

# A HEALTHY BRAAI!



YOUR PARTNER IN LIFE STYLE CHANGE!

## NEWS "BITES" OCTOBER 2022

Changing your life style one bite at a time!

# Having guests over for a braai on a weekend & still lose weight... is this at all possible??

## Where to start?

### **Assess your situation – Make clever choices**

#### A few pointers:

##### **1. Keep an eye on your glass**

- Avoid calorie dense drinks e.g. fruit juice, sugary fizzy drinks & alcoholic beverages
- Stay hydrated by having enough water
- Should you indulge with an alcoholic drink, a spritzer is an example of a better choice
- Always follow an alcoholic drink with a glass of water – what about sparkling?!

##### **2. Steer clear of the snack bar**

- This includes droewors, chips and fatty dips
- Provide a colourful veggie platter with a low calorie dip. Why not try low fat cottage cheese & peppadews?!

##### **3. Be active!**

- Join the kids in the pool or playing cricket or table tennis
- Burn the calories!

##### **4) Opt for lean cuts of meat**

- Marinating meat is a great idea instead of adding a creamy sauce
- Ever considered a Skinny Braai?? Make your own healthy burger patties





# The Skinny Burger

One burger replaces roughly 2 starches and 3 proteins in your plan

- 1.5 kg mince (half extra lean beef & half ostrich)
- 1 cup fresh parsley
- 1 cup grated carrots/spinach
- 1 cup finely chopped onion
- ½ cup refined oats & ½ cup low GI bread crumbs
- 1 ½ tbsp brown vinegar
- 1tbsp Worcestershire sauce
- Pinch of salt & pepper

1. 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.
2. Make patties, each weighing  $\pm 150$  g and fry in a non-stick pan using 2 tsp canola oil.
3. The extra patties may be frozen.
4. Now build your skinny burger using a low GI roll and filling it in with lettuce, cucumber, onions & gherkins
5. Do you really need the top half of your roll? Consider swapping it for a portobello mushroom? Tasty!
6. Consider spreading your roll with 1 tbsp low fat mayo mixed with 1 tbsp tomato sauce

