

Creating a Realistic Approach



Wishing everyone a safe and happy holiday season.

This will be a short but sweet newsletter so it won't take too much time out of your busy schedule. See you in the new year.

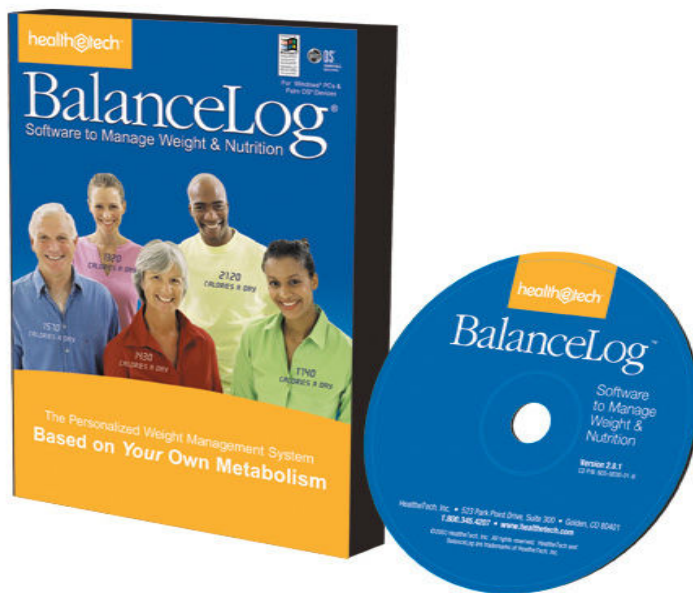
Limited paperbacks of my Stop the Weight Gain Book will be available soon. Be one of only 100 to own a copy.

I adjusted the book to make it an easy read and even more affordable. Look for an email soon.

My website will be updated in January. Please check it out.

Each month you will receive up-to-date information on new food products, exercise and nutrition tips, news articles, and weight loss tools. You will also get tips on how some of my clients changed their lifestyle and overcame barriers with small steps.

Please pass on my website to your friends, co-workers and family members.
www.weightlosscoaching.org I put a lot of research time into unveiling true information that will help you stay healthy and control your weight. Thank you for taking time out of your busy day to learn about how you can become a happier and healthier person.



Only \$45.00

You're own software to keep forever. No fees.

To order, go to
<http://www.weightlosscoaching.org/products.html>

or call 215-873-7404

email: kickaerobox@yahoo.com

Feature Article:

"Sandwiches With A Punch" -
The Four Stage Structure Of A
Sandwich

<http://ezinearticles.com/?id=373460>

Helpful Sites

For up to date calorie counts and exercise tips

Visit:

www.calorie-count.com

www.caloriesperhour.com

www.calorieking.com

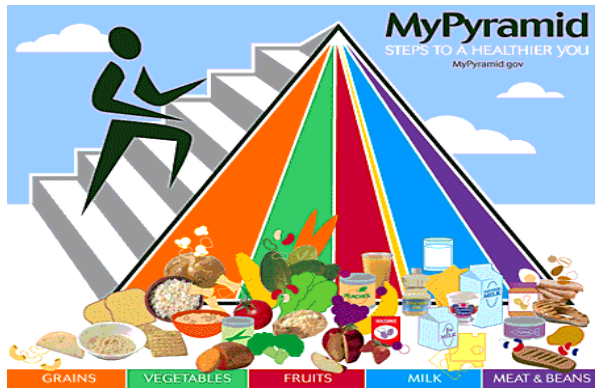
www.nutritiondata.com

Check out the new flavors of Splenda

http://splenda.com/page.jhtml?id=splenda/products/flavor_blends_coffee.inc

The new [Food Guide Pyramid](#)
Guidelines

www.mypyramid.gov



Live lifestyle and nutrition seminar DVD



Learn some great tools and tips on how to manage a healthy lifestyle. **Go to my products page to order or call 215-873-7404.**

Minimal shipping cost

<http://www.weightlosscoaching.org/products.html>

Steps to a healthier you brochure:

<http://www.ific.org/publications/brochures/pyramidbroch.cfm>

Featured Food Corner

Shrimp



A great holiday choice. Shrimp are very satisfying and won't add a lot of calories to your day.

3 ounce serving (about 6 medium)

.9g Fat

0g Carbohydrates

17.9g protein

Note: watch the shrimp and crab dips. They are usually made with sour cream or cream cheese (very fattening and high in calories).

Low fat dip

1/2	lb	shrimp or crab (my favorite)
8	oz	non-fat cream cheese
2	tbl	lowfat mayonnaise (Hellman's)
1	tbl	skim milk -- if needed
1/2	tsp	dry mustard or spicy mustard
1/2	cup	lowfat cheddar cheese
1/2	cup	lowfat sour cream
1/8	tsp	paprika
1	tbl	prepared horseradish
1/4	tsp	tabasco sauce

1/2	tsp	Worcestershire sauce
-----	-----	----------------------

Holiday social tip:

There may be a Ho Ho whole Latte of calories in your liquid intake.

5 ounces wine - 120 calories

12 ounce beer - 150

Hard Liquor - 100 per shot glass

Specialty coffee drinks - up to 500

Watch what is added to drinks, drink smaller portions and drink water in between.

The Holidays are here...enjoy.

Please support me by purchasing some of my products so I can continue to bring you reliable information that will help you break through the confusing information about weight loss and health.

