

Disclaimer:

Please be sure to check with your doctor, or health care professional before starting a new exercise or dietary program.

The ideas expressed in this CD and workbook set represent the opinions of Deb Bixler. They are not meant to diagnose or cure any ailment nor prescribe any cures. Deb is not a health care professional.

Visit the web site to sign up for the *Fun-Fast-Healthy* Recipe of the Month Club and other *fun-fast-healthy* tips and news:

Deb@DebBixler.com
www.DebBixler.com
www.WowYouAreReallyLucky.com

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The creative talent, host and producer of **NOW WE'RE COOKING!**
Deb Bixler, started cooking as a part time job in high school.
Her passion for food became a career, hobby and lifestyle.

Deb has an associates degree in hotel/restaurant management and is a trained chef with a degree from the Culinary Institute of America, Hyde Park, NY. With a 30 year career in the hospitality field, she has a broad experience in the service industry.

Currently, she works from her home as a diet and lifestyle Coach. She is affiliated with several nationally recognized companies; The Pampered Chef®, the wellness Group Eniva®, Freelifa Goji and the Whole Foods Farmacy® and Wildtree. Deb teaches *fun-fast-healthy* cooking, living and prosperity skills in all venues and formats. She provides consulting services for area restaurants, private catering services, conducts adult and kids cooking classes, and school programs as well as coaching people how to start their own home-based business. Deb is a public speaker advocating healthy living skills and eating choices for businesses, entrepreneurs, organizations, schools and clubs.

Deb's personal mission in life is to teach people how to make better living and eating choices so that they can live a longer healthier-wealthier life.

To invite Deb to your home, club, business or organization call:

Deb Bixler 717.751.2793

Deb@DebBixler.com www.DebBixler.com

www.WowYouAreReallyLucky.com

Table of Contents

Section

Positive Affirmations	1
Do anywhere Exercises	2
Hydration	3
Remove Technology from the bedroom	4
Ingredients in My favorite Foods	5
Carbohydrates	6
Whole Grain Goodness	7
Fats	8
Super Foods	9
Organics	10
Six Meal a Day Plan	11
Quick Tips	12
Recipes	13

My Positive Affirmations

An effective positive affirmation is stated in the now and assumes that the positive has already happened. Nothing negative is included in a positive affirmation.

Ineffective Affirmation

I will not eat dessert.
I do not eat processed food.
I am trying to loose weight.
I should go on a diet.

I say this to myself now:

Effective Affirmation

I like to eat fruit for dessert.
I only eat fresh foods.
I am loosing weight everyday.
I make good eating choices every day.

I will replace it with this:

I am what I say I am!

When some one asks “How are You?” Your answer is predicting your future.

This has been my answer in the past:

OK

From now on I will say:

TERRIFIC

Practice saying your positive self-affirmations 100 times a day or more. Update them weekly as you grow and to stay current with what is going on in your life. NOTES:

My Do-Anywhere Exercises

Exercise is essential to healthy living. Many people struggle with a consistent work out routine. Yes, a work out routine is important, but do-anywhere exercises make a difference too. Once you start, it is easy to keep it up!

Things I do:

The mall
Grocery store
Cooking dinner

Exercises I could incorporate:

Reserved spots for healthy people
Butt cheek squeeze while on line
Calf raises when reaching spices

These are the ones that will work in my life:

Sitting burns more calories than laying; standing burns more calories than sitting!

These are things that I used to do laying down; from now on I will sit.

These are some things I used to sit to do; from now on I will stand.

Water, The Single Most Important Thing for Life Long Good Health!

Now we are talking water here. Not coffee, tea, soda juice, sports drinks, etc. Just pure unadulterated water. A squeeze of lemon or orange is OK, but that's it! Water keeps all your bodily functions well lubricated. Metabolism can not happen without water. Ice water adds the double whammy of burning extra calories.

In the past I have had these symptoms of dehydration frequently.

- | | |
|--------------------------------|---|
| <p>✓ All that Apply</p> | <p>Date I noticed improvement.</p> |
|--------------------------------|---|
- Headache _____
 - Un-justified stress _____
 - Food cravings _____
 - Dizziness _____
 - Fatigue _____
 - Lack of concentration _____
 - Dry eyes _____
 - Dry nasal passages _____

I would like to reduce the quantities of the following which I drink and replace them with water.

