



Weekly Tip:

Whenever you find yourself craving or wanting something that you know you really shouldn't have, STOP and think about whether it will really taste good enough to sabotage all your hard work.

If the answer is no and it probably will be, then instead of grabbing whatever temptation you were going to—drink a glass of water—quickly. If after downing that glass you steal feel your will power slipping over to the dark side—drink another!

Not only will the water (which you need anyway) quickly make you feel full, it will give you time to think about what you truly want.

Chances are, it won't be that bag of chips!

Portioned Out!

Most of us KNOW what we should and shouldn't be eating. Not once have I ever had a client look at me in shock and say 'Seriously—chocolate bars can make me fat????' and no one has ever admitted to NOT knowing salads were good for you.

So the question is this—if we know what is good and we try to do what is best—why are we as a nation still getting fat? Well one of the biggest problems is that although we eat good foods—often we eat WAY to much of it!

Our ideas over what is a healthy portion has gone the way of slick 'supersize me' add campaigns and we have lost sight of what our bodies truly need. Think about it—do you know how much you should be eating of what? Do you? Let's go back to grade 3 and discuss something too many of us have forgotten—the Canada Food Guide.

The Guide lists and has always listed the 4 food groups as: Fruits & Vegetables; Meat & Alternatives; Milk & Alternatives & grain Products. Now forget everything you think you know about food and weight loss that you have learned from the internet or

On that last Fad diet and consider this. Your body NEEDS all of these things in order to operate properly. Your body is a machine and it requires proper fuel and all of its parts to be in great shape in order to do what it is designed to do - starving it of any of its components will result in a machine that doesn't function properly.

So how much of each do you need? Well for women between ages 19-50, you will need 7-8 servings of fruit and vegetables (no more than 2 of fruit for weight loss); 2 milk & alternatives, 2 meat & alternatives and 6-7 grain products. If you are over 50, you need 2 meat, 3 milk, 6 grain and 7 f&v.

Men's needs differ a bit since they actually have different body compositions. Men between 19—50 need 3 meat, 2 milk, 8 grains and 8-10 f&v. Men over 50 need 3 meat, 3 milk, 7 grains and 7 f&v.

So that all being said—the big question is—what is a serving??? Sorry guys, a serving of meat is NOT an 12 ounce Rib eye—it isn't even an 8ounce burger. A serving of meat is....
2 .5 ounces. Yep - that is it. So if you have 1—8oz steak for dinner—even if you are a 30 year old guy, you are over-eating at just one meal! THAT is why our society is getting fat—not because of what we eat for the most part but because of HOW MUCH we eat!

So the portion sizes for meats & alternatives are:

2.5 oz of lean meat, fish or poultry OR 2 Tablespoons of peanut butter OR 2 eggs OR 3/4 cooked beans

For milk & Alternatives:
1 cup milk; 1.5 oz cheese or 3/4 cup yogurt

For grains:

1 slice of bread or 1/2 bun;
1/2 cup cooked rice or pasta;
30g cold cereal or 3/4 cup cooked hot cereal

For Fruits & Veggies:

1 medium piece of fruit; 1/2 cup juice (Veg or fruit); 1 cup raw veggies

And that is. I am sure that if you stick to the serving amounts at the recommended serving sizes, making the healthiest choices possible from each group—you will be astonished at how well your body works and how well it starts to respond!

Create and customize your own food guide at

[Health Canada](#)

Recipe Corner

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



Hearty Chilli Soup

(Submitted by Anita Krahn and taste-tested by the Budiwski-Gilbert Clan... YUM!)

- ½ tbsp olive oil
- 4 cloves garlic
- 2 onions, chopped
- 1 28 oz can crushed or diced tomatoes, undrained
- 2 stalks celery, diced
- 1 green pepper, diced
- 2 carrots, diced
- 1 19 oz can red kidney beans, drained & rinsed
- 1 19 oz can chick peas, drained & rinsed
- ½ tbsp chilli powder
- 1 tsp each dried oregano & basil
- ¼ tsp each salt & pepper
- 1 pinch hot pepper flakes
- Shredded cheddar cheese (optional)

In dutch oven, heat oil over medium heat, cook garlic and onions for 3 minutes. Add tomatoes, stir in 1 tomato can of water. Add celery, carrots, green pepper, chilli powder, oregano, basil, got pepper flakes, salt and pepper.

Stir in chick peas and kidney beans plus 2 chick pea cans of water. Bring to a boil; reduce heat, cover and simmer for 30 minutes. Sprinkle each serving with cheddar cheese if desired.

Makes 8 servings

EXCUSE ME???

In my line of work you can't even begin to imagine how many excuses that I hear on a daily basis from people who say they want one thing but don't actually follow through in doing what they need to get it.

Many people, especially certain clients (and yes—I am talking about you—you know who you are) think I can be a total hard-ass bitch when it comes to excuses and I have a solution for every single one of them—I have to - it is my job. If you wanted a friend to pat your hand and agree with all of the reasons why you can't get healthy, lose weight and get active, you wouldn't come to me in the first place. My job isn't to be your friend and it certainly isn't to let you off the hook.

My philosophy is this - if you want it—work for it. If you don't, don't waste my time. There are plenty of others who

are willing to work for the results that you say you want. I don't want to sound harsh, but it is the truth - no one, not even me can help someone who does not want to help themselves and when I try, I am constantly frustrated.

So—what is your excuse?? Let me guess - you don't have time to work out? You can't afford healthy food? You have snacks in the house for the kids? Your husband won't eat healthy cooking? You can't afford to go to the gym? You are too embarrassed to exercise in front of others? You have a slow metabolism? Your thyroid is slow and you are on meds? You have an injury? You have PCOS? Your weight is hereditary?

And your dog ate your homework.

I have heard all of these and so many more that nothing shocks or surprises me anymore. For every single one of these or

any excuse—there is a solution. There is a way to lose weight and get in shape NO MATTER WHAT.

Some solutions may take more effort, may take more creativity or even a hard-nose approach but whether or not you are willing to overcome any of them comes down to one thing—how badly do you want to change?

If any of these excuses or any other excuse you can imagine is holding you back from losing weight, getting fit or even just getting healthy—then the answer is - you don't want it badly enough.

No one gets over-weight overnight and nothing does it to you but you so doesn't it seem obvious that to reverse it will take just as much time and effort?

So—are you going to WISH for it or WORK for it?

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