

Welcome to Week 7!

### **Food of the week: Spices**

Spices are a great way to make what you are eating taste great with less fat and salt. While spices are occasionally suggested in the recipes, they are not in the first detox menus because tastes vary so much. However, find out which herbs you like and learn to incorporate them into your foods. Fresh herbs are always a great addition because they have more flavor than dry herbs.

- ◆ Try out cilantro mixed with a salad and veggie burger
- ◆ Add rosemary to chicken or roasted vegetables
- ◆ Use curry powder with stir-fried vegetables
- ◆ Find one of my favorites, sriracha (chili-garlic paste), to make your stir fries very spicy (only for lovers of hot spice, can be found in the Asian section of most groceries)
- ◆ Grow your own fresh herbs on your back porch to make adding flavor easy

### **Topic of the week: Eating Out**

We haven't touched on the challenge of eating at restaurants. It is possible to eat out occasionally and continue to lose weight. However, many of us tend towards unhealthy foods when out on the town. If there are places that serve things that are too tempting for you, try to avoid them. When you do order out, remember that you are paying for the food and ask questions.

- ◆ Ask how food is prepared (fried, broiled, sauteed, etc)
- ◆ Swap unhealthy sides with grilled/steamed veggies or side salad
- ◆ Ask for meats to be prepared with minimal fat or sauces on side or left off
- ◆ Use oil-based dressings and ask for them on the side so you know how much goes on salads, try to avoid cream-based dressings

Be friendly but assertive and you will be surprised by how often the answer is "Yes, we can do that." The worse that can happen is they will say no.

Some of our favorite foods are things we eat out and are hard to make healthful. The rare treat can be enjoyed. Remember to stop when you feel full, take your time and savor the treat, and make sure it doesn't happen all the time. If you don't have control or your loss is leveling out, reassess your occasional treats.

### **Vegetable Curry** (serves 4)

1 pound bag of frozen mixed vegetables  
1 Tbsp curry powder  
2 garlic cloves, minced  
2 dried red chilies (or chili flakes), if desired  
1 yellow onion, diced  
1 Tbsp organic coconut oil or grass-fed butter  
1/2 cup plain yogurt (greek or regular, fat free)  
Poke a few holes in the bag of mixed veggies and microwave for 2-3 minutes until thawed (you can sub fresh chopped veggies if you like). Heat oil in large pan (dutch oven or saute pan) on medium-high. Add curry powder and saute until fragrant. Add onion for 1-2 minutes, then garlic and chilies until fragrant. Add thawed veggies and saute for 3-5 minutes. Turn off of heat and in separate bowl combine with yogurt.  
Add protein with meat or beans (chickpeas work great). You can also make your own curry for more flavor (search Food Network for vegetable curry).

### **Spicy Stir Fry Sauce**

1 Tbsp soy sauce  
1 Tbsp rice wine vinegar  
1 tsp sriracha (chili-garlic paste)  
1 tsp cornstarch  
Mix together and add at the end of the stir fry to add flavor and heat.