- Soda _____
- Coffee _____
- _____
- _____
- _____
- _____

**My water bottle holds _____ ounces.
80 ounces of water \div _____ oz. =
_____ # times I need to refill.**

I will put _____ refill rubber bands on my water bottle every day, and remove them as I refill.

Water consumption

- Day 1 _____
- Day 2 _____
- Day 3 _____
- Day 4 _____
- Day 5 _____
- Day 6 _____
- Day 7 _____
- Day 8 _____
- Day 9 _____
- Day 10 _____
- Day 11 _____
- Day 12 _____
- Day 13 _____
- Day 14 _____
- Day 15 _____
- Day 16 _____
- Day 17 _____
- Day 18 _____

It takes 50 days to make a habit!

I Need A Good Nights sleep!

Sleep rejuvenates your body.

You need a good night's sleep to reduce the effects of stress, loose weight and maintain a positive mental outlook. A good night sleep burns calories while your body rejuvenates. Say this: "I am loosing weight while I sleep!"

Technology In My Bedroom
and the plan to change/date removed:

- TV _____
 - Desk _____
 - Phone _____
 - Pager _____
 - Checkbook _____
 - Clock _____
 - Computer _____
- _____
- _____
- _____
- _____

Other stressors in my bedroom
and the plan to change:

- The Baby _____
 - Negative reading _____
- _____
- _____
- _____
- _____
- _____

**Exercise and a small snack before bed will keep
my *Fire Crackling* while I sleep.**

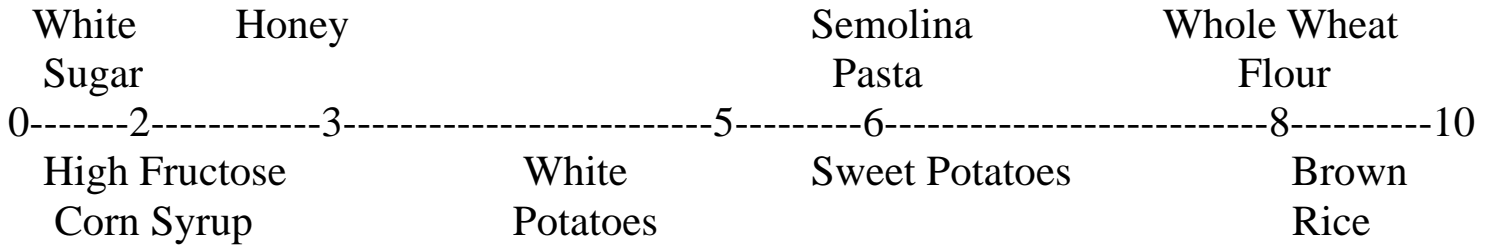
Easy Evening Exercises:

Acceptable Light Snacks Before Bed:

I will not mope around in the dark in the morning. I will open the window and look at the horizon to jump start my metabolism each morning

Let's Pick The Good Carbs

Everything is a choice. All Carbs are sugar and vice versa. Even veggies are carbs. It is all about making the best choice you can one choice at a time.



On a scale of zero to 10 where do the sugars your family is eating fall?

These foods have high fructose corn syrup, corn syrup, dextrose, glucose, or other "cose" words in them:

I will replace them with foods which are naturally sweetened with juices, sugar, honey or maple syrup. These foods are better sugars choices:

Carbs are good for me. I need to eat carbs every meal! These are the better Carbs and sweeteners:

- | | |
|----------------|--------------|
| Whole Grains | Honey |
| Sweet Potatoes | Maple syrup |
| Fruits | Fruit juices |

The Natural Wholesome Goodness of Whole Grain!

Whole Grains must say the words whole, 100% or stone ground in front of the grain. This applies to all grains, wheat, rye, kamut, barley, etc.

These items need replaced:

- Bread
- Crackers
- Cereal
- Pasta
- Snack foods
- Pancake mix
- Granola
- Rice

I will replace them with foods which say 100%, whole or stone ground in front of the grain type:

The closer my food is to it's original state, the healthier it is for my family. Corn and oats are always whole grain, but the precooked, or instant is not as good. I will look for the words slow cooked, old fashioned on my grain products.

