



NUCIFIC

FIT LIFE MONTHLY

3 Tips | 3 Recipes | 3 Exercises

HAPPY NEW YEAR!

January 2017

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WELCOME TO 2017!

It's a brand new year, and it's going to be your healthiest year ever. I'll be with you every step of the way. Let's get started!

Most people think of a new year as starting fresh... but not you! You learned a ton about your health in 2016. And now, it's time to reap the *rewards* of your dedication. You're coming into 2017 with **MOMENTUM** — and that puts you ahead of everyone else who's starting from scratch! Use this January edition to keep your momentum going!

As with every issue of *Fit Life Monthly*, you have 3 items in each of 3 different categories... except I might have also included a scrumptious little bonus snack in the recipes section. ;)

- ✓ **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.
Let's make every meal both healthy and 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, ever sell anything in this eBook. Fit Life Monthly 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 take on the New Year 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:

Don't be hardcore. Hardcore New Year's resolutions fail. Every single time.

"I'm cutting all carbs, joining a gym, and working out 5 days a week, starting now!"

People are posting declarations like this all over their Facebook and Twitter pages right now. Don't fall into this trap!!

I'd rather you just make a commitment to eat a protein-rich, low-calorie breakfast (400 or less) on weekdays... Or do a 15-minute workout 2 days a week for the next month, and then ramp up from there...

Why? Because a small change you *stick to* ALWAYS beats a big change you don't. That's why it's best to choose healthy habits you can incorporate into your life fairly seamlessly. For example:

- ✓ Go biking for 20 minutes each morning when you wake up...
- ✓ On Monday and Thursday, cut ALL bread and grains for the day...
- ✓ Every Sunday, do a 30-minute stretching session to improve your flexibility...
- ✓ Drink at least 8 cups of water every day, so you don't mistake thirst for hunger...
- ✓ Eat a full serving of broccoli and cauliflower during at least one meal every day...

These are just *examples*. The point is, take on healthy habits you KNOW you can stick with. This way, you're making a habit of *succeeding*, and you will naturally escalate into more and more healthy choices as time goes on.

Just don't fall into the trap of going extreme right off the bat like everyone else. People who try to get extreme too quickly are teaching themselves to fail. And you deserve better than failure!

So, ease into healthy living, so you can stick with it!

Tip #2:

*You'll mess up occasionally. We all do. That's fine.
Move on from it quickly.*

So, you ate a brownie sundae. Or you skipped a workout. Don't sweat it! I assure you, it's not going to suddenly undo all your progress...

That is... as long as you don't use it as an excuse to fall totally off the wagon! That's where people go wrong: they use one unhealthy choice as an excuse to make more unhealthy choices.

"I ate a slice of pizza. Might as well eat the whole thing... and some ice cream..."

That's how most people think when they mess up. But YOU'RE smarter than that. If you took a wrong turn and made an unhealthy choice, don't make it into a big deal. Just move on quickly to your next *healthy* choice! :)

Tip #3:

Look at each healthy choice as a small victory.

Whenever you reach for a salad instead of a burger... or skip a heavy dessert because you know you don't need it... or do a workout when you *really* don't feel like it... take notice!

That's a small health battle you just won!

And every time you have a victory like that, you should be pleased with yourself. Like I said in Tip #1 above, you're developing a habit of *succeeding*. And a HUGE part of that is positive reinforcement.

When you treat every healthy choice like a victory, you'll make more healthy choices because it *feels good*. This feeling of frequently winning will make your health journey a LOT more fun. *Believe me!* :)

Theses tips will help you keep your eye on what's important in the months ahead. Progress is the key!

Now... MEALTIME! (Next Page)



SECTION 2: HEALTHY EATS

Time to fuel your body and mind for the exciting year ahead!



