



# **Black Book Monthly**

*3 Tips | 3 Recipes | 3 Exercises*

*September 2016*

Dr. Amy Lee, MD

# WELCOME TO THE SECOND EDITION!

*Every monthly edition of this eBook will help you stay on track with your health goals. :)*

I hope you enjoyed the first edition last month! You may have noticed I decided to change the name. Instead of Healthy 3's, it'll be called Black Book Monthly. Why? Because it's catchier. ;)

Just like last month, 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!



*As will always be the case, I'm not selling anything in this eBook. It's purely information to help you — my gift to you for being a loyal Nucific subscriber! Thank you so much for being part of the Nucific family. Now, let's get started!*

**- Dr. Amy Lee, MD**



# SECTION 1: INSPIRATION CHEATS

*3 handy tips for staying on the road to your goals!*

## Tip #1:

*Make many small changes, not a few big ones.*

I remember watching an interview a while back. It was with famed fitness trainer Shaun Thompson, or “Shaun T” — the host of popular programs like Hip Hop Abs and Insanity.

Shaun’s a fun, inspiring guy... but make no mistake: his fitness programs are notoriously brutal. He’s about as hardcore as they get.

So, when someone asked Shaun how to stick to their fitness goals... they were shocked when he told them the key is NOT to go extreme right away.

On working your way into a lifestyle change:

**“ Start with less, so that you want more. If you constantly set new goals — like every week — you can stick with it. ”**

**- Shaun Thompson,** Celebrity Fitness Trainer  
Host of Hip Hop Abs, Insanity, and Focus T25

Shaun — like me — is a fan of setting small goals and achieving them frequently. This is crucial to making major changes in your body... and your life.

You see, to get into the healthy habits that will push you toward success, you need what 4 Hour Body author Tim Ferriss likes to call “early wins.” These are small goals that you achieve at the beginning to build momentum.

As you accumulate more and more of these early wins, start making your goals more and more ambitious as time goes on. A few months down the line, you’ll be shocked by how much progress you’ve made!

## Let me give you an example:

Say you want to lose 20 lbs. of fat. Obviously you'd have to change your eating and add some exercise. But going on some extreme regimen right away would be a mistake... because you'd be very likely to fall off the wagon quickly.

So, you work your way backwards to the simplest goal for the first day: eat a salad during one meal when you'd normally eat a burger. That's it. No more. Substitute a salad for that burger at dinner on the first day... and you've achieved your goal. Easy!

Do something similar the next day. After a week or two goes by, try to do a healthy substitution for TWO meals in a day instead of one... and so on.

As you eat healthier and healthier... maybe you're ready to add exercise. Start with something simple 10 jumping jacks when you first get up.

Each day, it's your job do 10 jumping jacks first thing, and then you can go about your day. Hey, it's exercise you weren't doing before! Work your way up similarly to how you did with food.

The point is, make your goals short and simple, and only focus on what you have to do today. Do this every day, and you'll be reaching your health goals in record time!

## Tip #2:

***Give yourself LESS workout time than you think you need.***

Remember when you were in school and you had a term paper... how you'd be given three months to do it? The project seemed HUGE. So, you kept putting it off and putting it off. Maybe you worked on it occasionally, but it just felt like a looming monster.

And then, one horrible morning, you'd wake up and realize you only had 2 days left to do it!

So, what happened? Did you fail out of school? Did you watch your life descend into ruins?

Not at all. You buckled down and got to work. And somehow... like magic... you'd turn in the finished "3 month" paper to your teacher 48 hours later.

So, if you could do it in two days, why did it seem like such a giant task before? Because you'd been given so much time to do it.

“

***Work expands so as to fill the time available for its completion.***

”

**- C. Northcote Parkinson,** Famed Historian

Author of Parkinson's Law

You see, this plays into something called Parkinson's Law (quoted above). All hyper-productive people are familiar with this law: *The more time you give yourself to complete a task, the bigger that task becomes.*

So then, the obvious key to getting things done... is to deliberately NOT allow yourself much time to do them.

And how does this apply to health and fitness?

### **Exercise.**

People say, “I don't have enough time to exercise. I have too much work... too many responsibilities.” Usually, these people have somehow built up exercise into this herculean task that takes at least an hour of their time and a trip to the gym.

I say to these people, “Give yourself even less time to work out than you already think you have. Then, you'll have no excuse at all. AND your workout will be better.” When I say this, I almost always get a confused look. But go with me on this...

