

Fun Healthy Living!

Cooking with your band should be anything but boring. With an almost endless number of recipes to be found in cookbooks and online, and too many flavour combinations to count, cooking should be a spontaneous, seat-of-your-pants adventure! Below are some fun, innovative suggestions to keep you interested in cooking as you move along the road to weight loss success.

BECOME AN AVID RECIPE READER

Drop by your local library or bookstore and peruse the cooking section. There is bound to be at least one cook book dedicated to single serving cooking. Or hop online to one of the many recipe sites.

When it comes to eye-balling portions sizes, 3 oz of meat is about the size of a deck of cards or a cassette tape, and a half cup of cooked brown rice, pasta or mashed potato will be about the size of half a baseball or an ice-cream scoop. Remember to aim for that Slimband® cup of food, containing 3 oz protein, ½ cup vegetable, and ¼-½ cup carbohydrate, as often as possible.

Happy cooking!



HOST A SUPPER SWAP

Invite friends and family to join you in a Supper Swap. Have guests prepare and bring their favourite healthy dishes. Package leftovers in to single serving sizes and send home with guests. If you're worried guests might not be band-savvy chefs, present them with challenges. For example, require that all dishes include at least 3 oz of protein per serving. Besides cutting down on daily prep time in the kitchen, it's a great way to try new foods!

COOK A BIGGER BATCH

Yep, you read that right! Most meals will keep two to three months in the freezer. You could enjoy one serving right away and portion the remainder in single serving sizes to be enjoyed at a much later date. That will help to cut down on the immediate meal repetition. Remember to always label your frozen meals with the date they were prepared, to avoid eating spoiled food. This is also a good way to have food on hand if guests arrive at short notice.

Recipe

Pico de Gallo Salsa with Tortillas

- 4 Tomatoes (either Roma or Heirloom)
- 2 Limes
- 1 Bunch cilantro
- ½ Red onion
- 1 Bunch green onions
- 1 Habanera Pepper (optional)
- Dash of salt
- 1 Bag chips (Tostitos Scoops are a good brand)

Chop your tomatoes, about half of the cilantro and your onions very finely and place in a glass bowl. This allows the flavours of the vegetables to blend well. You don't want to use an aluminum bowl because the acid in the tomatoes will react with the aluminum, leaving your tomatoes bitter and causing their colour to fade. Cut your limes in half and squeeze the juice in. Cut your habanera pepper finely and add to the mix, then your dash of salt. Toss the salsa well and it's ready to serve.

SUGGESTED RECIPE BOOKS

1. The Joy of Cooking
2. The Eat-Clean Diet Recharged!
3. Flavors of Morocco
4. The Ultimate Cook Book

