



Heather Smith

07967 995416

[heather@fitbiztraining.co.uk](mailto:heather@fitbiztraining.co.uk)

## Recipe of The Month October 2015

Orthorexia. What a stupid word. But actually, it makes an important point. If you're so strict with what you're eating that it affects your social life, and or you feel panicky if you're not able to control what you're eating, or can't relax enough to enjoy a treat here and there - you might want to remind yourself why you're trying to eat well. It's certainly not so you can deprive yourself all the time.

Being healthy is mega important. If you're not eating well and generally looking after yourself, you're not going to be healthy, and that means gasping for breath at the top of the stairs, getting ill more often, probably being overweight and probably needing too many medicines to get through the day.



Being too strict with yourself about what you're eating, though, adds to your stress levels. If you're nervous about what you're going to eat and how you're going to manage your day so you can stay in control, you'll become stressed, and that is rubbish for your health. And probably more rubbish than having a few treats here and there.

Try to strive for a healthy approach - eat well, most of the time. If you're out for dinner and you want a glass of wine (or three) and a pudding, have it. Guilt free. And enjoy it - don't count how many calories you're having and how many hours you're going to have to exercise for in order to burn it off. Just enjoy it. Treats can actually help weight loss along. If you've been out for dinner twice this week and both times you've sunk a bottle of wine, probably the next time you eat out this week, you should think about being the driver. I usually hate this word, but it seems a good time to use it - moderation.

So why do you want to eat well and exercise? Presumably, it's because you want to get/stay in shape so you look good in a bikini, and because you want to get/stay healthy so you don't become dependant on drugs, spend half your life at the doctors, and so you reduce your chances of getting poorly. Is enjoying a

day off, or having a pudding once to twice a week going to wreck that? Not at all. If you're struggling with letting go, let's have a chat.

---

## What I'm Cooking: Sun Dried Tomatoes

This recipe is really simple and really tasty. These are way nicer than the sun dried tomatoes you buy in a shop.

I find it impossible not to scoff the lot within 10 minutes of them coming out the oven, but if you're stronger willed than me, you could add them to a salad.

Prep: 10 mins

Cook: 11-14 hours

### Ingredients

- Cherry tomatoes - however many you want to make - halved
- A generous sprinkling of salt
- A generous grind of black pepper
- A few sprigs of thyme, leaves picked
- A bay leaf or two
- A little drizzle of olive oil

### Method

1. Arrange the tomatoes on a baking tray, cut side up
2. Add the salt, pepper and herbs, then put a quick drizzle of olive oil on top
3. Pop them in the oven at about 70 degrees for 11-14 hours, until they're pretty dried, then take them out the oven, try a few while they're still warm, and try to save some in the fridge for later!

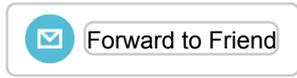
---

Until next time, enjoy staying healthy!

Best wishes,



Heather



[unsubscribe from this list](#) [update subscription preferences](#)