“Instant” Grains to avoid instant:

- Oatmeal
- Polenta
- White Rice
- Corn meal

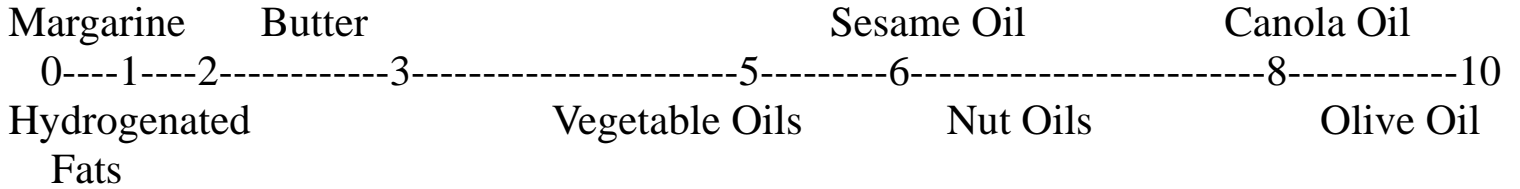
New Grains to try:

- Kamut
- Bulgar
- Quinoa
- Millet
- Amaranth

Your Body Needs Good Fats Too!

Everything is a choice. All fats are not created equal.

It is all about making the best choice you can one choice at a time.



On a scale of zero to 10 where do the Fats your family is eating fall?

These foods have hydrogenated or partially hydrogenated fats in them:

I will replace them with foods which have the **Good** oils in them:

- Cake mix
- Crackers
- Cookies
- Bread
- Salad dressings
- Chips
- Granola
- Cereal
- Fried Foods

Animal Fats fall in the lower end of the scale.
I will plan to eat more low fat meats in the future.

I eat too much:

These are good replacements:

- Beef
 - Pork
 - Sausage
 - Egg yolk
 - Fried foods
 - Fast food restaurants
-

Let's Eat the Super Foods!

Super Foods are foods which provide exceptional antioxidant capabilities. They fight off diseases and allow your body to rejuvenate from the stresses of life.

There are a wide variety of Super Foods but this is a good starter list:

I will start to eat more of these:

- Broccoli
- Walnuts
- Yogurt
- Tomatoes
- Green tea

- Turkey
- Blueberries
- Pumpkin/sweet potato/squashes
- Soy
- Kale Spinach

I will eat more Super Foods by incorporating them in the following meals or recipes:

Broccoli_____

Walnuts_____

Yogurt_____

Tomatoes_____

-

Green Tea_____

Turkey_____

Blueberries_____

Pumpkin_____

Soy_____

Pumpkin/sweet potato/squashes_____

Spinach/Kale_____

Should I Eat Organics or Chemicals...YUK!

Organic produce is a highly regulated industry in the United States.

If it says certified organic then it is. Make the world a better place and improve your families health by purchasing organics.

Humans are not supposed to eat chemicals or pesticides.

These foods have the highest levels of chemical residue in the flesh portion of the fruit or veggies.

The testing is done to the flesh after the produce is washed and peeled.

We eat these frequently: I will purchase one organic fruit or veggie every time I go to the grocery store. Notes about my experience:

- Apples _____
- Bell peppers _____
- Celery _____
- Cherries _____
- Grapes _____
- Nectarines _____
- Peaches _____
- Pears _____
- Potatoes _____
- Red raspberries _____
- Spinach _____
- Strawberries _____

Other pesticide-free alternatives available to me in my area:

- Hydroponic _____
- Farmers markets(talk to the grower) _____
- _____
- _____

The Six Meal-A-Day Plan Keeps That Fire Stoked!

Your metabolism slows down about 3 hours after each meal. When you feed the fire every 2-2 ½ hours your internal fire burns hot and you are never hungry. When you eat better quality foods, more frequently you are equipped to make better food choices all day long.

Remember to be sure that every meal contains fruit or veggie, protein and carb. This allows your body to digest things more effectively and burn calories while you are absorbing your foods. Here is a sample eating plan and spaces for my plan:

- **Breakfast** the most important meal!

egg white omelet w/ spinach or broccoli, ½ cup sweet potato (See recipe section) 1 pc WW toast, ½ sliced tomato/fruit or juice.

- **Morning Snack:** protein shake (See recipe section) Do not fall for the diet/energy/protein drinks that are laden with chemicals or sugar!

- **Lunch:** 1 cup celery sticks, 1 WW flour tortilla, 3 oz. chicken, lettuce or other veggie in wrap, mustard.

- **Snack:** ¼ cup nuts, apple

- **Dinner** 1 cup vegetable, ½ cup whole grain carb (brown rice, ww pasta, etc.) 3-4 oz. lean meat, fish, No skin. (chicken, turkey breast, soy product.)