Breakfast in 5 Minutes FLAT: Scrumptious Scramble Lettuce Wraps

Protein, good fats, and fiber... Simply put, if you have these healthy, delicious little gems for breakfast, you'll start the day off smiling — *guaranteed!* :)





Ingredients (serves 1):

- ✓ 2 leaves butter lettuce
- ✓ 1 slice bacon, minced OR 1 Tablespoon extra virgin olive oil
- ✓ ¼ cup finely chopped mushrooms
- ✓ ½ teaspoon fresh thyme leaves (optional)
- ✓ 2 eggs, scrambled.
- ✓ 1 tablespoon shredded cheddar cheese
- ✓ Sea salt and black pepper, to taste

Instructions:

1. Heat bacon or olive oil in a saute pan over medium-high heat. Add mushrooms and cook until tender and beginning to brown, then add thyme leaves and cook until fragrant.
2. When bacon is cooked through and mushrooms are tender, reduce heat and add eggs, along with a pinch of salt and pepper.
3. Cook, stirring occasionally, until the eggs begin to set, then add cheese.
4. When cheese is melted, remove from heat, and let cool a little. Scoop half the mixture into the center of each lettuce leaf and roll like a burrito.
5. *Sink your teeth in, and start the day off feeling satisfied and ready! :)*



Mediterranean Lunch Re-Charge: Epic Greek Chicken Salad

Sometimes, you just need a mid-day eye-opener. Enter Mediterranean spices, savory chicken, the tangy, briny pop of olives and goat's milk cheese, the cool mouthfeel of cucumbers and tomatoes... I could go on, but you get the picture!

This salad has everything you need to feel as fresh after lunch as you did after breakfast!

Ingredients (serves 6 as a side, 2-4 as a "big salad"):

For the Salad:

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| ✓ 3 large tomatoes, diced | ✓ ¼ cup sliced black olives |
| ✓ 3 cucumbers, seeded and diced | ✓ ½ teaspoon sea salt |
| ✓ 2 yellow bell peppers, diced | ✓ ½ teaspoon black pepper |
| ✓ 1 red onion, finely diced | ✓ ½ teaspoon dried oregano |
| ✓ 3 chicken breasts, roasted and diced* | |

For the Soup:

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| ✓ 2 cloves garlic, crushed | ✓ 1 teaspoon dried oregano |
| ✓ ½ cup goat cheese crumbles | ✓ 1 teaspoon dijon mustard |
| ✓ ½ cup red wine vinegar | ✓ ½ cup extra virgin olive oil |
| ✓ Juice of 1 lemon | |

Vegetarian Option: Substitute cubed tofu or black beans for the chicken
– 2 cups worth.



Instructions:

1. First make the dressing. Whisk the garlic, goat cheese, vinegar, lemon oregano and mustard. Gradually drizzle in the olive oil while mixing and set aside.
2. In a large mixing bowl, combine the peppers, onions, tomato, cucumber, and chicken. Toss with the salt, pepper and oregano, then add the olives.
3. Toss in dressing and serve on its own, over a bed of leafy greens or quinoa, or tossed with zoodles or spaghetti squash.
4. *Feel your body and mind wake back up after this delicious mid-day meal! :)*



Dinner for Chilly January Nights: Insanely Satisfying Turkey Chili

The second you put this amazing chili in your mouth, you won't *believe* it's healthy... but it is! Rich in protein, monounsaturated fat, vegetable fiber, vitamins, and trace minerals, this is the perfect meal to keep those late-night cravings at bay!

Ingredients (serves 6+):

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| ✓ 2 tablespoons olive oil | ✓ 2 tablespoons chili powder |
| ✓ 2 pounds ground turkey meat, white and dark combined* | ✓ 1 teaspoon paprika |
| ✓ 1 large onion, diced | ✓ 1 teaspoon garlic powder |
| ✓ 4 cloves garlic, minced | ✓ 1 tablespoon ground cumin |
| ✓ 3 ribs celery, diced | ✓ 3 cups canned diced tomatoes |
| ✓ 2 carrots, diced | ✓ 2 cups low sodium chicken or vegetable broth |
| ✓ 1 red bell pepper, diced | ✓ 2 15-ounce cans red kidney beans, drained and rinsed |
| ✓ ¼ cup chipotles in adobo sauce, minced | ✓ Salt and freshly ground pepper to taste |
| ✓ 1 teaspoon dried oregano | |

