

Welcome to Week 9!

### **Food of the week: Greek Yogurt**

By now you are either a fan of Greek yogurt or not. Hopefully, everyone has given it a try. There are definite differences between regular and Greek yogurt. Greek yogurt is created by taking regular yogurt and draining off some of the whey. This creates a thicker, creamier consistency with no added fat or chemicals. You can actually make Greek yogurt from regular yogurt, but you really don't save any money. However, making yogurt "cheese" can sometimes be interesting (see recipe this week). Greek yogurt also tends to lend itself better to both sweet and savory dishes more so than regular yogurt. Yogurts need to be sourced judiciously. Make sure you are getting your Greek yogurt from grass-fed healthy cows. Once you advance past your initial weight-loss stages, we will want you to use full-fat Greek yogurt rather than low-fat. However, when we are in the reduced calorie phase, we do recommend a lower-fat.

### **Topic of the week: Find the Fire in Activity**

People who maintain weight loss continue to have regular activity for the rest of their lives. While working out on a machine can help get you to your goal, it may be difficult to see yourself doing for a lifetime. However, finding activities that you truly enjoy doing and get more out of than just burning calories are a great way to life long weight control. Every one is different and finding some thing that interests you and fits with your interests and lifestyle is key. Even if you do decide to "work out", start setting goals for yourself.

- ◆ Sign up for a 5K if you are walking or starting to run
- ◆ Look into longer races or triathalons if you are already very active
- ◆ Find active hobbies (hiking, dancing, etc)
- ◆ Find a fitness class that you love (Zumba, Ballyrobics, etc)
- ◆ Get a pedometer and challenge yourself to reach a certain number of steps each week

### **Yogurt “Cheese” Spread**

2 cups yogurt (plain, nonfat- Greek or regular)  
1 tsp fresh rosemary  
1 tsp fresh oregano  
1 tsp fresh thyme

Put mesh strainer over bowl and line strainer with paper towels or cheese cloth. Put yogurt in strainer and put in fridge over night. Next day, take out and scrape “cheese” off of towel/cloth, mix in finely chopped herbs and salt and pepper to taste. Use to spread on vegetables, dollop on top of meat for flavor, etc. Using fresh herbs gives better flavor, is using dried, use about 1/3-1/2 amount listed.

### **Tzatziki (Greek Cucumber/Yogurt Sauce)**

1 cup yogurt (Greek or strained regular)  
1/2 cucumber  
1-2 cloves garlic, minced or pressed  
1 tsp organic virgin olive oil  
1 tsp white vinegar

Peel cucumber, cut in half, use a spoon to remove seeds. Lightly sprinkle with salt and set aside for 30-60 minutes. Towel off accumulated juice/salt then chop cucumber. Mix yogurt, cucumber, oil, garlic, vinegar together. Add salt to taste. Chill.

Garlic taste will get stronger as it sits so don't add too much. Salting the cucumber will draw out water which can make the sauce watery over time. This technique also works well for cabbage for slaws.