- **Early Evening Snack:** Small salad, with WG crackers, topped with legumes, balsamic vinegar or lemon juice, pepper, herbs. (see recipe section)

- **Before Bed Snack:** That's right, eat before you go to bed. You want your fire burning all night. ½ cup yogurt with ½ cup fruit, maybe some flax seeds or something.

The key is portion size!!

Foodsmart Quick Tips

- ★ Always wash your veggies, even if they are organic. Your fruits and veggies are handled by 20-25 people from the time they are harvested until they reach your table.
- ★ Check the ingredients list of all processed foods. Just because it is low-carb, doesn't mean it is good for you. Low-carb foods will not have high fructose corn syrup, but may be full of chemicals.
- ★ Buy your foods based on what *IS* in it not for what is *NOT* in it. Avoid: fat free, carb free, etc. Pick recognizable good-for-you ingredients!
- ★ Cayenne pepper burns more calories than black pepper.
- ★ Transition foods such as pasta or bread blends give the family a slower transition to whole grain. When they get used to the new color you can switch to WG and then they won't notice the new texture.
- ★ Buy a whole grain sugar coated cereal such as frosted mini-wheats for the kids instead of choc chip cereal or those colored balls of cereal. It gives the wholesome goodness of whole grain, but still satisfies the sweet tooth.
- ★ Consume negative calorie foods like celery or cabbage. They burn more calories than you are taking in.
- ★ Try some new grains: Kamut, millet, Quinoa
- ★ Think outside the box: Oatmeal and raisins for dessert, Oatmeal as a side dish for lunch. It is quick easy and wholesome.
- ★ Corn and oats are always whole grain, but the closer it is to its original state the hotter your fire will burn. Avoid instant and get the slow cooking variety. It is only the difference of a couple of minutes.
- ★ Organics never have high fructose corn syrup.
- ★ When buying bananas for your protein shakes, you can cut them in half and freeze them for easy use later. Peel them, and freeze in a plastic bag for quick shakes. Just toss a frozen banana in the blender for your yummy shake.
- ★ Non-Nutritive sweeteners are excito-toxins. Excito-toxins trick your brain into thinking something tastes good. Excito-toxins kill brain cells. This may cause headaches. Artificial sweeteners and MSG are examples of excito-toxins.

Recipes

Convenient Sweet Potato breakfast Omelet

Place a couple drops of olive oil into a non-stick sauté pan. Wipe out with paper towel. Heat and add sweet potato sticks. Cook briefly then cover and cook for about 1 minute. Add egg whites and top with veggie.

Sprinkle lightly with cayenne pepper and Italian seasoning mix. Cover and cook on low until eggs are set. About 4 minutes for 3 whites.

Yummy-Chemical FREE Protein Shake

In blender combine:

8 oz. skim milk, ½ banana (or ½ cup blueberries)
sprinkle of nutmeg, tsp. pure vanilla extract,
1 scoop/portion (as indicated on the package) of
pure whey isolate protein powder
(Call me for help finding a good protein powder!)

717.751.2793

Opportunity@foodsmart.tv

Easy Sweet Potato Sticks

Buy one organic sweet potatoe.

Wash well and cut it in half long-wise. Slice into thin slices, then stack and slice into sticks.

Place all of the potatoe sticks into a zipper-bag. Press 2 garlic cloves into bag and add 1 Tbs. of your favorite fresh herb or ½ tsp. dry herb and shake to mix.

Zip shut and use all week.

Fat-Free Salad Dressing

1/2 cup balsamic vinegar

1 pressed clove garlic

1 Tbs. fresh herb or 1 tsp dry

Tbs. Dijon mustard

2 Tbs. Water

Ground pepper to taste

Fun-Fast-Healthy Tofu Salsa: Buy a block of fresh tofu, packaged in water. Drain & wrap in paper towel and press with a plate while you get the other ingredients ready.

1 small onion-diced, ½ green pepper-diced

1 can of black beans

1 can of whole kernel corn

2 cup salsa

1 Tbs. chili powder

1 Tbs. cilantro-minced (or any herb)

1. Cut tofu into cubes and season tofu with chili powder.
2. In Stir-fry skillet, heat a Tbs. of olive oil until hot.
3. Place tofu in hot skillet and brown on both sides. Remove and set aside.
4. Add onions and pepper to skillet, cook until lightly browned.
5. Add salsa, corn, black beans, and herb mix until combined.