



## **Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!**

It's inevitable.

Whenever you cut your calories in order to burn more fat and get fit, you're bound to experience cravings.

And, part of succeeding with any fitness program is learning how to control them.

Today's article will show you four helpful tips you can start using right away to banish cravings for good and stay on track with eating healthy.

Yours For Health,

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### **Use these "Diet" Tricks to Banish Cravings and Stay on Track**

One of the hardest parts of following a nutrition program and trying to get fit is dealing with cravings.

For most people, a craving can lead them to 'falling off the wagon.'

That's why it's so crucial to learn different strategies that can help when that strong craving strikes.

Here are 4 things you can do:

Drink water -- More often than not, being thirsty can be mistaken for hunger or for a craving. So next time you get a craving, drink 2 tall glasses of water. Wait 10 - 15 minutes and then see how you feel.

Snack on protein -- If you ever get cravings at night, this can help. Next time you're craving sweets or feel like eating something "bad" for you, have some protein. Maybe some turkey breast, chicken breast, or some lean deli cuts. Protein is not only nutritious, but also helps

increase your leptin levels, which is the hormone responsible for telling your brain to give you that "full" feeling.

Drink green tea -- Numerous studies have been done on the positive effects of green tea and your body's metabolism. Not only does it act as a metabolism booster, but studies show it may also help curb your appetite. 1 - 2 cups whenever you're craving sweets or fatty foods can help.

Eat more fruit -- If you're the kind of person who has those terrible "sweets cravings" pay special attention. Eating a piece of fruit can satisfy that intense craving. What's more, fruit is chock-full of nutrients and antioxidants that are good for you. Make sure to choose fruit that's low on the glycemic index and glycemic load scale. Good choices are apples, red grapes, kiwi fruit, and blueberries.

So there you have it. Next time you get one of those strong cravings, pick one or more of these tips to follow.

You'll be glad you did. Not only will it keep you from "cheating" but it'll also help give your body the nutrition it needs to stay healthy and fit.

Little tips like these are what separates those who are successful at making their fitness goals come true and those who don't.

#### Quote Corner

"Health is the greatest possession." - Lao Tzu

#### Eat Yourself Thin

##### Chicken Breasts with Balsamic Vinegar and Garlic (Serves Four)

4 skinless boneless chicken breasts  
salt and pepper to taste  
3/4 pound fresh mushrooms, sliced  
2 tablespoons all-purpose flour  
2 tablespoons olive oil  
6 cloves garlic  
1/4 cup balsamic vinegar  
3/4 cup chicken broth  
1 bay leaf  
1/4 teaspoon dried thyme  
1 tablespoon butter

1. Season the chicken with salt and pepper. Rinse the mushrooms and pat dry. Season the flour with salt and pepper and dredge the chicken breasts in the flour mixture. Heat oil in a skillet over medium-high heat and saute the chicken until it is nicely browned on one side (about 3 minutes).

2. Add the garlic. Turn the chicken breasts and scatter the mushrooms over them. Continue frying, shaking the skillet and stirring the mushrooms. Cook for about 3 minutes, then add the vinegar, broth, bay leaf and thyme. Cover tightly and simmer over medium-low heat for 10 minutes, turning occasionally.

3. Transfer the chicken to a warm serving platter and cover with foil. Set aside. Continue simmering the sauce, uncovered, over medium-high heat for about 7 minutes. Swirl in the butter or margarine and discard the bay leaf. Pour this mushroom sauce mixture over the chicken and serve.

Prep: 5 mins

Cook: 25 mins

Ready: 30 mins

Amount Per Serving - Calories: 268 / Total Fat: 11.6g / Cholesterol: 77mg / Sodium: 320mg / Total Carbs: 9.9g / Dietary Fiber: 1.1g / Protein 30.9g

Recipe from [AllRecipes.com](http://AllRecipes.com).