If, instead of an hour, you give yourself only 15 minutes to exercise... I guarantee, three things will happen:

- ✓ **You'll exercise more regularly, since you've removed your excuses about time.**
- ✓ **You'll feel less stressed out about exercising, knowing you'll be done in 15 minutes.**
- ✓ **You'll get a better workout challenging yourself for that 15 minutes than you do meandering through the gym for an hour.**

When you give yourself less time to work out, the task becomes smaller and more manageable. You're forced to pick out a few exercises, and just do them to the best of your ability until the clock runs out.

And when your workout is shorter, you tend to work out harder, getting more results in less time. Beachbody — a world-famous workout company — has proven this in test group after test group. So, work out hard for a short amount of time — and do it regularly — and watch the pounds fall off! :)

### Tip #3:

#### *On healthy cooking: Do it in batches.*



The easiest way to eat healthy is to prepare your own food. This way, you can control everything that goes into your food... and everything that doesn't.

Unfortunately, this isn't the most convenient option. Cooking for yourself every day can get tiresome. As a result, you wind up eating more convenient options like fast food and processed food. And these are often loaded with hidden sugar and bad fats — the things you should be trying to avoid.

So, here's an easy solution that I personally use, and encourage my patients to use:

*When you cook healthy food, cook it in large batches and store it for later.*

This way you always have perfectly healthy meals, ready to go! And every one of the recipes I give you can be easily done in large batches. And on that note, let's get cooking! :)

The tips above will help you easily get in the right mindset for the month ahead.

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



## SECTION 2: HEALTHY EATS

*3 delicious recipes for you to enjoy!*



### COMFORT FOOD BREAKFAST Brunch-Style Stuffed Peppers

Rich in protein, good fats, fiber, antioxidants... Not to mention, it's DELICIOUS and filling? What more could you ask from a simple, easy breakfast?

Plus, this one is easy to make in batches for later! Heck, I sometimes make 4 at once, and just stash them in the freezer to reheat throughout the week!

*These peppers can easily be made vegetarian by leaving out the turkey sausage.*





#### Ingredients (serves 4):

- ✓ 2 bell peppers, any color, cut in half lengthwise, seeds removed
- ✓ 4-5 large eggs, ideally omega-3 eggs or free range eggs
- ✓ 2 cups kale, stems removed, sliced thin
- ✓ ¼ cup extra virgin olive oil
- ✓ ¼ small onion, diced
- ✓ 4 turkey breakfast sausages, crumbled (optional)
- ✓ ½ cup pumpkin seeds (pepitas), no shells
- ✓ Salt and pepper, to taste

#### Instructions:

1. Preheat the oven to 400°F.
2. Rub pepper halves with a bit of the olive oil, inside and out, sprinkle with salt, and set aside.
3. In a bowl, scramble the eggs with a small pinch of salt. Set aside.
4. In a saute pan over medium heat, warm the remainder of the olive oil. Add onions and (optional) turkey sausage, and saute until onions are tender. Add kale and cook until reduced.
5. Mix kale mixture in with the eggs, and spoon into the 4 pepper halves until peppers are full. If peppers are a little underfilled, crack another egg and add to the mix.
6. Bake on a baking sheet or in a pie dish for 25-40 minutes, or until eggs are set.
7. Sprinkle with the pumpkin seeds.
8. Indulge! :)



## REFRESHING SEASONAL LUNCH

### Autumn Kale and Squash Salad

Want a salad that won't get soggy? Crispy kale is the way to go... plus the texture is amazing! And this salad balances out the vegetal kale with sweet, grainy pear and soft, earthy butternut squash... not to mention a delicious, nutty crunch!

Round it out with the creamy dressing, satisfying goat cheese, and protein-rich chicken, and you have a delicious plate on your hands. I honestly could eat this salad at any meal! And if you don't like salads, this one may change your mind...

*All you have to do to make this salad vegetarian is leave out the chicken.*





#### Ingredients (serves 2):

- ✓ 3 cups kale, shredded, stems removed
- ✓ 1 cup cubed, cooked butternut squash
- ✓ 4 oz chicken breast, grilled and sliced (optional)
- ✓ 1 pear, sliced thin (do not peel)
- ✓ ¼ cup goat cheese
- ✓ ¼ cup toasted pecans
- ✓ ¼ cup extra virgin olive oil
- ✓ 1 tablespoon red wine vinegar
- ✓ 1 tablespoon lemon juice
- ✓ ½ teaspoon dijon mustard
- ✓ 1 tablespoon greek yogurt
- ✓ Salt and pepper to taste

#### Instructions:

1. In a jar, combine the olive oil, vinegar, lemon juice, yogurt, mustard and a pinch of salt. Shake well to mix, and add to the bottom of a large bowl.
2. Add kale to the bowl and toss with the dressing, massaging with your hands to tenderize the kale.
3. Toss in chicken, butternut squash, goat cheese, pecans, and pear.
4. Enjoy! :)



## HEARTLAND DINNER

### Smoky Apple Pork Chops (or Tofu) with Sautéed Chard and Cauliflower Mash

If you just look at this amazing plate, you'll ask, "How in the world is this healthy?" After all, it looks like something straight out of classic Americana.

