



NUCIFIC

Fit Life Monthly

3 Tips | 3 Recipes | 3 Exercises

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WELCOME TO THE OCTOBER EDITION!

The end of this month marks the beginning of a major challenge. I'm here to help. :)

October 31st — Halloween — is the first day of an overeating marathon that dominates the last two months of the year. I call it “Body Ruin Season.” It’s a challenging time to stick to your health goals. And this issue will help you meet that challenge head-on!

As always, you have 3 items in each of 3 different categories — all geared at making healthy choices easier for you throughout the month:

- ✓ **Section 1: Inspiration Cheats**
3 tips for staying inspired and sticking to your health goals. Think of this as your monthly “**Inspiration Cheat Sheet.**”
- ✓ **Section 2: Healthy Eats**
3 recipes for easy, healthy dishes you can try at home — 1 breakfast, 1 lunch, and 1 dinner. I’ll help you make your healthy meals DELICIOUS!
- ✓ **Section 3: Get on Your Feet!**
3 simple exercises you can do to stay active and energized and keep your metabolism burning all day long!



I never sell anything in this eBook. This helpful gem is my gift to you for being a loyal Nucific subscriber! :) Thank you so much for being part of the Nucific family. Now, let's tackle “Body Ruin Season” together!

- Amy Lee, MD



SECTION 1: INSPIRATION CHEATS

3 tips to help you dodge common pitfalls as you progress toward your health goals!

Tip #1:

Drink a glass of water with lemon before you eat anything.



This simple trick is especially useful if you're out at a restaurant, where it's alarmingly easy to eat 1,200+ calories in a meal. Between all the butter, shortenings, sodium, and sugars used to kick up the flavor... a restaurant plate is a trap from the very first bite!

So, what does water with a squeeze of lemon do? Well, the water fills you up. After all, thirst and hunger are similar sensations... and we often confuse them. And the lemon is high in pectin and citric acid, both of which ultimately suppress hunger.

So, drink water and lemon before a meal, and you will almost certainly eat less. This trick alone could easily shave a solid 500 calories off your intake during heavy restaurant dinner!

Tip #2:

Brush your teeth immediately after your main course.

(This tip actually comes from one of your fellow subscribers, Sandy A. Thanks, Sandy!)

Alright, you made it through the main course without eating too much... but now there's that sweet dessert! The hunger-exploding power of so much fructose is a different animal entirely, and that glass of lemon water a while back can only do so much. This calls for an intervention.

Enter toothpaste. Minty, palate-wrecking toothpaste. As soon as you finish that main course, excuse yourself and head for the bathroom, travel toothpaste and toothbrush in tow. Brush away, and get your mouth all fresh and clean, and then return to the

table with minty mouth full of clean pearly whites. With that clean mouth, you'll be much less apt to put food in it again... but there's more to this than just feeling fresh...

You see, brushing your teeth ruins your palate for a solid 20-30 minutes. Anything you eat afterward is going to taste... well... *weird*. Essentially, you're deliberately spoiling your dessert. After all, with no sweet, tasty payoff, there's no reason to wolf down all that sugar!

And if you don't want to brush your teeth, then simply pop 2-3 potent mints in your mouth. (Peppermint Altoids® are great for this.) Don't give yourself time to think about it. Just toss those mints in your mouth. *Nothing's* going to taste right after that! ;)

Tip #3:

If you eat a snack, make it something that takes a long time to eat.

We tend to eat snacks quickly... usually when we only have a few minutes and need a quick pick-me-up. Unfortunately, your body can't keep track of your calorie intake at that speed. It takes about 20 minutes to register fullness after eating. So, if you eat snacks on the fly (like most of us), you're probably eating past fullness without realizing it until 20 minutes later. The result? Overeating. And if you snack several times a day, those calories add up really quickly.

