



Heather Smith

07967 995416

heather@fitbiztraining.co.uk

December 2014 Newsletter

This month we've got:

- It's Not Too Late To Get Results In Time For Christmas
- A Juice Recipe
- What I'm Cooking: Chicken, Pumpkin & Chimichurri

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

- Welcome to the last newsletter of 2014! I always find myself reflecting this time of year, thinking back over everything that's happened. Although the year seems to fly past, we seem to fit so much in don't we. Crikey, this time last year I'd just found out I was pregnant, now I have a four month old baby... And a belly full of stretch marks!! I'd love to know what you've been up to this year...

It's Not Too Late To Get Results In Time For Christmas

With only 22 sleeps until Santa makes his appearance (eek!) many people are wondering what happened to the 'loads of time' they had left to lose weight for Christmas. People who promised themselves that last Christmas would be the last year they felt rubbish going into the festive season.

If you've tried some of the things I've suggested in my newsletters and articles before, you'll know that you can make huge changes to how you look and how you feel really pretty quickly. If you can commit to the

program and put the effort in; you'll be hugely rewarded.

Start training with me online this week, follow the program, and you will be a dress size down by December 23rd.

There's no starvation, no calorie counting, no nuts exercise regimes, just strategies to get you in shape for Christmas. Strategies which you can use forever.

There might even be space for a sneaky mince pie or two....

[Let's chat](#) about how online training might look for you.

Seasonal Fruit & Veg

Vegetables around in December:

Beetroot, brussels sprouts, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips

And Fruits:

Apples, clementines, cranberries, passion fruit, pears, pineapple, pomegranate, satsumas, tangerines

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.

Tomato & Lemon

Pop 5 decent sized tomatoes through the juicer, followed by about half a lemon, peeled but with as much of the white pith left on as you can manage. You could even pop a stick of celery in too. I like to add a dollop or five of Worcester sauce into this juice as well!

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 & Pumpkin with Chimichurri

You MUST make this!!

Serves: 2 with extra chimichurri left over

Prep: 20 mins

Cook: 40 mins

Ingredients

- 1 pumpkin or butternut squash
- 4 boned chicken thighs, skin on
- 1 tbsp. sweet smoked paprika
- 1 garlic clove
- 1 red chilli
- 2 tbsp. red wine vinegar
- small bunch each of oregano, thyme and parsley
- 1 tsp sea salt
- 100ml olive oil

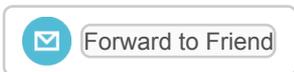
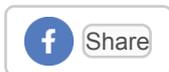
Method

1. Slice the pumpkin into half centimetre slices and arrange in a baking tray with some coconut oil.
 2. Nestle the chicken thighs into the pumpkin and pop the tray in the oven to roast for 30-40 minutes until the pumpkin is soft and the chicken is cooked through.
 3. While it's cooking, prepare the chimichurri. Start by putting the oregano, parsley and thyme into a pestle and mortar and bashing until they're nicely bruised. Add the garlic and do the same. Finely slice the chilli and add to the paste along with the salt. Finally, add the paprika, olive oil and red wine vinegar and mix well
 4. When it's cooked, remove the chicken and pumpkin from the oven and serve up. Drizzle the chimichurri over and enjoy!
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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