Ah, but the devil's in the details... namely a simple substitution that cuts out the starch. That would be the cauliflower mash, and it's just as tasty as mashed potatoes!

Plus, with this recipe, you get a flavor-packed, smokey-sweet marinade that goes with just about everything...chicken, tofu, beans, even beef.

And the chard recipe is just as versatile. It's a preparation that also works with collard greens, kale, mustard greens, spinach... all the dark, bitter greens that are so vital for your health. Want to trick yourself into eating the good stuff? This is how you do it!





### For the Chops

#### Ingredients (serves 2):

- ✓ 2 Pork Loin chops, ¾-1 inch thick\*
- ✓ 1 cup unsweetened applesauce
- ✓ 2 tablespoons chipotles in adobo, diced
- ✓ 1 tablespoon greek yogurt \*\*
- ✓ 1 tablespoon soy sauce
- ✓ 1 tablespoon extra virgin olive oil

*\*This marinade is also fantastic on chicken, tofu, or as a cooking sauce for beans. If using tofu, marinate for no more than 1 hour!*

*\*\*To keep the marinade vegan, leave out the yogurt completely!*

### For the Chard

- ✓ 1 ripe apple, sliced thin
- ✓ 1 bunch swiss or rainbow chard, cut into ribbons
- ✓ 1 shallot or ½ onion, diced
- ✓ 3 cloves garlic, diced
- ✓ 2 tablespoons extra virgin olive oil
- ✓ Salt and pepper, to taste

### For the Mash

- ✓ 1 medium head cauliflower, cut into florets
- ✓ 2 cloves garlic
- ✓ ¼ cup light sour cream
- ✓ 1 tablespoon butter
- ✓ ¼ cup chicken or vegetable stock
- ✓ Salt and pepper, to taste
- ✓ Chives, to garnish

### Instructions:

1. Marinate the pork chops (up to 12 hours ahead): Combine applesauce, chipotles, yogurt and soy sauce in a zip top bag. Add pork chops and let marinate for at least 30 minutes, or as long as overnight.
2. **Cook the pork chops:** Heat olive oil in a skillet over medium high heat. Remove pork chops from marinade, pat dry, and cook until golden brown, flipping once after 5-8 minutes. Reduce heat to low, cover and let cook until a thermometer inserted into the thickest part of the chop reaches 160 degrees, about 15-20 minutes. Meanwhile...
3. **Prepare the mash:** In a large pot, bring about 2 cups of water to a boil. Add cauliflower and garlic and steam until tender, about 12-15 minutes. Drain well (the dryer, the better), then return to low heat. Add the sour cream and butter and mash, drizzling in the stock as needed. Taste and season with salt and pepper, and turn heat to low to keep warm.
4. **Prepare the chard:** In a large saute pan, heat the oil over medium heat. Add the onion and garlic, and cook until tender. Add chard and cook until reduced, then season with salt and pepper.
5. Put the tasty chops, mash, and chard on your plate.
6. Dig in! :)

Alright, you've got to delicious fuel your body needs. Now, we're going to put it to good use!

*It's time to get your body moving! (Next Page)*



## SECTION 3: GET ON YOUR FEET!

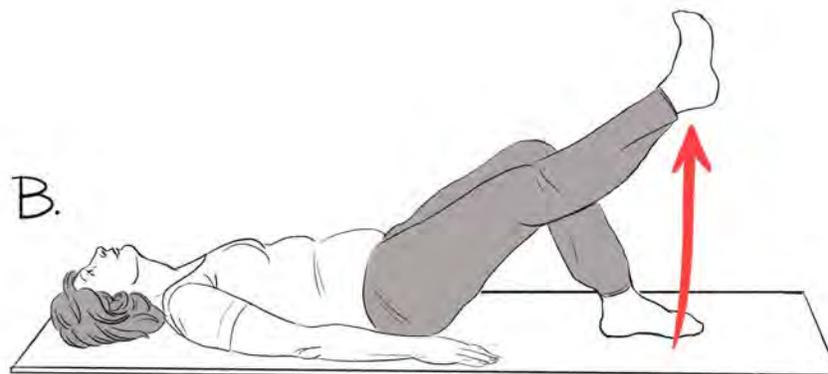
*3 easy exercises to kick your energy and metabolism into high gear!*

This month's simple exercises get your core engaged first, then engage your upper body and lower body. When you do all three exercises regularly, your entire body is activated, along with your metabolism. As a result, you feel more awake, and burning fat is easier.\*\*

***\*\*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: Straight Leg Raise



The most important part about this exercise is to keep your abdominal muscles engaged. This simple cue marks the difference between just working your hip flexor muscles... and working your entire core!