In this situation, what you want is to *force* yourself to eat slow. The longer food takes to eat, the less calories you're likely to consume. And what's the simplest way to accomplish this? Choose food you can't eat quickly! Pistachios in the shell, walnuts in the shell, whole oranges, artichoke leaves (no dip!), boiled shrimp in the shell, boiled crawfish in the shell... these are all examples of food that's very difficult to eat large amounts of quickly.

So, use time-consuming food to keep snacking from thwarting your progress with your body. After all, when you make it difficult to fail, success becomes easy! ;)

Follow the simple tips above, and you'll have a much easier time staying on track throughout the temptations of holiday season —
i.e. "Body Ruin Season."

Now, it's MEAL time! (Next Page)



SECTION 2: HEALTHY EATS

Fall flavors... without the excess calories!

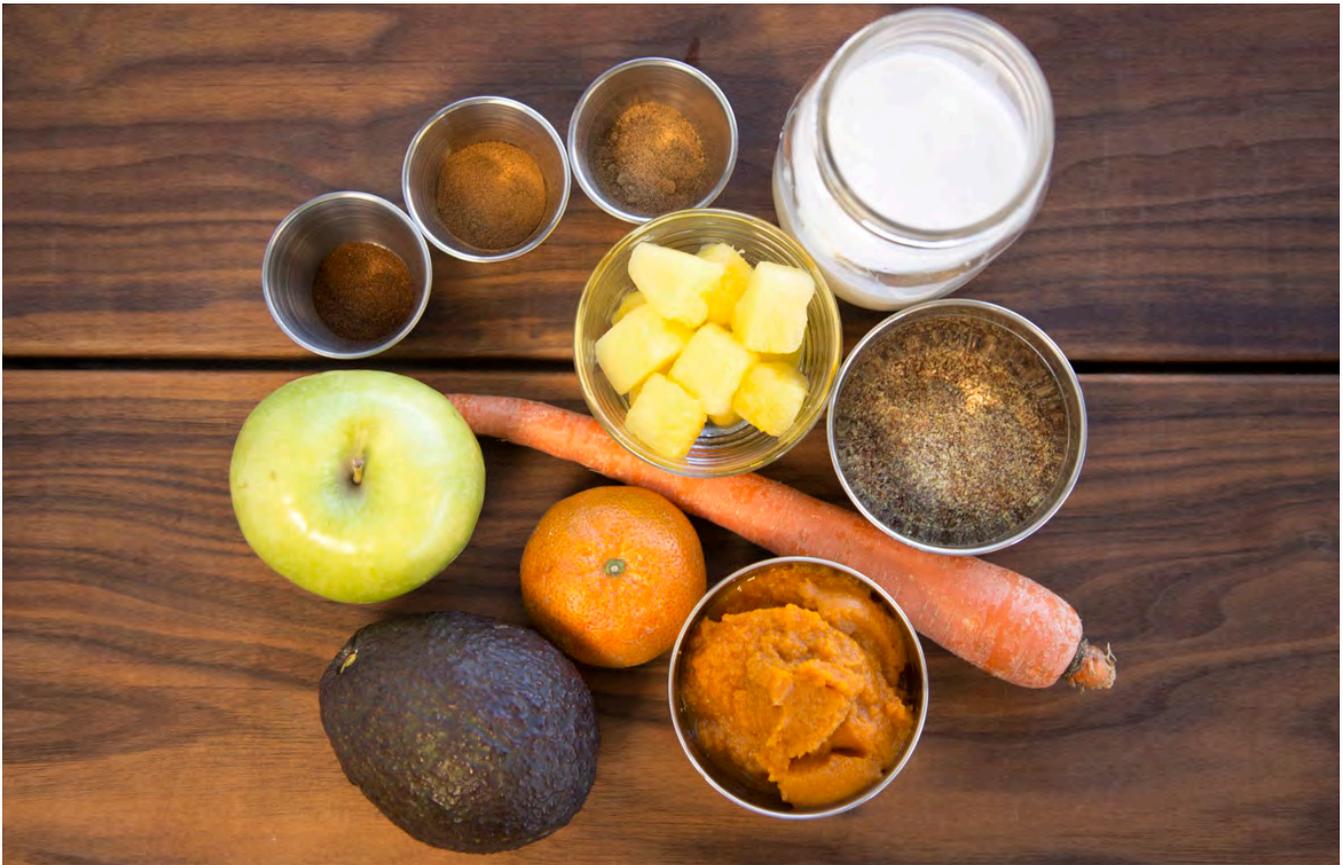


BREAKFAST ON THE GO!

Fall Breakfast Smoothie!

Do you have a pumpkin spice addiction? I sure do! And that's why I included this amazing smoothie. Whenever you get a hankering for that body-wrecking pumpkin spice latte... reach for *this* beauty. It's packed with vitamins A and C — not to mention plenty of heart-healthy omega-3s.





Ingredients (serves 1):

- ✓ ½ ripe apple, coarsely chopped
- ✓ ½ cup frozen pineapple
- ✓ 1 raw carrot, coarsely chopped
- ✓ 1 peeled clementine
- ✓ ½ cup pumpkin puree
- ✓ ¼ ripe avocado
- ✓ 2 tablespoons ground flaxseed
- ✓ ½ – 1 cup almond milk (or milk of your choice)
- ✓ ½ teaspoon cinnamon
- ✓ ¼ teaspoon nutmeg
- ✓ Tiny pinch cloves

Instructions:

1. Add flaxseed to ¼ cup of the almond milk, and set aside while preparing the rest of your ingredients.
