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January 2015 Newsletter

This month we've got:

- Low Carb vs Healthy Eating
- A Juice Recipe
- What I'm Cooking: Chicken Chowder

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](#).



How Does The Low Carb Diet Stack Up?

I think most of us have tried a low carb diet at least once or twice. You'll know it works for weight loss, and pretty quickly. Carbohydrate is instant energy for our bodies and, simply put, if we don't use the energy we eat, it gets stored as fat.

This said though, we are doomed to fail on a low carb diet. Our bodies are designed to work with all three food groups (fat, protein and carbohydrate); and if you drastically reduce the carbohydrates, your body will go into starvation mode and you'll find yourself stuffing carbs down your throat with wild abandon within two weeks. It's not that you're weak - rather, your body is doing everything it can to stop itself being starved! On top of this, remember that bloating and huge reaction to carbohydrates you get when you do eat them again? Yuck.

Conversely, if you decide to "eat healthily", you're able to be a normal human being. You have a healthy approach to the food you're eating, you don't starve yourself, and you're able to have the odd naughty treat here and there too without it totally ruining

your efforts or your resolve to stick with your healthy eating plan.

I like to think of it as the “real food” diet – eat food which you would have been able to eat 1000 years ago; fruit, veg, beans and lentils, nuts and seeds, eggs, fish, meat and unprocessed grains until you're satisfied. You'll get leaner, you'll feel full of energy, and best of all, you'll enjoy it!

Have you totally lost your way with your diet? [Let's chat about getting you back on track.](#)

Seasonal Fruit & Veg

Vegetables around in January:

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

And Fruits:

Apples, blood oranges, clementines, lemons, oranges, 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.

Beetroot, Ginger & Apple

Pop a small-ish raw beetroot through the juicer, followed by about an inch of root ginger, peeled, and an apple (I like to do the apple after the ginger to make sure the ginger is all "washed through"). You could add celery if you fancied too.

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. I'm happy to give you the details of the fish oil I use if you're keen to take some.

I use [this juicer.](#)

What I'm Cooking: Chicken Chowder

I've had quite a few conversations with people lately about leftovers (probably sparked by the left over turkey, which this works with too!), so I thought I'd give you an idea for leftover chicken. This is from "Save With Jamie" which is packed full of pretty healthy (or at least adjustable) recipes to use up those miserable bits of meat left in the fridge!

Serves: 3-4

Prep: 10 mins

Cook: 30 mins

Ingredients

- Coconut Oil
- 1 onion, finely chopped
- 1 carrot, cut into small cubes
- Small bunch parsley, chopped
- 2 rashers smoked streaky bacon
- 1 potato, cut into small cubes
- Chicken stock
- 1 tin (or a mug of frozen) sweetcorn
- Left over chicken, shredded
- Tablespoon of yoghurt / crème fraiche

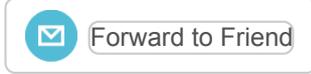
Method

1. Fry the onion, carrot, bacon and parsley stalks in the coconut oil for a few minutes until soft
2. Add the potato, followed by the chicken stock (you want about 1.5 litres - make as much as you need) and simmer until the potatoes are cooked
3. Add the sweetcorn and left over chicken and let them heat through before stirring in the yoghurt / crème fraiche and serving (the original recipe obviously calls for cream, but its fine with the alternative, or nothing)

Until next time, enjoy staying healthy!

Best wishes,

Heather



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