Optional Garnishes:

- ✓ 1 cup shredded cheddar cheese
- ✓ 1 cup light sour cream
- ✓ Sliced lime for garnish
- ✓ 1 cup diced mixed cilantro and chives

Substitutions: Feel free to use lean ground beef or crumbled firm tofu instead of the turkey if you'd prefer.



Instructions:

1. Heat the olive oil over medium heat in a large soup pot. Add turkey, onions, celery, carrots and bell pepper. Saute until tender.
2. Add garlic, along with the chipotles, herbs and spices. Cook until spices are toasted, garlic is cooked, and the whole mixture is very fragrant.
3. Add tomatoes, chicken broth, and kidney beans and simmer for 45 minutes -1 hour. Taste and season with salt and pepper.
4. Serve garnished with your choice of cheddar cheese, sour cream, or diced herbs.
5. Spoon into your bowl, garnish, and enjoy! :)

*** Store leftovers in individual servings and freeze up to 6 months.**



Bonus Snack! Crispy Spiced Chickpeas

Snacks are a minefield for your waistline. Even so-called nutrition bars that line health food store shelves are *loaded* with hidden sugar. In fact, even savory snacks like [beef jerky](#) have added sugar! And that's why I decided to include a simple, DELICIOUS savory snack in this month's edition. And as you can see below, this snack has no sugar whatsoever. *Enjoy!*

Ingredients (makes 4 snack-sized servings):

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| ✓ 2 cups canned chickpeas, drained, rinsed and dried | ✓ 1 teaspoon sweet paprika |
| ✓ 1 tablespoon extra virgin olive oil | ✓ 1 teaspoon black pepper |
| ✓ 2 cloves crushed garlic | ✓ ½ teaspoon sea salt |
| ✓ 1 tablespoon minced rosemary | ✓ ½ teaspoon cumin |



Instructions:

1. Heat Olive oil over medium heat in a very large saute pan.
2. Add garlic and rosemary and cook until garlic begins to brown.
3. Add chickpeas along with spices and sea salt. Toss to combine well, and cook over medium heat until chickpeas are crispy, fragrant and browned.
4. *Enjoy hot, or stash in the refrigerator for a less crispy, but still super-flavorful snack. :)*

Indulging in decadent — but healthy — dishes at every meal?
Check! Now, let's work out!

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



SECTION 3: GET ON YOUR FEET!

3 simple exercises to start 2017 off on the right foot! ;)

This month, we are working on the muscles “behind” you: back, rear shoulders, buttocks, and calves. You should notice improved balance and posture from doing these exercises. :) **

****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!

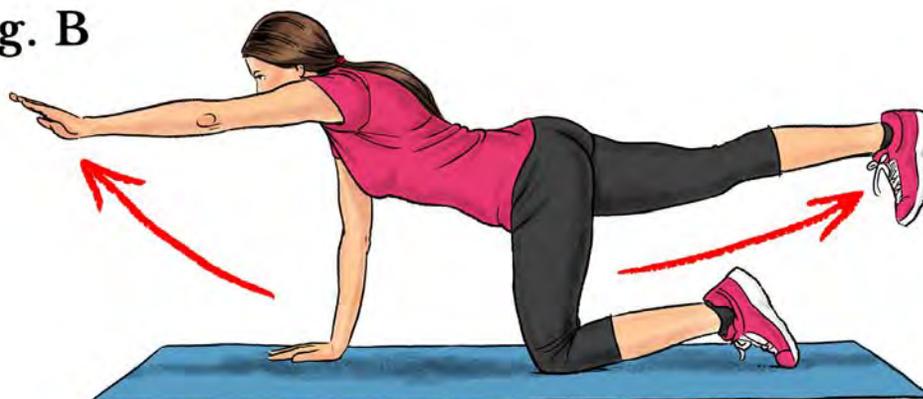
Exercise 1: Opposite Arm and Leg Lifts

This exercise helps strengthen your lower back and stabilize your core. It also tones your buttocks and shoulders! Just make sure to do this exercise on a soft surface. It requires some degree of balance.