2. Add all ingredients to blender, with harder ingredients like carrots and apple at the bottom of your carafe. Don't forget to add that flaxseed/almond milk combo to the smoothie!
3. Blend and check consistency: if it's too thick to drink with a straw, add more almond milk. If too thin, add a little extra avocado.
4. Taste for sweetness. There should be plenty of naturally-occurring sugars from the pineapple, apple and carrot in this smoothie. If it's not sweet enough for you, add a little more pineapple. And if it's too sweet? Try a squeeze of lemon juice.
5. *Drink up! :)*



SAVORY “EASTERN” LUNCH

Soba Noodle Bowl

Noodles? Aren't noodles unhealthy?? Ah, but soba noodles are different! They're made with buckwheat, which is packed with fiber, protein, and antioxidants. In fact, if your soba noodles are made from 100% buckwheat, they're naturally gluten-free.

And because this tasty lunch is so nutrient-packed, it happens to be exceptionally filling and satisfying.

Bonus: *This recipe is delicious hot OR cold!*

Ingredients (serves 1):

For the Noodles

- | | |
|---|---|
| ✓ 1.5 oz dry soba noodles | ✓ 1 red bell pepper, cut into strips |
| ✓ 2 oz peeled, deveined raw shrimp, tail removed. | ✓ 4 green onions, cut into 1 inch lengths |
| ✓ 4 cloves garlic, diced | ✓ 2 teaspoons sesame oil |
| ✓ ¼ cup frozen green peas, thawed | |



For the Dressing

- | | |
|--------------------------------------|--------------------------|
| ✓ 1 tablespoon sesame paste (tahini) | ✓ ½ lemon, juiced |
| ✓ 1 teaspoon sesame oil | ✓ 1 teaspoon soy sauce |
| ✓ 1 teaspoon sriracha (optional) | ✓ 1 crushed clove garlic |

Instructions:

