

The 2011 Advent Calendar Food-Wise Style!!!

Do you ever notice the advent calendars in the pharmacies or other stores? Unless you get the Laura Secord ones, I can assure you that the quality of chocolate is quite undesirable and made up of mostly wax!!!

Well it doesn't matter anyway because if you are receiving this message, you probably don't really want (or can't have) chocolate anyway... but that doesn't mean you can't have a different kind of Advent Calendar. I was listening to the radio this morning when the idea came to me; let's do a Food-Wise Advent Calendar that will bring you a new surprise every day starting December 1<sup>st</sup>.

So please check your email every day starting tomorrow for a new thought, recipe or tool!

I wish you a great Advent!

Lise ;-)

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Day 1 - Good morning! – **Oatmeal Muffins**

One of the things I like most is when my clients develop their own ideas and recipes and share them with me because I can turn around and share it with the rest of you... and everyone benefits. I have often said that my job is to inspire you, but I can honestly say that I have discovered this to be a two way street as you inspire me every day!

The lovely lady who made this creation not only shared the recipe with me... she actually showed up with a Ziploc bag containing the actually product of her baking for me to taste! Mmmm is the best way to describe it!

Enjoy this first recipe... and thank you Sophie!

Oatmeal muffins (à la Sophie)

2 IP Oatmeal packs  
1 UHT Vanilla Drink (the ready made stuff)  
2 egg whites

Beat the egg whites lightly, add the Oatmeal and the Vanilla Drink... and voilà!

No water needed.

Makes 12 mini muffins (4 servings of 3 muffins - Each serving contains 1 full protein but only half a restricted)

These are awesome!!!! Have fun!

Lise ;-)

## Day 2 – Vegetable Quick Cups to Go!

One of the things that is often difficult to find is a replacement for the much needed fast food. Whether we like it or not, we are stuck in a fast world with not much time left at our disposal for preparing good food. When you do have the time, make your efforts count. Freeze leftovers when you can and they will become fast food on a day when time is at a premium... like those never ending shopping days that occur at this time of year. Enjoy this freezable solution!

### Vegetable Quiche Cups to Go!

1 package 10 ounces frozen chopped spinach  
1 ½ cup liquid egg substitute  
¼ cup diced green bell pepper  
¼ cup green onion  
3 drops hot-pepper sauce (optional)

Microwave the spinach for 2 ½ minutes on high. Drain the excess liquid.

Line a 12-cups muffin pan with foil baking cups, spray the cups with cooking spray.

Combine the egg substitute, peppers, green onions and spinach in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350 degree F for 20 minutes until a knife inserted in the centre comes out clean.

Quiche cups can be frozen and reheated in the microwave (without the foil liner). Any combination of appropriate vegetables may be used. Have fun!

Makes 6 servings

Lise xo

### Day 3 – Chicken Cacciatore – Crock-Pot

Are you getting ready for a full day of shopping? If you are, wouldn't you like to come home to a steaming crock-pot making you feel as though someone was waiting for you with dinner ready...

Well, here is a great recipe that will give you more than one meal, giving you yet another chance to freeze some leftovers for use at another time when you are too rushed to cook.

Enjoy and try to stay ahead of the crowds if you are going out today!

#### Chicken Cacciatore

2 leeks (white and light green parts.) thinly sliced  
3 lbs skinless, boneless chicken breast halves  
2 cans tomato paste (6 oz each)  
2 cups sliced mushrooms  
2 cups red peppers  
2 cups (your choice) broccoli or cauliflower  
1 tsp. sea salt  
2 cloves garlic, minced  
2 tsp celery seeds  
1 bay leaf  
1 cup water

Place leek in bottom of slow cooker. Add chicken pieces. Stir together remaining ingredients. Pour over chicken. Cook on low 7 to 8 hours or on high 3 to 4 hours.

This is too simple to be true. Serves 4. All your veggies and protein are in one helping.

"Cacciatore" means hunters in Italian (a meal prepared hunter style)... Just some useless information to help with dinner conversation! This recipe was shared by a wonderful lady whom I met last weekend at the Ideal Protein Level 1 training in Toronto. Thank you Linda!

Lise xo

## Day 4 – Pot-Luck - Meat & Veggi Meatballs

Some of the most popular things to bring at a pot-luck are meat balls and devilled eggs! At this time of year, there are a number of activities, especially at the office and the pot-luck theme is a popular one. Here are a few ideas of things you can bring that will ensure you have something to eat, and you have protein that is low in fat (... and not drenched in sauce!!!). Leave it to someone else to pick up a tray of veggies, someone always does. Your job is to look out for protein.

If you are on Phase 1 or 2 of the protocol, remember that if the activity is at lunch, you can simply switch your dinner for your lunch and have your IP meal at dinner time.

I have often suggested that one of the best things to bring is a shrimp ring because 1) people will love you for you (it makes you look really good – stock-up when they are on sale and keep them in your freezer... they also make a great offering when going to a house party... another popular theme at this time of year!), and 2) they insure that you will have a great, low fat protein! (use the Walden Farm Seafood Sauce...)

But if you are allergic to shellfish, here are a few more ideas... Devilled eggs... yes, you read correctly! If you have tried the Walden Farm Mayo and thought, eerck this is nasty... I can assure you that it is perfect in devilled eggs. For one thing, you won't taste it as the flavor of the eggs will completely override it... and second it is NO carbs and NO fat!!! So whatever devilled-egg recipe has made you famous in the past can come alive again with the substitution of the mayo!

