



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

It's the start of a new month, and a great opportunity for you to set about doing something you've been meaning to do, but have been putting off...

If you're like most people, it's probably living a healthier lifestyle. So, today is the day to start! And I'm going to help by giving you something easy to do, you just have to make the small change to your grocery list I show you below...

Yours For Health,

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Voted Top Five "Best Trainer" Memphis
(Memphis Magazine Hot List)

Foods You Should Eat (But Aren't)

As you know, nutrition is a key factor for healthy living. So here's 3 super healthy foods you probably aren't eating, but really should be...

Guava - An excellent source of vitamin C, potassium, lycopene (anti-oxidant) AND fiber! This tropical fruit trumps oranges, bananas tomatoes and more!

Cinnamon - Can reduce the risk of heart disease because of its ability to metabolize sugar fast, keeping your blood sugar level under control. Best way to get cinnamon in your body is to sprinkle some on your coffee in the morning.

Pomegranate juice - Contains plenty of Vitamin C and can increase blood flow. To avoid additional ingredients like added sugar, look for 100% Pomegranate juice in your store.

Good stores should stock all these. So next time you go to get the groceries look out for new tasty foods that make it easier for you to stay healthier and live longer.

Quote Corner

"Success is the sum of small efforts, repeated day in and day out." - Robert Collier

Eat Yourself Thin

Penne With Shrimp

(Serves Two)

1/4 (16 ounce) package penne pasta
1-1/2 teaspoons olive oil
1 tablespoon chopped red onion
3/4 teaspoon chopped garlic
1 tablespoon white wine
1/2 (14.5 ounce) can diced tomatoes
1/4 pound shrimp, peeled and deveined
1/4 cup grated Parmesan cheese

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat the oil in a skillet over medium heat. Stir in onion and garlic, and cook until onion is tender. Mix in wine and tomatoes, and continue cooking 10 minutes, stirring occasionally.
3. Mix shrimp into the skillet, and cook 5 minutes, or until opaque. Toss with pasta and top with Parmesan cheese to serve.

Prep: 10mins

Cook: 25mins

Ready: 35mins

Amount Per Serving - Calories: 342 / Total Fat: 5.7g / Cholesterol: 86mg / Sodium: 246mg / Total Carbs: 48.1g / Dietary Fiber: 3.5g / Protein 20.6g

Recipe from AllRecipes.com.