

D



By Danielle Nagel, APCA
Personal Chef/ Fitness Professional
Nutrition & Natural Health Consultant

www.fitandbeyond.com
Photos and meals prepared by:
The Fit Gourmet©

Contrary to what people may think there is very little mystery when it comes to obtaining your ideal weight. Of course, exercise plays an important role, but eating properly and is crucial to our weight control as well as keeping our energy levels up. We all know that by consuming more calories than needed, we may gain weight and by eating fewer calories, we lose a few pounds. So, how do we know what diet is right for each one of us?

We all have different dietary needs due to our activity level. Getting to know those needs and your body is important to achieving your desired weight. One thing that is for sure is that when we starve ourselves, we are in turn depriving our bodies of the calories and nutrients needed in order to function productively in our everyday lives. Allowing ourselves to deplete causes the body to fall into a catabolic state therefore storing calories and fat whenever it can, causing you to "pack on those unwanted pounds"!

To avoid gorging on bad choices, plan on eating five to six nutritious mini meals daily (or every 2-3 hours). Healthy mini meals are key to a successful weight loss program. It will not only increase your metabolic rate causing you to burn more calories—it will also improve your health all the way around. So, avoid hunger pangs at all costs. Simply plan those mini meals on a daily basis. Eating more, not less, of the right food and drinking plenty of water, combined with the proper exercise program will give you the desired results you have been looking for. It may also be a good idea to discuss your diet with a registered dietitian to insure the most effective and healthy diet for you and your family.

eat more not less



Oriental-Honey Chicken Kabobs

Ingredients:

1 lb. boneless skinless chicken breasts
2-3 zucchini or yellow squash, cut into 1-inch slices
1 lb. fresh mushrooms
1 lb. cherry tomatoes
1-cup red, yellow, and green bell pepper pieces
2 large green onions, cut into 1-inch pieces
2 tablespoons reduced-sodium soy sauce
2 tablespoons dry sherry
1-tablespoon honey
1-tablespoon dark sesame oil
3 cloves garlic, minced

Directions:

1 Cut chicken into bit size pieces (approx. 1 1/2 inches) then place into a large plastic bag. Place zucchini,

mushrooms, tomatoes, and peppers into another large plastic bag.

2 Combine together soy, sherry, honey, oil, and garlic; mix well and pour half the mixture over the chicken and the other half over the vegetables. Seal bags securely; turn to coat; refrigerate and marinate for 30 minutes or up to 4 hours.

3 Soak 6 (12-inch) skewers in water for 20 minutes, (this allows for easy threading).

4 Drain chicken and vegetables; reserve marinade. Alternately thread chicken, vegetables, and onions on skewers.

5 Place skewers on rack of broiler pan. Brush with half of the reserved marinade. Broil 5 to 6 inches from heat for 5 minutes. Turn kabobs over then brush with remaining marinade then broil another 5 minutes or until chicken is no longer pink. Enjoy!