1. Cook your soba noodles according to the instructions on the packaging (it's pretty similar to cooking regular pasta.) Drain and toss in a tiny bit of the sesame oil to keep from sticking – set aside.
2. Make the dressing: Combine all ingredients in a small bowl or jar and whisk until combined and completely smooth. Set aside.
3. Heat a large skillet (preferably cast iron – NOT nonstick) over high heat. Toss onions and peppers with 1 teaspoon of the sesame oil, and add to pan, letting char slightly before turning – Cook 3-5 minutes, tossing occasionally, then remove from pan.
4. Wipe pan clean, return to medium heat, and add the remainder of the sesame oil. Add shrimp, and saute for 5-6 minutes, until cooked through. Add peas and cook an additional 2 minutes, until warm.
5. Toss noodles with the dressing, and put in a bowl or tupperware. Top with the shrimp and veggies
6. *Enjoy hot OR cold! :)*



VEGGIE LUMBERJACK DINNER

Vegan Stuffed Acorn Squash

This recipe makes you feel like you're eating by a campfire under orange autumn trees. Apples, roasted squash, sage, onions... all the hearty fall flavors are there. This dish is also loaded with protein and fiber, rich in antioxidants, and just plain delicious. And for you vegetarians out there, this recipe happens to be 100% vegan-compliant.

This is a hit with my family and friends at every holiday dinner. It happens to be delicious as a side for turkey, but it truly stands on its own as an entree as well. And if you've got any vegans coming for Thanksgiving, this will accommodate them nicely. :)





Ingredients (serves 2):

- ✓ 2 medium acorn squash, cut in half lengthwise, seeds removed
- ✓ 6 oz wild rice, or wild rice blend, cooked according to packaging instructions
- ✓ ¼ cup olive oil
- ✓ 4 cloves garlic, minced
- ✓ 1 yellow onion, diced
- ✓ ¼ cup fresh sage, minced
- ✓ 1 teaspoon black pepper
- ✓ ½ teaspoon curry powder
- ✓ 2 apples, diced (skin on)
- ✓ ½ cup walnut halves, diced
- ✓ 1 bunch kale, stems removed, cut into thin strips (3 cups strips)
- ✓ 1 cup pomegranate arils
- ✓ Sea salt, to taste

Instructions:

1. Preheat oven to 450 degrees. Arrange squash on a greased baking sheet, cut side down, and cover the sheet tightly with aluminum foil. Roast for 40 minutes, or until tender.
2. Heat olive oil in a large saute pan. Add onion and cook until translucent. Then add garlic, sage, pepper, curry powder, and a pinch of sea salt, and cook until fragrant and tender.
3. Add apples, walnuts and kale to the pan, and cook until kale is reduced in volume, apples are tender, and walnuts are toasted. Taste, and add salt as needed.

4. Remove from heat and toss apple kale mixture with rice and pomegranate arils. Stuff mixture into the seed hollow of each squash half and serve.
5. Dig in! :)

BONUS!!



GUILT-FREE AUTUMN DESSERT No-Bake Pumpkin Spice Custard

Who needs candy?! This Halloween, treat yourself to this incredible custard and wave bye-bye to those candy cravings... and the belly fat that comes with them!

And it couldn't be easier to make! All you need is a saucepan, a whisk, and the refrigerator. Just think of this as a pumpkin spice crème brûlée, minus the sugar crust.

And by the way... this dessert is rich. So, be prepared for a concentrated dose of delicious flavor and texture!





Ingredients (serves 2):

- ✓ 1 Tablespoon cornstarch
- ✓ 1 pinch sea salt
- ✓ $\frac{3}{4}$ cup heavy cream
- ✓ 4 egg yolks
- ✓ $\frac{3}{4}$ cup pumpkin puree (canned is fine)
- ✓ $\frac{1}{2}$ cup skim milk
- ✓ 3 pitted dates
- ✓ $\frac{1}{2}$ teaspoon vanilla extract
- ✓ 1 teaspoon pumpkin pie spice*

**To make your own pumpkin pie spice, combine 1 part ground nutmeg, 1 part ground cloves, 2 parts ground cinnamon and 3 parts ground ginger.*

Instructions:

1. In a medium saucepan, warm the dates and the skim milk until dates are very soft. Puree in a blender and set aside. Wipe the saucepan clean – you'll need it later.
2. In a medium bowl combine the cornstarch and the salt. Whisk until free of lumps, then gradually add heavy cream, whisking thoroughly. Whisk in the eggs and set aside.

