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Heather Smith
07967 995416
heather@fitbiztraining.co.uk

May 2013 Newsletter

Knock, knock. Who's there? Cash. Cash who? No thanks, but I wouldn't mind an almond instead.

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And as ever, please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



News from Fitbiz Training [\[back to top\]](#)

- I'm still feeling a bit lonely on [Google Plus](#), will you come and be my friend?
- I've started my "countdown to honeymoon" detox and have been keeping a note of how I'm doing (slip ups and all) over on the [Facebook page](#). If you haven't joined in yet, please do.
- I was so pleased so many of you asked for a copy of Nikki Gresham's meditation recording. I'd love some feed back on it if you wouldn't mind [sending me a message](#). It is of course still available, so if you forgot to ask for a copy, just let me know and I'll send it to you.
- Victoria, the client I mentioned who is an advanced hypnotherapy practitioner is extending her offer of a discount to readers of this newsletter. The offer is £25 per session for your first 4 sessions with her. If you have ever wondered how hypnotherapy and counselling can help you achieve your health goals, then have a read of her [blog post](#). Victoria uses hypnotherapy, counselling and psychotherapeutic techniques to not only ensure that you make your goals a reality, but that the journey is one that you can enjoy and be proud of. She's a qualified therapist and Member of the National Council of Hypnotherapy, based in Midhurst.

Lifestyle Tip: How To Eat Out Without Going Off Track [\[back to top\]](#)

As we come into summer, our social calendar starts to fill up, meaning lots of lunches and dinners out. I know a lot of you find it difficult to make the best choice as to what to eat and drink when you go out - catching up with friends distracts you from making the best choices, and it's so much easier to choose the wrong thing when you've just arrived starving hungry and fancying something filling.

As I've said before on this newsletter, don't try to be a super human, allow yourself the odd treat here and here (I recommend two small-ish treats a week. If you're going out for dinner once a week and fancy a glass of wine or a pudding, have it and enjoy it; if you're going out three or four times a week (or more!) and you're keen to keep hold of all the hard work you've put into looking good for the summer, then follow these tips:

Take a look at the menu online before you go. Most places have their menu online, you can have a look at it the day before so you can see what the best choices are and decide you're going to eat in advance.

Make sure you eat a decent breakfast / lunch the day you go out. Don't tell yourself going hungry will make it ok to have a bigger and less healthy lunch. If you're not starving when you arrive, it makes it a lot easier to make a good choice, and to avoid the bread too!

Be the designated driver whenever you can; then you can get away without drinking. And you know how booze makes you make bad food choices!

And if it does go wrong, then just draw a line underneath it and move on. Just call the blip a treat meal and make sure you account for it with your food choices for the rest of the week - don't fall into the trap of letting one bad meal throw you off the wagon. Compared to the other 20 meals you eat during a week, one bad meal is nothing.

Seasonal Foods [\[back to top\]](#)

Vegetables around in May are:

Asparagus, broccoli, lettuce & salad leaves, purple sprouting broccoli, radishes, rocket, spinach, spring onions, watercress, wild nettles

And May's fruits are:

Bananas, kiwi fruit, rhubarb

Juice Of The Month [\[back to top\]](#)

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.

Fennel, Apple, Pineapple & Spinach

Juice 1/2 a small fennel, one apple, 1/2 inch peeled pineapple and a big handful of spinach.

I've started putting 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'll write up a few thoughts on fish oil in the next issue, but if you'd like me to point you towards the one I use in the meantime, [ask](#).

I'd thoroughly recommend [this juicer](#). This is now a link to a supplier with some in stock!

Recipe: Omelette Salad Sandwich [\[back to top\]](#)

I made this last night and really quite enjoyed it. Its adapted from a recipe in the Waitrose Kitchen magazine again. It's a bit of a strange texture if you start with the idea that its a sandwich, but its a really nice healthy lunch.

Prep: 10 minutes

Cook: 10 minutes

Serves: 2

- 6 eggs
- 1 pack each of tarragon, parsley and coriander
- 2 teaspoons coconut oil
- 1 tin anchovies in olive oil
- 1/4 cucumber, cut into matchsticks
- 4 radishes, chopped
- 1 pack cress
- 2 small handfuls rocket / watercress
- Squeeze of lemon juice

Method

1. Finely chop your herbs and mix into your beaten eggs
2. Heat 1 teaspoon of coconut oil into two frying pans then pour half the egg and herb mixture into each. Cook until browned a little on the bottom, then flip and brown on the other side too
3. Pop your omelettes onto plates, lay a few anchovy fillets onto half of each omelette (use however many you like, depending on how many you like anchovies!) then put the salad on top followed by a squeeze of lemon juice

4. Fold your omelette over to make a sort of sandwich and enjoy

Until next time, enjoy staying healthy!

Best wishes,

Heather



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