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The Often Overlooked Key to Weight Loss

It may come as a surprise, from a company who writes guides to ordering in, but here at Foodtrainers we know full well that eating every meal out isn't the way to go. Studies have shown that adults who eat out consume more calories and less fruits and vegetables than those who do not. With home cooking, there is no more worrying about how much salt or fat has been added, you can use quality (organic or local) ingredients and chances are you will feel better and lose weight. We've created a guide to help you get started..

Foodtrainers Personal Picks:

Clients often ask what our favorite cookbooks are. The books below all contain recipes that are healthy AND interesting.

The Worlds Healthiest Foods Essential Guide for the Healthiest Way of Eating

by George Mateljan

The Vegetable Dishes I can't Live Without

by Mollie Katzen

The Foods You Crave: Luscious Recipes for a Healthy Lifestyle

by Ellie Krieger

The Well-Rounded Pregnancy Cookbook: Give Your Baby a Healthy Start with 100 Recipes That Adapt to Fit How You Feel

by Karen Gurwitz and Jen Hoy

Not Your Mother's Slow Cooker

by Beth Hensperger and Julie Kaufmann

Foodtrainers Ultimate Recipe Resource- we've compiled our favorite tried and true recipes for our clients to peruse. Next time you are in our office be sure to check out our collection and take the first five home for free!



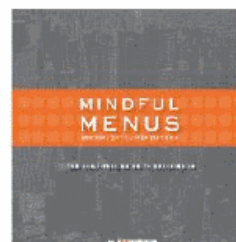
More prep/less stress, time-saving tips:

- Pick 2 recipes on a Sunday and stock up on all ingredients
- Take a few extra minutes in the morning to prepare your favorites veggies and greens. Leave washed greens in the salad spinner or chop veggies for a stir-fry.
- Invest in a slow cooker and come home to a warm, healthy meal
- Make extra servings of recipes and store them in your freezer (as single servings). When you get home, pop them in your oven or microwave and serve
- Keep your home stocked with fresh produce at all times by joining community supported agriculture (CSA). Your local farmers will select the best produce for you. Go to www.justfood.org for more information.



Of course we understand that sometimes there is not enough time in the day. For those nights when you don't cook be sure to consult Mindful Menus named 'the must have accessory of the diet-conscious' before ordering in www.foodtrainers.net.

For more information on Mindful Menu Guides or to place an order CLICK HERE



*Spread the word, forward this to anyone you know who would like to cook more and weigh less