3. In your saucepan, heat the pumpkin puree with spices, until fragrant. Add the milk/date mixture and whisk to combine. Warm over medium heat until bubbles form around the edges. Remove from heat.
4. Gradually pour half your pumpkin mixture into your egg mixture, whisking constantly to combine.
5. Return the pumpkin mixture to the heat, and gradually add the egg mixture back into the saucepan, over medium heat. Whisk constantly to combine.
6. Cook until custard starts to thicken and large bubbles form, 2-5 minutes (make sure to keep whisking, even if your arm hurts!)
7. Remove from heat, pour into individual bowls or ramekins, and cool completely, then add to refrigerator and let chill. Serve with a little unsweetened whipped cream and a sprinkle of cinnamon.
8. *Enjoy the decadence without the consequences! :)*

Lean, delicious, fall-inspired fuel for your body? Check! Now, let's use it to get your heart pumping.

It's time to get on those feets! (Next Page)



SECTION 3: GET ON YOUR FEETS!

3 easy exercises to stabilize and strengthen your body for busy holiday months ahead!

The exercises this month are geared toward toning your body and helping to injury-proof you for the months ahead. Why? When you're hauling bags of candy and presents, hanging that star on the Christmas tree, or leaning over the stove for an hour and a half, trust me... You'll thank me!**

*****As always, check with your doctor to make sure these or any other exercises are safe for you to do.***

Alright, let's do it!

Exercise 1: Elbow Side Extensions

This exercise helps you tone your upper arms and shoulders. It strengthens your gripping and pulling muscles. With proper posture, it also helps stabilize your core. Just make sure to keep your torso erect, back straight, and eyes facing forward.

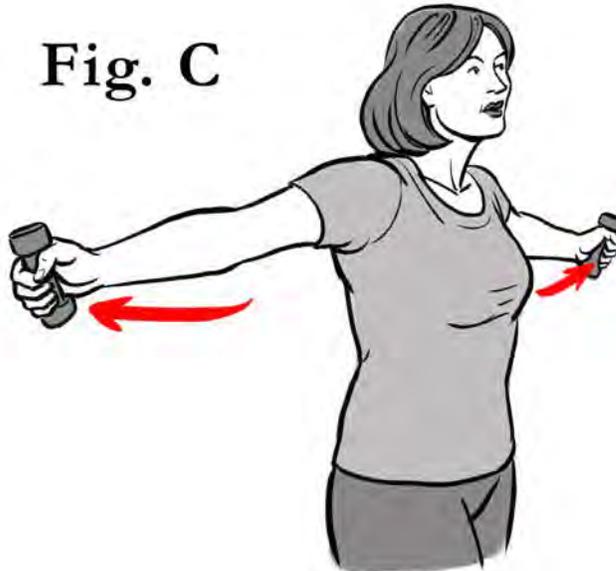
Fig. A



Fig. B



Fig. C



Step 1: Stand straight up with your feet firmly on the floor, shoulder width apart. Hold weights in your hands against your chest with your palms facing your chest, elbows raised so they are just below the height of your shoulders — upper arms almost parallel to the floor.

Step 2: Exhale as you straighten your arms out to the sides, like you are opening your wings. Extended arms should still be almost parallel to the floor. Hands should remain at chest height throughout the exercise.

Step 3: Inhale as you return your arms to the starting position.

Step 4: Repeat exercise 10 times.

