



Weekly Tip:

Is it time to purge?

How many times are you at home in the afternoon or evening and are just wanting a little nibble??

What are you craving? Salt? Sugar? Crunch?

When you reach up in to the cupboard what do you grab?

Potato chips?

Cookies?

Chocolate?

What if the one thing you were craving wasn't there? What would you do then?

Cleaning out your cupboards and removing all temptation will not only make room for those mixing bowls that keep falling on your head, it will keep those cravings at bay!

You cannot eat what is not there so make sure there is nothing there that you wouldn't want stuck to your thighs!

Budgeting for Health & Wealth

Speaking to many families in the last little while I have been absolutely shocked speechless as to how much money families are spending on groceries each and every month! Working with my husband and children, I started calculating how much money we spend in our home and see how little we can spend while still cooking and eating s healthy as possible.

Combining my education and training in not only Nutrition and Diet Therapy but in Restaurant management, I have devised a plan to help you and your family budget for a healthier and wealthier lifestyle.

If I told you that you could cut down on the fat, sugar and sodium that your you consume as a family while saving money and trimming your grocery budget—would you believe me? You should. I am going to throw out a number to you—\$100 per person per month. How does that sound? That means that a family of 4 could eat nutritionally for only \$400 a month - think about how much you are spending now—is it less? More? Can you feed your family 3 meals a day plus snacks for \$100 a week? I say you can, all it takes is a plan!

Tip #1— Once a week make a menu plan. This will include school lunches, dinners and even breakfast. Get input from everyone in your family, make a game of it and give everyone a meal that they get to choose! Don't forget that you can cook once and eat twice for example—last night's spaghetti sauce could make a great start to tomorrow's Sloppy Joes! Remember that these meals should include protein, vegetables and carbohydrates— fresh veggies make great snacks!

Tip #2—With your menu in hand—go through your cupboards and see what you have on hand to make those meals and what you need to get—this is your weekly shopping list. Look at local fliers for sales—be willing to adjust your menu if there can be great savings elsewhere!

Tip #3—Shop once a week! Take 80% of your grocery budget to get the ingredients for your menu as well as fresh fruit, milk, bread and veggies for snacks. Keep 10% of your budget to replenish bread and milk throughout the week.

Tip #4—Grocery Shop ONLY with Cash. No debit, no credit—leave those cards at home and only walk in with cash—that will force you to keep track of your spending, look for sales, compare prices and shop smarter.

Remember when you get to the till, what you have is only what is in your pocket—you can even bring a calculator! Avoid processed and pre-packaged foods as these cost too much and aren't good for you anyway.

Tip #5—If time is a factor for meal preparation, take an hour or two as family before you put the groceries away to cut and wash fresh veggies—store them in the fridge for easy access. Pre-cut or prepare any parts of the meals that you can, this will help you avoid grabbing convenience item if you are late or tired! You can even spend one evening cooking and preparing the week's meals in advance and freeze them.

By planning what you are going to eat, sticking to a set amount of cash you can avoid expensive processed foods that will increase both your costs and your waistline. By planning to spend time preparing food every week, you can give your family healthy, nutritious meals, no matter what your schedule or bank account is like!

You no longer have the excuse that you don't have the time or the money to eat healthy or provide healthy meals for your family! What are you going to do with all that extra money and all those lost inches???

Recipe Corner

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



Tuna Burgers

2 (6-ounce) cans solid white tuna, drained; 1/2 cup breadcrumbs; 2 large eggs,
1/2 cup finely chopped onion; 1/2 cup finely chopped celery;
1 tablespoon fresh lemon juice; 1 1/2 teaspoons prepared horseradish;
1 clove garlic, minced; 1/4 teaspoon pepper

Mix tuna, eggs and bread crumbs together, blend lightly. Add all other ingredients and mix again. Form into patties and brown on each side in a skillet with non-stick spray or light olive oil. Finish in the oven until golden brown. Serve as a burger in a whole wheat bun with tomatoes, lettuce and maybe even a teaspoon of low-fat mayo!

Sweet Potato Fries

Wash sweet potatoes (1 for every 2 people). Slice into fry-sized pieces.

For every potato, Mix 1 tsp. of olive oil with 1/4 tsp. oregano, 1/4 tsp. basil, 1/4 tsp. seasoning salt and 1/2 tsp. rosemary. Toss potatoes in oil until well coated. Bake at 350 degrees for 30 minutes or until golden.

Hint: Anything that looks like junk food is a sure winner for husbands and children alike!

Michelle's Blog:

www.butterflyconsultations.com/blog

Time to Sleep it Off!

In this time of flu, colds and extra holiday calories everyone is looking for way to protect their sinuses and their waistslines. Instead of running to the drugstore for an extra bottle of the latest flu-prevention pill or depriving yourself of every holiday treat - why don't you look to something you already have and use every day but probably just not enough.

No I am not talking about the treadmill in your basement that makes a great laundry hamper, I am talking about your bed! Yep, the secret to a healthier immune system and a faster metabolism is waiting for you right in your bedroom and it isn't sex although that never hurts!

Think of your body as a machine. It needs proper fuel, it needs to be worked and it also needs to rest. Even the most expensive car will run into the ground if you never leave it parked!

When all of these things are balanced, diet, exercise and rest, your body will work the way it was meant to—and that includes fighting disease and burning calories. The more efficient the machine, the harder you can challenge it! If you want to eat the holiday cookies or live outside a plastic bubble during flu season, you want your body working as efficiently as possible.

The amount of rest and sleep that your body needs is as individual as you are but the cool thing about your body is that when it needs rest—it will tell you! Many of us use the phrase 'I'll sleep when I am dead!' but never stop to think that just like a car running non-stop, without sleep the end of the road may come sooner than we plan.

The simplest strategy for getting enough sleep is well... when you are tired, lie down! If you need to rest, whether you have time for a full-fledged nap or not,

make it a priority to stop even for 15 minutes at a time, put your feet up and close your eyes. The cat-naps or rest periods will allow your mind and body to regroup and keep you going until your next chance to rest.

If you have a late night—you can never ever make up for the sleep you lost so whenever possible schedule late nights before late mornings or avoid them when you have to be up early. If that isn't possible, schedule a nap like you would time at the gym. Running down your body and mind will only put you out of the game longer when you finally succumb to the germs that are out there waiting for you to drop your guard—don't give in! And with all of that sleep, your energy level will remain high for those metabolism boosting, fat burning work-outs so the holiday treats are no longer a threat!

Sleep well and prosper!

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