Fig. A



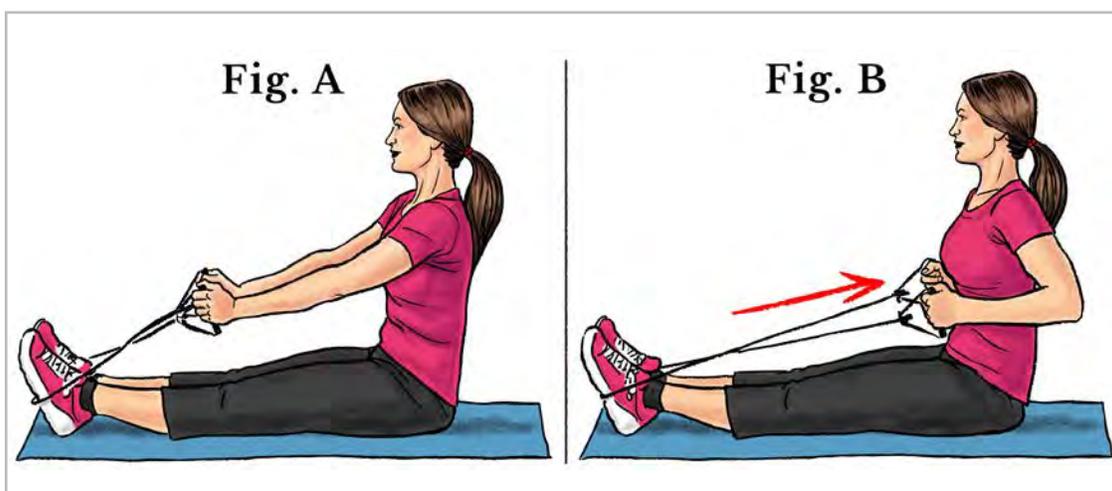
Fig. B



- Step 1:** Start on all fours with your body at “right angles” — back flat, head in neutral-spine position, hands and knees on floor, arms straight, hands below shoulders, knees below hips.
- Step 2:** Exhale as you simultaneously lift your left arm straight in front of you and your right leg straight behind you, so that both are parallel to the floor. You should be balancing your weight on your right hand and left knee.
- Step 3:** Hold this “top” position for a split second, and then inhale as you slowly lower your left arm and right leg back down to the “all fours” starting position. Repeat with the opposite arm/leg (right/left, respectively)
- Step 4:** Alternate like this for up to 20 repetitions (10 per side).

Exercise 2: Seated Band Rows (performed with elastic band)

This exercise strengthens your upper back, rear shoulders, and biceps — basically your pulling muscles. This helps you have outstanding posture... not to mention lift objects much more easily!



Step 1: Sit straight up on the floor with your legs straight out in front of you, toes pointed toward the ceiling, straight back, erect posture. You can bend your knees if you need to.

Step 2: Take a 5' elastic band (medium resistance level) and loop it around your feet, grabbing the ends of the band with your hands, palms facing each other. (It helps if the band has handles). Make sure you are sitting straight up with your shoulders pinched back.

