

Welcome to Week 6!

Food of the week: Nuts

Nuts are a great source of unsaturated (good) fats and omega-3 fatty acids, both of which are very heart healthy. In addition, they have fiber, vitamin E and plant sterols (which also help lower bad cholesterol). While nuts are not low-calorie and should be eaten in moderation, the fat and fiber can help make you feel satisfied when you eat (if portions are controlled, 1/2 ounce is reasonable). Not all nuts are created equally, and nuts like almonds and walnuts have more omega-3-fatty acids. Some seeds have similarly healthy profiles like sunflower seeds and pumpkin seeds (pepitas). They are a great addition to salads or topping for vegetables. Try increasing their flavor by brief toasting (dry in a pan until you start smelling them, or in a toaster oven or regular oven set low).

Topic of the week: Enlisting Help

Our friends, family and co-workers can be a source of great support and great temptation. Enlisting their help and being clear about the support you need can be helpful. Some loved ones will need us to spell out exactly why we are doing this so they understand, others just need more exact instructions on how to help. Here are some areas to think about:

- ◆ For those closest to you, let them know how much and what help you need:
 - Reminders to stay on track
 - Help with meal planning and cooking
 - Motivation for exercise
 - Help resisting temptation
- ◆ For those who offer unhealthy foods, plan how you would feel comfortable saying "No, thank you." Some people feel better having a 1-2 sentence script that explains the situation.
- ◆ If you must have unhealthy food in the house, consider having it in a different area that is off-limits and out of sight.
- ◆ Find an exercise buddy to help you stick to routine activity.

Sometimes those around us just don't understand the need to change, but as we lose weight and feel better, hopefully they will begin to understand.

Ultimate Weight Loss Protocol

Continuum

Week 6 Recipes

Green Beans with Orange and Almonds

(4 servings)

1 pound green beans

2 oz sliced almonds

1/2 teaspoon of orange zest

1 tsp organic virgin olive oil

Toast almonds in dry pan on medium low. Boil or steam green beans until tender (don't overcook) about 6-8 minutes. Toss with almonds, zest, olive oil and salt and pepper to taste.

Fresh Spinach Salad with Pepitas and Pomegranate

2 cups fresh spinach, washed and dried

1/2 ounce pepitas (shelled pumpkin seeds, can be found in bulk section of stores or substitute sunflower seeds)

1/4 cup pomegranate seeds

1 ounce feta cheese

1 Tbsp vinaigrette

Toast pepitas on medium-low in a dry pan until fragrant. The best way to get pomegranate seeds out is to cut top and bottom off, score (cut only through skin) on 4 sides, break into quarters and then put in bowl under water and break off seeds from pith. The seeds fall to the bottom and pith floats to top. Skim pith of top and drain off water. Combine seeds, pepitas, feta, spinach and dressing and toss to coat.