



## Weekly Tip:

As much as I joke about shoes and even though I have been heard to say, “If the shoe fits it’s probably ugly!”, there is nothing funny about improper fitting workout shoes. Your feet must have the proper support from your footwear if you are going to get the most out of your workout. Without proper support, your posture will be incorrect resulting in an inability for you to properly work the muscles you intend to. Shoes that are too big or too small can also lead to accident and injury.

When buying fitness shoes—shop for them late in the day when your feet are at their largest. Make sure that there is a half an inch in front of your biggest toe and that you can easily wiggle all five. Slip off the shoes and compare them to your bare feet. If they aren’t obviously longer and wider than your feet—go up 1 size!

Happy Shoe Shopping!

## Behind the scenes

If you know me or read my blogs at all, you will know that before I ever decided to study nutrition or fitness or business, I worked in the restaurant industry. I have been a dishwasher, waitress, bartender, cook and worked my way up to hotel general manager. If it is a job in a restaurant or hotel, I have done it.

So knowing this, many people ask me what I recommend for healthy eating in restaurants. And this is always a very very hard question to answer because there are so many things to look at, so many things that go on behind the scenes that affect the food you order, I almost don’t even know where to begin.

Now days, many restaurants have healthier options on their menu and they list the calorie, fat and sodium contents of complete meals. If you are watching what you eat and are looking for weight and heart healthy options, my first bit of advice would be to eat at those restaurants and order off those menus. If they publish it, they will abide by it and you know what you are getting. Now that being said, what secrets can I share with you about the other restaurants? What should you avoid and why? Well let’s see let’s start with the most obvious...

**Fry the fryer** - Even if a restaurant uses and advertises trans-fat free oils, they are still frying your foods in fat. Enough said. French fries are never the best side dish choice and avoid pan-fries or hash browns for the same reason—different versions of the exact same thing.

**Rue the rue** - gravies, cream sauces and creamed soups are thickened with the exact same thing in most restaurants, rue. Rue is a creamy paste made from oil and white flour—a perfect thickening agent for restaurants because it is cheap, easy and versatile. It won’t change the flavor of whatever you use it in and it gives a great smooth finish. Great for food appearance and restaurant budget—bad for your heart and waist. Not to mention that bulk-produced bases are so high in sodium they will make your lips pucker.

**Be Still the Grill!** - Most people choose to have their food grilled thinking that it is a healthy restaurant choice. Wrong. While opting for the grilled chicken instead of the fried chicken may be healthier, it does not make it healthy. Restaurants don’t use ceramic non stick pans or high-cost non stick cooking sprays. They use stainless steel grills and good old fashioned oil. And they don’t just oil it a bit—they can’t afford to have anything stick because then it won’t be served, not to mention they need a great browning to it so you like what you see when it is served—how do they get these two things while grilling your food? Fats and lots of it. Unless a restaurant specifies how and what they use for grilling, don’t assume that you are choosing a healthy option. You can add hundred of calories and dozens of fat grams to every item just with how it is prepared.

**Shake the baked** - Any baked dessert selection is bad for you. Why? Because chances are that they are made with white flour, sugar and as much fat as possible in order to preserve the fluffy texture and appearance of a professional baked good. When your business relies on impressing people through sight and taste, there is no healthy substitutions especially any that will cost more money. So unless an item specifies how and with what it was made—avoid the dessert menu all together!

These are just some of my tips on what to avoid while eating in a restaurant—feeling discouraged? Think that you can never eat out again and still watch your waist line? Don’t panic—here are a few things you can choose...

**Broth soups**—while higher in sodium, they are usually consistently low-fat. Insider tip—avoid the minestrone!

**Baked or poached meats, potatoes and eggs.** These cooking methods have the lowest levels of fats added during the cooking process.

**Tomato sauced meals**—tomato sauce, like other sauces is rarely thickened with rue or anything else other than paste. Again, a sodium-high choice but lower in fat and calories.

Whatever you choose—just remember that whenever you consume foods that are prepared by others—you can never guarantee what is in them or how they are prepared. If you are watching your weight—eat at home more often!

# Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!  
Straight from Michelle's kitchen!



Michelle's Blog:

[www.butterflyconsultations.com/blog](http://www.butterflyconsultations.com/blog)

## Sera's Poached Salmon Pasta Salad

*My 6 year old saw this on a cooking show and just had to try it—so we made it our own and now it will be a family favourite forever! Let your kids help with this one - and add their favourite raw veggies—if they make it, they will eat it—and LOVE IT! A great way to turn a salad into a meal!*

**Pasta** - Cook 4 cups of dry whole wheat short pasta (rotini, macaroni, penne) until tender—rinse under cold water and set aside.

**Salmon** - In a deep sauce pan, bring enough water to cover salmon to a simmer - then add 1 cup of white wine, 2 slices of lemon, a teaspoon of whole peppercorns and 2 bay leaves—simmer again. Add 1 or 2 salmon fillets skin-side down to pan, ensuring they are completely covered by liquid. Let simmer for about 10 minutes. Remove from pan and let cool—remove skin and break into pieces, adding to pasta.

**Dressing** - Combine 1 cup no-fat mayo with 1 cup fat free plain yogurt, 2 tablespoons (more or less to taste) of Dijon mustard and two tablespoons olive or flax oil—mix well. Add to the pasta, mix until well coated.

**Add** a cup each of raw, bite-sized pieces of green beans, red & yellow bell peppers and green onions (1/2 cup). Add 2 tbsp of fresh chopped dill and a tbsp of whole capers. Mix well—serve with a garnish of lemon wedge.

## Got the munchies???

I have a huge confession to make—I am an obsessive snacker! Honestly—I have zero self control and will eat constantly, all day long, just like a termite. And just like a termite—I will eat whatever is in front of me, It is my compulsion for eating that lead me to study nutrition in the first place because I knew that if I didn't learn how to snack well, I would double my size each and every year. Honestly, I am not joking—I could do it! What I learned in school and through my practice has saved my health and my waistline and now I want to share some of my best snacking tips with you! As most of you already know, I recommend snacking, not just because I want to snack myself but because maintaining a consistent blood sugar level throughout the day will benefit your health and provide you with the nutrition, energy and weight maintenance that you want! Snacks are important for you, even yes (GASP!) a bedtime snack!! Three snacks and three small meals a day is what I recommend!

So now on to my tips...

#1 - Clean out your cupboards! When you are hungry and looking for a little something, it is important not to be tempted with those that you truly don't want in case you succumb to their temptation in a moment of weakness! Rid your home of chips, candy, ice cream, crackers, chocolate... everything that you know you shouldn't be eating. You don't need them taking up counter space and calling out to you behind the cupboard door. Stock up only on those snack foods that you can indulge in guilt-free!

#2 - Prepare bite sized veggies in advance. After you grocery shop, take an hour to wash and cut your fresh produce into bite-sized pieces and store in water or an air-tight container in your fridge for easy snacking and packing. The more convenient you make healthy choices, the less likely you will be to grab something from a package. It also saves time when preparing meals and will encourage you to use more veggies when most of the work is already done!

#3 - Pack a lunch! Even when you are going out for the day shopping—bring along your own healthy snacks for the road! If you are driving by a fast food restaurant—you are more likely to stop if you are feeling a little growly, but if you can reach into your bag and pull out a homemade granola bar—you can resist temptation!

#4 - Don't be afraid of fat! A little fat of the right kinds goes a long way to satisfying your hunger because it takes longer to digest! That is why a Big Mac keeps you full longer than a salad! But when I say to add a little fat to your snacks—I am not condoning the saturated fats in a Big Mac, but the Unsaturated and Omegas you can find in nuts and fish. Try dipping your apple slices in peanut butter—it will keep you satisfied all the way to dinner instead of just an hour!

Some of my favorite snacks are.. Celery and apples with peanut butter, homemade granola bars. Tuna lettuce wraps, yogurt. Whole grains cereal, raw veggies with or without dip and air-popped corn!

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