



Weekly Tip:

Do you have trouble remembering to actually eat throughout the day? Well you aren't the only one! When we regularly skip meals, our body adjusts and slows itself down so that we may not even get hungry until our energy reserves are well below the empty line! In order to avoid these starvation pitfalls and to enhance our weight loss and health—make sure you are eating every 2-3 hours throughout the day. If you can't remember because you just aren't hungry - that's ok, here is a trick from me to you... Set the alarm on your watch, blackberry or cell phone for 2.5 hours after breakfast. When it goes off - have a small healthy snack even if you aren't hungry and reset it. Next time it goes off—it is lunch time! And on you go! Keep it up for 21 days and your body will reset itself and you WILL start to feel hungry at those times and your metabolism will speed up. You won't over eat and you will make better choices!

I think we have all heard the weight loss tips and old wives tales..
'Don't eat after 6pm if you want to lose weight!' or *'Eating after 8 will pack on the pounds!'*
 Are they true? Well—kind of, but not really.
 Are you confused yet? Well let me explain.

For the most part, it isn't when you eat but what you eat that matters and night time snacks like all others should be low fat, high fiber and rich in nutrients. What time you eat them doesn't really matter BUT what time you go to bed does!

If you are grabbing a bowl of cereal right before bed because Michelle told you that snacking at night is not only ok, but encouraged—I think I need to elaborate a bit. I don't think that anyone should be snacking right before bed. Yes it curbs your hunger BUT because your body's metabolism slows down during sleep, your digestion is also slowed which means that your body will not burn what you just ate before hitting the sheets, the way that it usually does during the day. So when I say a 'bedtime' snack what I should actually be saying is an 'evening' snack and clarify with this:

Night Noshes?

If you are having an evening snack it should be eaten at least two hours after dinner and at least 2 hours before bed. That is why I scoff at the hard and fast 6pm or 8pm rules that people think apply to everyone - because they don't. All of us are different and all of our schedules are different.

If you eat dinner at 6:00pm and go to bed at 9:00pm, you don't need nor should you have a snack in the evening but if you eat dinner at 5:00pm and go to bed at 9 or 10 - absolutely a nighttime nosh at 7pm is completely acceptable and even encouraged. To go 4 or 5 hours without eating will mean you start the night off in hunger mode which could interrupt your sleep and actually slow down your metabolism as your evening has no easy energy to fuel those 5 hours.

So let's look at a daily schedule that I think is fairly common for working moms with school aged kids...

- 7:00am - wake up
- 7:30am - breakfast
- 10:00am - morning snack
- 12:15pm - lunch
- 2:45pm - afternoon snack
- 5:30pm - dinner
- 8:00pm - evening snack
- 10:00pm (or later) - bedtime

This is the type of eating schedule that I recommend for my clients. Three small meals and 2 or 3 (depending on your night routine) snacks throughout the day - never going more than 2-3 hours without eating. Think about how you feed your children—you would never ask them to go from breakfast to lunch without a snack or from lunch to dinner without a bite would you? Of course not. They need the energy and we understand that but somehow when it comes to ourselves, we forget. When we eat regularly throughout the day, our body has access to quick and easy energy sources so it works more efficiently. We feel better when our blood sugar levels are maintained, we don't get the energy lulls, feel the hunger pains or cravings that come with a lack of energy resources in our body. When you don't feel overly hungry because you have long since burned through your last meal—we don't over eat and we actually make smarter choices because we are not scrambling for fast and easy foods to satiate our hunger.
 It may sound crazy to actually eat more to lose weight but just remember, although you are eating more in quantity and frequency, you are making more quality choices, leaner and healthier.

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

Strawberry Rhubarb Cobbler

As promised, here is a great recipe for using up that super nutritious and absolutely delicious rhubarb from your garden (or MY garden—seriously—come and get some!)

Combine 4 cups of cleaned and diced fresh rhubarb, 2 cups of fresh strawberries that have been cleaned and sliced into quarters, 2 teaspoons of cinnamon, 1/4 cup of brown sugar and 1/4 cup whole grain flour—stir until fruit is well coated and place evenly in a 9x13 sprayed baking dish.

In a glass bowl, cut 1/4 cup olive oil into 3/4 cup whole grain flour and 2 tablespoons brown sugar—mix until you have an oatmeal consistency, add 1.5 tsp baking powder, 1/4tsp salt and 1 egg slightly beaten—blend in. Add 1/4 cup skim or 1% milk and mix until you have a dough that is not runny but not the consistency of bread—more like a muffin batter—add more milk or flour as needed.

Drop batter onto fruit mixture—spread as evenly as you can. Bake at 350 degrees for about 30 minutes or until crust is golden brown. Let cool slightly and serve warm with vanilla yogurt! If you prefer more crust, double the crust recipe and let bake a little longer!

NOTE - Any fresh fruit combination can be used as long as it totals 6 cups!

The evils of aspartame

Yes it is true—aspartame sweetened foods and beverages can and do sabotage your weight loss. That is why no weight loss coach, nutritionist or fitness trainer will ever say that it is ok to substitute your regular Coke or Pepsi habit with the 'diet' version. I know—it sucks right?

The reason that aspartame is so bad for us is that the chemicals it contains actually block the release of serotonin in our brain as we eat, which makes it hard for us to ever reach that 'satisfied' feeling, so we continue to eat. On top of actually spurring on our hunger, aspartame contains another chemical component, methyl alcohol, which actually blocks our metabolism, not allowing our body to burn the calories and the fat as it should—it changes the way that our body works. This can be said for any chemical that we ingest that has been altered by man but aspartame is the most evil in my books because of its marketing.

No one ever promotes alcohol and nicotine as 'health' foods, but aspartame is always touted as good for us—that is what makes it evil—it has no integrity.

Now consider those two aspects and then think about this... one of the reasons that manufacturers choose this sweetener is that it doesn't change the taste of food but its chemical components actually stimulate your appetite—it makes everything you eat taste better—to your brain at least! The chemicals trick you so you eat more of whatever it is and therefore eat or drink more of it, making bigger profits for those same manufacturers.

Diet drinks are the most notorious users of aspartame in the market and while the occasional diet coke won't kill you or even change your metabolism, too many people swig diet drinks like they should water. If you are having even 1 diet drink a day, you are having too much—one a week and you are probably safe but your kids shouldn't even have that much—there is nothing good that can come from it.

Now the soft drink companies will tell you that aspartame has been extensively tested and has been shown to be safe for everyone and you know what? They are right—it won't kill you or make you sick but what they don't tell you is what it will do to you and what it will do for them.

When deciding to begin a healthier lifestyle, whether dealing with diabetes, heart disease or just looking for weight loss, too many people think that switching their high calorie, high sugar soft drinks for the diet variety will save them calories and make them healthier - these people are what I like to call, wrong. There is no 'healthy' soft drink, there is no way to include any type of pop regularly into a healthy diet, it just changes the way your metabolism works and will actually help you gain the weight you are hoping to shed no matter what other dietary changes you make. Aspartame should not be a part of your diet, my diet, our children's diet, not regularly anyway. I usually say moderation is key but in this case, moderation isn't key, scarcity is.

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