

Hendricks

Holiday Newsletter 2014



Merry
Christmas!
Mia & Bogey



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How to Avoid Weight Gain During The Holidays - by Paula Hendricks, Nutrition Consultant

I have always emphasized the importance of making a plan to avoid weight gain during holiday events, celebrations, vacations and such. Many of you probably do. However, many more of you probably don't. "Nah. I'll go on a diet after New Year's Day."

What if I told you that you could make your dessert and eat it, too? It's true. You just need a plan in place - and the sooner, the better - the store shelves are already stocked with treats tempting you everywhere you turn.

I have provided the following tips to help you create your plan of attack against the dreaded holiday bulge.

- **Nibble – don't gobble!** Be conscience of how much and how fast you eat. Chew. Breathe. Repeat.
- **Be a guest.** When you're not the host, you won't be tempted with all those leftovers. Bring a dish of fresh greens for everyone to enjoy.
- **Make that special dessert.** Have a small serving of your favorite holiday dessert so you don't feel deprived. Send the remainder home with someone or do the unspeakable - throw out the left-overs!
- **Start with greens.** It will be difficult to overindulge when you have satisfied that immediate hunger with some filling vegetables.
- **Wear something snug at the waist during meals.** This will help prevent overindulging. No stretchy-waist pants allowed and no unbuttoning!

- **Limit yourself to one plate-full.** Wherever you are, wherever you go, follow the one-plate rule. No seconds or super-sized plates allowed!
- **Alcohol.** Alcohol can also trick you into thinking you are hungry when you're not. Tip: for every glass of alcohol you drink, alternate with a glass of water. This will keep you hydrated and you will likely drink less.
- **Walk if off.** A 15-minute walk before or after a meal will burn some calories and reduce your risk of over-indulging and after-meal snacking.
- **Keep your exercise plan going full force.** While exercise not only reduces stress, burns fat, improves muscle mass, helps you sleep better, it will help you stay mentally focused on your plan.
- **Have a protein snack one to two hours before the big event.** It's easier to say no to foods you don't normally eat when you are not ravenous.
- **Eat breakfast everyday!** Breakfast starts your morning right and keeps you on track for the rest of the day.
- **Don't skimp on sleep.** Sleep deprivation will not help your weight or health plans, and puts you at risk for illness. Say yes to sleep and if you have the time, take a 20-minute power nap now and then.

I am looking forward to the cool winter nights kicking back with my husband Ed, daughter Mia and our puppy Bogart next to a crackling fire, with a good book, and a stew cooking on the stove after work and a great workout. Aw, the little pleasures in life. Enjoy. *PH*

Holiday Appetizer - Prosciutto-Wrapped Artichoke Hearts

Skip the chips and dip, cookies and other snacking pitfalls for your next holiday gathering and serve these delicious crowd-pleasing appetizers. The dish is tasty, full of flavor, *and* kind to the waistline, but don't let that deter you from serving it. Your guests will love them and so will the host when you present this appetizer. For variety, wrap some baby mozzarella balls with prosciutto, too. Great tasting olive oil and vinegar are a must for this dish – don't skimp. Try locally grown Calolea brand olive oil and vinegar, which can be purchased here.



Prosciutto-Wrapped Artichoke Hearts - makes 16 servings

Ingredients:

- 8 whole artichoke hearts, packed in water
- 4 ounces prosciutto slices
- 1/4 cup extra virgin olive oil
- 2 T. white balsamic vinegar
- 1 tsp. dried Herbs de Provence or Italian seasoning
- Salt and pepper to taste
- Toothpicks (16)

Instructions:

Drain water from artichoke hearts, slice in half and place them on top of paper towels to dry.

Mix together olive oil, vinegar and seasonings.

Cut prosciutto slices in half on the long end and lay them side-by-side. Place an artichoke half on one end of a prosciutto slice and roll it up. Secure with a toothpick. Continue until finished.

Put the wraps in a glass baking dish and pour all but 2 T. of the dressing over each one to marinate. Cover with plastic wrap and store in the refrigerator for 1-2 hours, or overnight.

When ready to serve, arrange the wraps on a serving tray. Drizzle the remaining dressing over the wraps.

Nutritional Analysis: This is a low-carb healthy appetizer dish containing approximately 40 calories per wrap, 3 grams of protein, 1 gram of carbohydrate, and 3 grams of fat. Enjoy on any of the Key Diets.

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This oatmeal tastes like a warm slice of banana bread.

Add a pat of butter and a tablespoon of flaxseed meal. Enjoy!

