to get out of starvation mode/lose weight.

Fact:

Working with clients, friends, and family, I have heard this statement more than I would have liked to. The thought is that because you are eating “so little” the body shuts down and all of those calories go to fat for storage for emergency. This is mostly myth but there is some truth to it (as is the case with most Fit Myths).

Time to dive into the research and physiology!

What actually happens when in an isocaloric state (consuming less energy than you are using) is a phenomenon known as Adaptive Thermogenesis (AT). AT causes a decrease in a person’s Resting Metabolic Rate (RMR), the rate of energy expenditure of the body at rest. For example, if you burn 2,000 kcal at complete rest and begin consuming 1,000 kcal per day, that 2,000 kcal requirement will drop. The amount and timing of this drop have been extensively investigated but no mechanism has been found.

Interestingly, this has been under investigation since the early 1920’s. What we have discovered in that time boils down to two facts:

- The leaner a person is, the more that person’s RMR decreases while on an isocaloric diet
- At extremely low calorie diets, RMR decreases by only 200-500 kcals

So how does this affect you trying to lose fat? Well, the thought that eating too little retains weight violates the fact that you will lose weight if you consume less energy than you use (see *Wellness Weekly Issue 1 – Get the Facts*). Basically, as you drop your calorie count there is compensation but only to the degree of one moderately sized meal. As we hit this plateau, a little nudge may be needed, but it is possible to overcome.

Conclusion:

If you have started a workout and nutrition regimen with the goal to lose fat, do not get discouraged if a plateau is reached. This just means you are headed in the right direction. It’s your body’s way of saying “you got this.” To get past this hump you can continue to drop calories or substitute with more exercise (less energy consumed or more energy expended). To end with a quote on the topic from Alan Aragon’s Research Review, “Ultimately, it’s important to realize that the difficulties surrounding obesity are more closely related to the psychology of behavior than a decrease in metabolic rate.”

Article by: Adam Heilmann

Pyramid Push-up & Pull-up Workout

Pyramid workouts are a great way to challenge yourself. Here's one to try with push-ups and pull-ups.

1-2-3-4-5-6-5-4-3-2-1 pull ups alternating
with 2-4-6-8-10-12-10-8-6-4-2 pushups

Start with a pull-up and then do 2 push-ups, then 2 pull-ups then 4 push-ups, and so on. Challenge yourself to climb higher and then come back down, or time yourself to see how fast you can do it.

Workout Submitted by: Chris McLaughlin

*Have a
Wonderful
Weekend!*

Date Night Dinner - Chicken & Spinach Balti

Ingredients:

Marinade:

- 1 inch piece of ginger (peeled)
- 2 cloves of garlic
- 1/4 tsp salt
- 1 lime (juice only)
- 1/2 tsp ground coriander
- 1/2 tsp chili powder
- 1/2 tsp ground turmeric
- 1/2 tsp ground cumin
- 2 chicken breasts cut into bite sized pieces
- 2 1/2 oz plain yogurt

Curry:

- 1 Tbsp sunflower oil
- 1 red onion (finely sliced)
- 2 tomatoes (chopped w/o seeds)
- 1 Tbsp tomato puree
- Splash of water
- 2 1/2 oz double cream
- 5 oz baby spinach leaves

Preparation:

Marinade:

Finely chop the ginger and garlic. Sprinkle with salt. Add the lime juice, coriander, chili powder, ground turmeric, and cumin. Mix well. Add the chicken pieces and the yogurt. Coat the chicken. Let sit for 10-15 minutes.

Curry:

Heat the oil in a frying pan over low heat. Add the onion and cook for 10-15 minutes. Add the tomatoes and tomato puree. Cook for another minute. Add the chicken and a splash of water. Pour in the cream and heat at a simmer for 10-15 minutes. Add the spinach and stir until it's wilted. Sprinkle with coriander.

Serve:

Serve curry atop a bed of basmati rice and a bit of chopped fresh coriander leaves.



http://www.bbc.co.uk/food/recipes/chickenandspinachbal_86977