**Step 1:** Lie down on your back on the floor with your arms down by your sides, palms on the floor, and legs bent at right angles so that your feet are flat on the floor and your knees are pointed toward the ceiling.

**Step 2:** Flex your abs until it feels like your shoulders are going to come off the floor. Hold this flexed position.

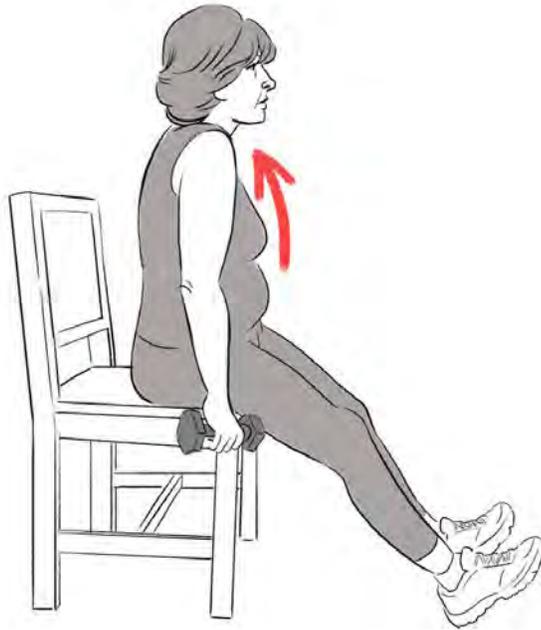
**Step 3:** Straighten one leg out until it is flat on the floor.

**Step 4:** Raise the straight leg about 2 feet off the floor until your thighs are next to each other. Then, lower the straight leg down again until it is about 3 inches off the floor. Repeat the raise/lower move up to 10 times (or if you can do more, that's outstanding).

**Step 5:** Switch legs and repeat with the other leg.

## Exercise 2: Shoulder Rolls





This exercise helps strengthen your trapezius muscles and your upper back, making sitting up straight much easier!

**Step 1:** Sit on a chair (or stand if you want) with your arms down by your side, 5-10 pound weights in either hand. (You can also do this exercise without weights.)

**Step 2:** “Shrug” your shoulders upward, then squeeze them backward, then lower them down to the original resting position. The motion should be a continuous, engaged circle: **up, over, back, down.**

**Step 3:** Repeat this “shoulder roll” 20 times. Then rest. Then 20 times again. Then, you’re done!

**Modification:** *If you need to, you can skip the weights and just do the shoulder rolls with no weights in your hands.*

### Exercise 3: Walking! You need it!! Here’s why...



Yes, it’s nice to have fancy exercises... but it would be terribly irresponsible of me not to remind you to walk. It’s a fundamental human activity, and very few of us do it enough.

The point is, you need to get outside. You need to *move!* It’s an easy thing to forget, but you’ll be much happier if you get outside and walk somewhere every now and again.

And everybody knows walking is good for your cardiovascular health. And as an endurance exercise, walking burns fat. But I think the emotional benefits of walking are equally powerful!

**Step 1:** Put one foot in front of the other.

**Step 2:** Enjoy the sights and sounds, and put your troubles behind you. :)

*After you've done these exercises... enjoy one of the amazing recipes above to help your body recover.*

*And fantastic job staying on track toward your health goals.  
You deserve a round of applause!!*

## THANKS FOR JOINING ME!!

This is the second-ever edition of *Nucific Black Book Monthly* — a handy little guide I'll send you every month with 3 tips, 3 recipes, and 3 exercises you can use all month.

I hope you enjoyed this month's edition. And I just want to congratulate you again on sticking to your health goals! You're stronger than you were last month, and you'll be stronger at the end of this month.

As long as you use the simple tips, recipes, and exercises you read in these eBooks, you'll keep getting better all the time.

I'm very proud of you. Let's keep going!!

To your present and future health,

- Dr. Amy Lee, MD

