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April 2014 Newsletter

What do you call a chicken in a shellsuit?

An egg.

This month we've got:

- Some News
- Is Fruit A Health Food?
- A Juice Recipe
- What I'm Cooking: Chicken With Lime & Radishes

Please feel free to send this on to your friends and family - if they'd like to receive the newsletter directly, please point them to [the website](#).



News From Fitbiz Training

- So its a whole six years since I started sending out this monthly newsletter. That's 72 newsletters I've written!! All of the newsletters are on the archive page of the website; there's loads of free information and recipes; never say you can't think what to eat for dinner!
- Speaking of the website, have you had a nose at the new site yet? I'd love to know what you think to it! <http://www.fitbiztraining.co.uk>
- Thanks so much to those of you who were able to help me put the new online program together in the right way. Its ready to go now - if you've been keen to work with me but either haven't been

close enough, or we haven't been able to fit our diaries together, maybe the online program is a good option for you. [Let's have a chat.](#)

Fruit - Is It A Health Food?

Fruit is a bit of a controversial one - yes, its full of nutrients - especially in season and organic - and no, people eating fruit is not causing the obesity epidemic we are currently in.

But. It is still full of sugar (albeit natural sugar), and if you're anything like me, that sparks up your sugar cravings for less healthy sweet things.

I don't think we need to avoid fruit all together, but if you do find that eating it sparks up a sugar craving, try to avoid the extra-sweet fruits like mangos and dates and go for hard, less sugary fruits like apples and pears. This said of course, if you're sitting on the sofa thinking about the Kit Kat knocking on the fridge door, choose a little fruit to get past the craving - just don't become dependent on it.

Regardless of whether fruit affects your sugar cravings or not, one or two portions a day is plenty - as a guide, try to have four portions of veg for every one portion of fruit. When I meet a client who is eating pretty well but still struggling to get results, very often, the key to success is cutting back on the amount of fruit they are eating.

Yes, fruit is quick, easy and portable - but with a bit of forward planning, veg can be just as snack-on-able.

You also want to always choose seasonal, truly fresh fruit (sadly, extra sugar is sometimes injected into fruit to extend its shelf life). For both fruit and veg, I also go for organic if I'm going to eat the skin, and non-organic if not.

Seasonal Fruit & Veg

Vegetables around in April:

Broccoli, cauliflower, leeks, purple sprouting broccoli, radishes, samphire, spinach, spring onions, watercress

And Fruits:

Bananas, kiwi fruit, passion fruit, rhubarb

Juice Of The Month

Vegetable juices with a bit of fruit in them for sweetness are the ultimate way to increase your veg, vitamin and mineral intake. If your digestion isn't as great as it could be, juices will be a really good way to get nutrients in. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

Apple, Spinach, Cucumber and Broccoli

Juice an apple, a good handful of spinach, 1/4 cucumber and about 2cm of broccoli stalk.

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. The fish oil I use is flavoured with orange oil so your juices won't start tasting fishy. I whole heartedly recommend [Aliment's Fish Oil](#).

I also recommend [this juicer](#).

What I'm Cooking: Chicken with Lime & Radishes

I call this anaemic chicken since it looks a bit bland and tasteless, but it really isn't!

Serves: 2

Prep: 10 mins

Cook: 20 mins

Ingredients

- 6 chicken thighs, each chopped into 5 / 6 pieces
- Coconut Oil
- Zest and juice of 1 lime
- 1 chilli
- Mug chicken stock, homemade if possible
- Good handful of radishes, chopped
- 4 spring onions, chopped
- Small bunch coriander, chopped

Method

- 1) Fry your chicken thighs in your coconut oil with the lime zest and chopped chilli for a few minutes until the chicken starts to brown a little on the outside
- 2) Add the chicken stock and keep it on a high-ish heat so it starts to disappear
- 3) At the same time, add the chopped radishes, spring onions and lime juice
- 4) Let it all cook together for 10-15 minutes until the chicken is cooked through
- 5) Stir in the chopped coriander, then serve immediately, with some wholegrain rice

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is underlined with a long, sweeping red stroke that extends to the left and then curves back up to the right.

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