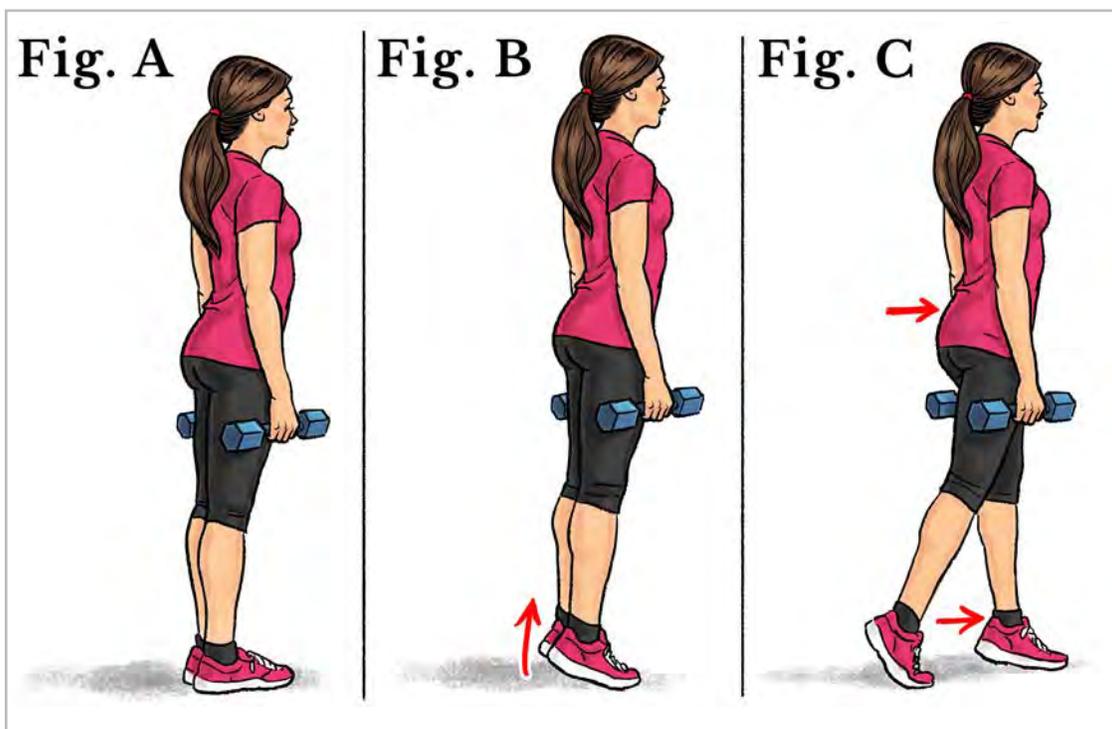
Step 3: Exhale as you slowly “row” backward, tightening the band. Keep your arms tight against your sides and your shoulders pinched back as you drive your elbows straight back and pull your hands to your lower ribs.

Step 4: Once your hands reach your ribs, hold for a split second and then exhale as you slowly return to the starting position. Repeat 10 times.

Exercise 3: Farmer’s Walk on Toes

This exercise greatly improves your walking balance while strengthening and toning your calf muscles. It’s the perfect exercise for making your legs look fantastic!

NOTE: If you’re worried about falling, do this exercise near a wall so you can catch yourself.



Step 1: Stand straight up on the floor — preferably barefoot — with erect posture, keeping your core tight and stable.

Step 2: Carefully lift your heels off the floor so you're standing on the balls of your feet.

Step 3: Walk forward like this on the balls of your feet for 10-20 total steps before lowering your heels back to the floor. Basically, you're "tip-toeing" forward with your core tight.

Well done! Now, drink some water, grab a bowl of that delicious chili.

You earned it!



THANKS FOR JOINING ME!!

This is the first 2017 edition of *Nucific Fit Life Monthly* — your monthly fast-track guide to better health and greater happiness. Every issue will always have 3 tips, 3 recipes, and 3 exercises you can use all month.

This edition's exercises in particular should help prepare your body for a more active 2017. The recipes and tips will give you fuel and motivation along the way!

Just stay on track, and you'll truly be shocked how much progress you've made by mid-year.

You're doing great! Put this edition's tips, recipes, and exercises into action today!

Have a an amazing January, and I'll be in touch with you soon!

- Amy Lee, MD