Exercise 2: Hip Flexion

Fig. A



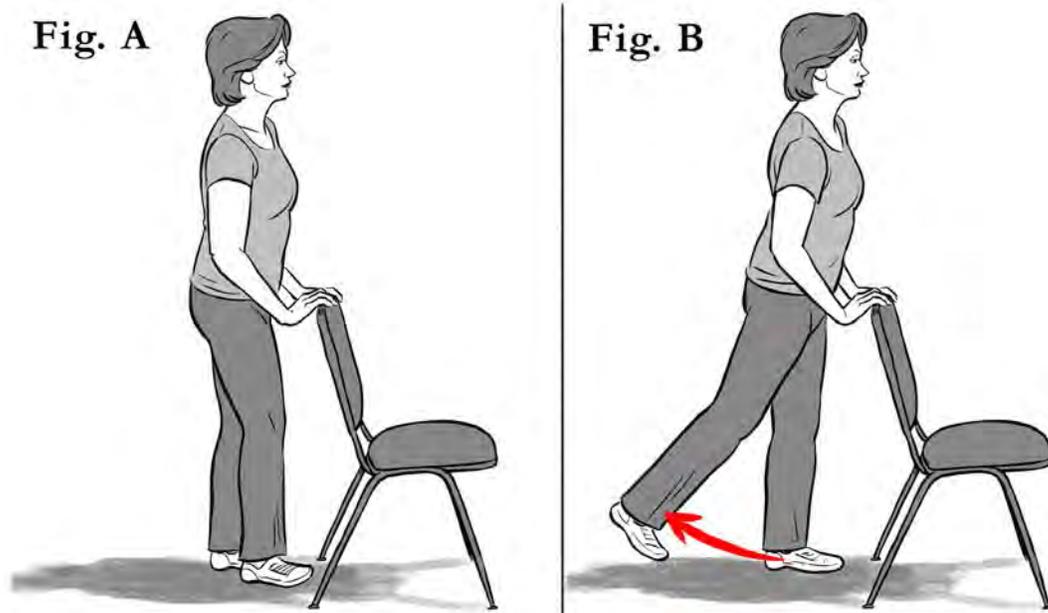
Fig. B



This exercise is designed to stabilize and strengthen your back, protecting it from injury. It also helps mobilize your hips to relieve stiffness and make other exercises easier. And as an added bonus, it helps to stretch and relax your shoulders after those elbow side extensions above!

- Step 1:** Start on all fours with your hands and knees shoulder width apart — hands below shoulders, knees below hips. Make sure your back is straight, with your spine and hips in neutral position.
- Step 2:** Exhale as you slowly sit your hips back onto your heels, keeping your back as straight as possible.
- Step 3:** Inhale as you slowly return to the start position.
- Step 4:** Repeat 10 times.

Exercise 3: Standing Hip Extensions



After you've warmed up your hips with the hip flexion exercise, it's time to put them in action. This exercise will tone your buttocks while helping to stabilize your hips and improve your overall lower body mechanics.

Step 1: Stand upright in neutral position with erect posture, with a chair in front of you for balance.

Step 2: Keeping your knee straight, exhale as you extend one leg backward.

Step 3: Inhale as you return your leg to the starting position.

Step 4: Repeat 10 times on that leg. Then, switch and do the same thing on the other leg.

Alright, good workout! Now, indulge in that pumpkin smoothie, perhaps with a little protein powder added for recovery.

You're going to beat this holiday season and be leaner and more toned by New Years... while everyone else is hiding from the mirror and calling a personal trainer!

THANKS FOR JOINING ME!!

This is the first “holiday prep” edition of *Nucific Fit Life Monthly* — your monthly fast-track guide to better health. Every issue will have 3 tips, 3 recipes, and 3 exercises you can use all month.

I hope you enjoyed this issue. It’s designed to help you take on the challenging holiday months ahead.

Just keep taking advantage of the simple tips, recipes, and exercises you read in this eBook each month, and you’ll be way ahead of everyone else by the end of the year.

I can’t tell you how proud I am of you. We’re just getting started down this road!!

To OUR present and future health,

- Amy Lee, MD

