



Weekly Tip:

Not sure what to do with all of those leftovers?

Cleaning out your cupboards?

Trying to feed your family on a tight food budget?

Here is the perfect resource for you!

www.recipematcher.com

This website allows you to enter in the ingredients you have on hand or that you want to use and gives you a whole bunch of recipes that you can try!

It is a great way to try something new or just get some fresh ideas for the same old staples you always have!

You can refine your search to specific meals or just let it do its thing!

Who knows? Maybe you will discover a brand new family favourite hiding in your pantry!

You want fries with that?

I have been on a rampage against fast food lately and that rampage is going to continue into this week as well. Today's topic—binge eating!

You may think that binging is eating a dozen donuts after polishing off an extra large pizza. And you would be right. BUT binge eating is not limited to extreme eating disorders. It is characterized by a sudden over-indulgence of calorie intake.

While some binge eating is compulsive and a sign of a severe disorder, most binge eating comes in waves from otherwise 'healthy eaters' who regularly indulge themselves in a 'treat day' without realizing exactly what they are consuming or doing to their bodies.

These types of 'Suburban Bingers' as I like to call them are very common in the weight loss industry. These are people who are trying to eat right and exercise but continually sabotage their own efforts with mindless over-eating.

Let's just use an example of a client I once worked with. She followed my recommended 1600 calorie weight loss plan and worked out regularly by biking, hiking and generally sweating daily.

On Saturdays, her and her husband would take the day off and go into the city for shopping and errands. This was their guilt-free treat day that they felt that they deserved after working so hard all week. They read on the internet that having a 'treat day' was A-OK.

So they would start out going for breakfast. Coffee, juice, bacon, eggs, pancakes, toast with butter and jam. Nothing outlandish and a very common meal for many restaurant-going Canadians.

After breakfast they were off to the mall for shopping until lunch. Stopping at the food court she would enjoy a Bacon Cheese Burger, fries and a diet coke under the arches - supersized? Nope, but a large will be fine thank you.

A little more shopping and then a snack of ice cream.... Well what passes for ice cream these days, a medium blizzard. It's ok though, because it is a treat day and besides, they were walking around the mall - right?

Dinner was a romantic event, sharing a bottle of wine over shrimp scampi appetizers, chicken breast with sauce, mashed potatoes and veggies with cheesecake for dessert. Nothing to extravagant and it could have been much worse—right?

Dinner was followed by a movie—with you guessed it... buttered popcorn. Diet coke is out? Damn - oh well, regular will be fine! So what do you think? Sound like a typical date day? Maybe something you do regularly yourself? It's ok because she eats well all week right?? Or is it?

Well, let's tally the damage:

Breakfast at Smitty's - 1331
Lunch at McD's - 910
DQ snack - 570
Dinner at the Keg - 2300
Movie Snacks—1000

Total treat day calories = 6111

Total weekly calories (1600 per day for 6 days plus Saturday) = 15711 or an average of 2244 per day.

All of the hard work during the week is completely undone with one day of mindless eating. Binging on extra unnecessary calories in order to 'reward' good behavior. Behavior that is all for naught.

What are you doing to sabotage yourself? Think about it and then answer this question: Do you want fries with that?

Recipe Corner

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



Michelle's Whole Wheat Honey Seed Bread

Visitor's to my home will always see fresh loaves of this bread on our counter! A family favourite—it is nutritious, delicious, light enough for sandwiches and hearty enough for a meal on its own!

Pre-heat oven to 375°F - if kitchen is cool, leave on while bread is rising to speed the process! This recipe makes to loaves!

PREP: Put 1 cup milk in microwave for three minutes—let cool and then add 4 eggs and 1/2 cup olive or vegetable oil. In another bowl mix 1 cup warm water with 4.5 tsp. (or two packs) of traditional yeast—set aside. In the bowl of a stand mixer combine 6 cups whole wheat flour, 2 tbsp. flax seed, 2 tbsp. hemp seed, 1 tbsp. poppy seed and 1 tbsp. sesame seed and 4 tbsp. liquid honey—mix well.

On low speed of stand mixer, slowly add yeast mixture and blend well. Add milk/egg mixture and continue to blend—add extra whole grain flour if needed for proper dough texture. Turn out on floured counter and knead well. Place in large oiled bowl and turn until coated. Cover lightly with film wrap and place on stove to rise for 1 hour or until doubled.

Turn out on floured counter and divide into half. Knead air from dough (I roll out with a rolling pin and then fold and knead together placing each half into a sprayed glass loaf pan. Let rise 1 more hour or until bursting from pan.

Bake for 40 minutes. Remove from oven and turn out and let cool on side



Tortoise trumps Hare

Regular exercise is very important to a healthy lifestyle and if you are trying to lose body fat, it's essential.

Often though when we start our weight loss journey, we tend to go to extremes. We wake up one morning (usually January 1) and say to ourselves, "Today is the Day I am going to change my life!" And then we begin .

Suddenly we are eating low fat, low carb diets—munching on carrot sticks and drinking water like a desert-wary camel. We begin a new exercise routine—promising ourselves that we will spend 1 hour every day on that treadmill, after we remove the clothes from it of course!
Depending on our determination

and motivation, we may keep up that pace for awhile. Some will last 3 days, some will make it to the weekend, some may last a month. Few, VERY FEW will maintain what they have started and turn it into a lifestyle.

Why? Because too much too soon is as damaging to our system as too little too late. We send our bodies into shock by suddenly increasing its need for fuel through intense exercise and lowering its caloric intake. The dramatic difference between what it needs and what it gets will actually slow down your body's metabolism because it doesn't know what the heck you are doing—other than suddenly starving it!

Just like the old fable slow and steady will always win the weight-loss race.

You didn't gain weight overnight and it certainly took you more than a few months to become over-weight so why would you expect it to take less time to lose it?

Every weight loss program or lifestyle change should start slowly with basic dietary changes that you can maintain regularly and through increased activity. Once your intake is balanced, healthy and regular, your activity can gradually increase until you are sweating off the pounds.

Don't be so hard on yourself and don't expect your body to do what it isn't capable of doing. Remember—Happiness is not a destination, it is a journey! Take it one step at a time and enjoy the walk!

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