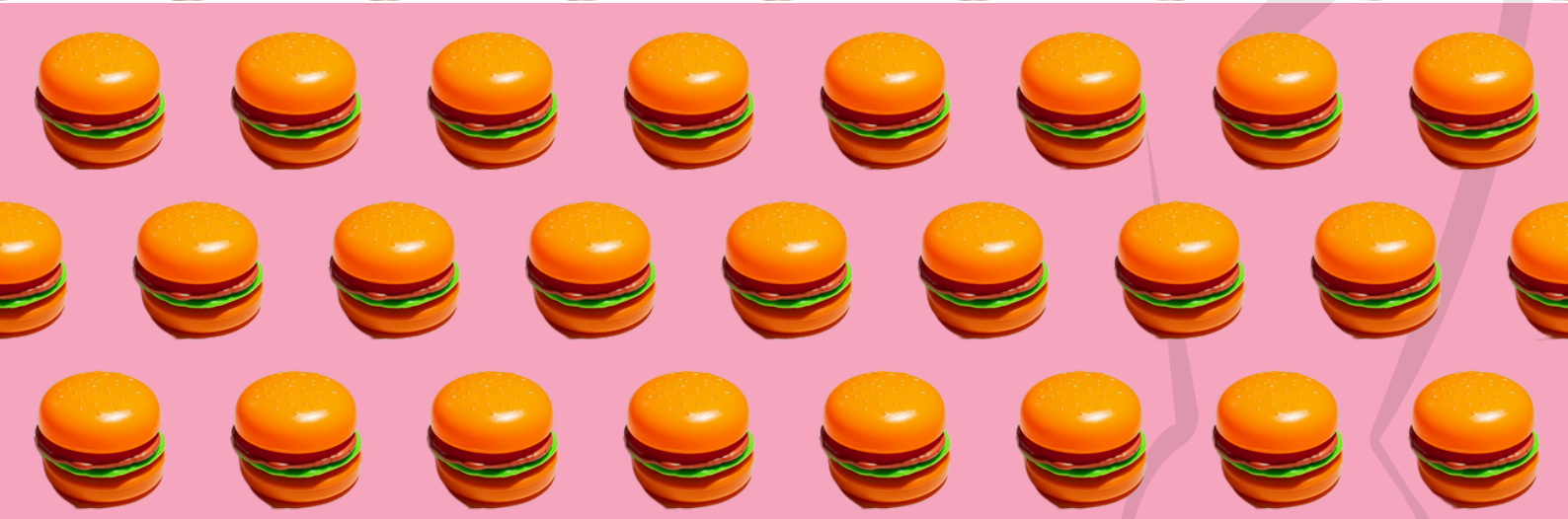


# NEWSLETTER



## TAKING BOLD STRIDES TOWARDS YOUR SUMMER BODY!

Many a diet has died on the doorstep of your local take away restaurant. What may seem as not such a bad treat can actually cost you a few days to make up again. Positive lifestyle change does not imply an “I should never” but an “I should rather” attitude.



*Changing your lifestyle one bite at a time!*



# WHERE TO START?

Plan plan plan!

- Do not wait until last minute to start planning meals as you may then be tempted to opt for take out meals.
- Make your own lean "take away" by preparing Skinny Burger patties in advance ready to use in the freezer.
- Need an easy but healthy replacement for your Friday take out? I encourage you to look up "Moms Night Off".

## THE SKINNY BURGER

*One burger replaces roughly 2 starches and 3 proteins in your plan. Ladies may drop their afternoon snack to fit this burger at supper time.*

**1.5 kg mince (half extra lean beef & half ostrich)**  
**1 cup fresh parsley**  
**1 cup grated carrots/spinach**  
**1 cup finely chopped onion**  
**1/2 cup refined oats & 1/2 cup low GI bread crumbs**  
**1 1/2 tbsp brown vinegar**  
**1 tbsp Worcestershire sauce**  
**Pinch of salt and pepper**



- Mix the ingredients together in a mixing bowl. Start by adding the parsley to the mince, following one ingredient after the other until you have added all the spices.
- Make patties, each weighing 120 g and fry in a nonstick pan using 1 tsp canola oil.
- The extra patties may be frozen.
- Now build your skinny burger using one patty, a low GI roll and filling it in with lettuce, cucumber, onions & gherkins.
- Consider spreading your roll with 1 tbsp low fat mayo mixed with 1 tbsp tomato sauce.