

Live your life
to the fullest !!



November 09

• Protein & Walking

Breakfast In A Blender

- 1 scoop of protein powder
- 1/3 cup of dry steel cut or Irish oatmeal
- 2/3 cup of almond milk or water
- 1 frozen banana (or fresh)
- 1 Tbs of almond butter (Not peanut butter)
- 3 Tbs of apple sauce
- 1 Tbs of flax seed (whole flax seed is fine)
- 1/2 cup of ice cubes

Blend all ingredients and drink your breakfast!

Key Supplements

- Fish Oil
- D3
- Multi-Vitamin



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Protein

Protein is thermogenic, which means it stimulates weight loss. Your body uses more calories to burn protein than it does to store it. Protein is essential for controlling appetite, for maintaining and repair of muscle tissue, for developing strong bones and for increasing energy. Eat at least 50% of your body weight in grams of protein per day. If you are really active, eat 65%. For example a 140 pounds person would require 70g to 100g of protein a day. You won't damage your liver -that is a myth. If you are eating between 5 to 6 small meals / snacks per day (as you should for optimal energy levels, fat metabolism and appetite control), it breaks down to 20 to 30 grams per meal.

• Each of the following items are 25 grams of protein

- Egg Whites 5-7
- Salmon 5 oz
- Tuna 5 oz
- Bison 5 oz
- Lean beef tenderloin 4 oz
- Almonds or pine nuts 3/4 cup
- Protein powder 1 oz
- Skinless Turkey & Chicken breast 5 oz



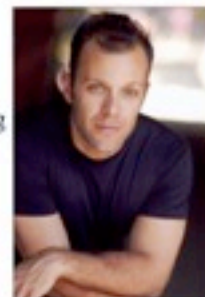
Thought for the Month-Exercise

Any type of exercise will work--as long as you do it!

You need to get out there and move your body for at least 3 to 6 hours each week. If you're too busy to "exercise" then you need to accept that you will never lose the last 10 to 20 pounds you are wishing to.

Walking Program

Research at Duke University have shown that exercise of 30 minutes per day, 3 to 4 days a week, for four months, can be as effective prescription antidepressants in relieving anxiety and depression.



I am a personal trainer, nutrition consultant & bio-signature coach
[Bio-Signature](#)