OK, the really popular item in a pot-luck is meatballs. I play curling and when we have a pot-luck, we now have to list what we will bring in advance because one or two times, we ended up with five meatballs contributions. So here is a recipe you can use and eat... sauce and all!!!

### Meat & Veggi Meatballs

1 lb ground turkey or beef  
2 egg whites  
1/8 c. dried basil  
1/2 tsp sea salt  
1/2 tsp paprika  
1 tsp onion powder  
1 1/2 tsp. minced garlic  
3/4 cup grated zucchini  
3/4 cup grated cauliflower  
1/2 cup finely chopped mushrooms or spinach

Mix ingredients together, make into balls. Place on non stick baking sheet & bake at 425 for 20 mins.

### Sweet & sour Sauce

1/2 tbsp worcheshire sauce

1/2 cup water  
4 tbsp. w.f. pancake syrup  
1/4 cup tomato paste  
1 tsp onion powder

Mix all ingredients, pour on meatballs and heat Yum..Yum..

Optional

Throw some green peppers into a skillet, sauté, pour on the sweet & sour sauce and place the already cooked meatballs down in the sauce for a min. or two, and serve

Have a great Sunday and get some rest, a new week starts tomorrow!

Lise xo

## Day 5 – Sheppard' Pie

There are foods that will always spell comfort for me and Sheppard's Pie is one of those. I think it's because as a kid, we never got any during the week since the process of making mashed potatoes was too long for the time we had to prepare dinner. So Sheppard's Pie was something we had on weekends in a relaxed atmosphere. We didn't have microwaves back then either so reheats was done on the stove... we seldomly reheated anything. Thank God for microwaves.

Anyway today's offering is Sheppard's Pie (all phases approved) and if you're lucky, your efforts will pay off in that you will have one or two extra meals to freeze and/or reheat. In our society, we have even less time than when I was a kid but with the help of some technology, we can make the efforts of making one meal last for a few more days. Enjoy!

### Sheppard's Pie

Cook one whole cauliflower until soft enough to mash

Make 1 package of your favorite Ideal Protein soup with only 100 ml of water

Pour soup over cauliflower and blend or mash really well. Set aside

In a skillet, brown 1½ pound of lean ground Turkey or Beef. Add the following

3 garlic cloves

1/2 cup of leeks

1/2 tsp sea salt

1 tsp rosemary

1 small fresh tomato - diced

Cook turkey or beef mixture until brown

Place turkey or beef mixture in the bottom of a baking pan and press down firmly

Place cauliflower mixture on top of the turkey or beef and press down

Bake in the oven for 20 mins. Servings: 4

Have a great day!

Lise xo

## Day 6 – Fast Foods!

Is it possible to completely avoid fast food joints at this time of year? Honestly? The likelihood is that you will spend a day or so in the shopping malls trying to tie up all the Christmas loose ends and find yourself at the food court, tired and hungry!

I have told many of you that this is the BEST time of year to diet and here is why: practice makes perfect! Every time you are faced with this type of decision, you are forced to take a step to bettering yourself. If you had started your program at a time when restaurants, parties and shopping malls could be avoided until the end of the weight loss, what would you have learned?

So here are a few tips to surviving at the mall.

If there is a grill, head that way first. The Japanese cuisine is actually perfect for what you are trying to achieve... which is to get lots of protein, stay away from fried foods and ensure you get two cups of vegetables.

At the Gloucester Mall, you can find a place called **Edo Japan**. Awesome food under \$10. You can even double the meat for only a few dollars! Incredible! Ask that they cook it with no sauce (you can add some soya sauce at the end). Tell them you don't want rice, they will actually increase the portion of vegetables without you having to ask. Remove the few pieces of carrot and enjoy!

At some of the other malls in Ottawa (and many other places in the country and the U.S.) you can find a restaurant called Teriyaki Experience. Check out their menu online.

<http://www.teriyakiexperience.com/menu.htm> Same idea as with Edo, you can double the meat and get a super meal for under \$10. Here are the locations in Ottawa and the link to the store locator for places elsewhere in Canada and the U.S..

ST. LAURENT SHOPPING CTR.	1200 St. Laurent Blvd.	(613) 746-5067	
CARLINGWOOD MALL	2121 Carling Ave.	(613) 729-8050	
BILLINGS BRIDGE PLAZA	2277 Riverside Drive	(613) 730-8181	
240 SPARKS	240 Sparks Street		
RIDEAU CENTRE	50 Rideau St.	(613) 569-1830	

<http://www.teriyakiexperience.com/storelocator.asp>

Now if you are at Costco and your entire family is lobbying to eat there, go for the smoked meat! Leave the bread and eat the meat. It's not the leanest meat but in a pinch, it will certainly do! You can buy a tray of veggies in the store to complement your meat... et voila! You can even have the dill pickle! LOL

OK, finally, we should take a look at the really bad places... like the double arches and other places like it! But first, a quick story. When Rachel (our amazing Orleans coach) and I returned from our training weekend in Boston back in October, we stopped at Exit 17 on Hwy 40 (near Hudson). We were tired, it was 8:30 pm and we were hungry. The only thing that was open was Burger King! Rachel, eager to not step off Phase 1, especially after having spent the entire weekend doing a perfect job of it, made a great suggestion.

A double burger each with a salad. We took the two burger patties from our burgers and broke them into pieces onto the salad (after scraping the ketchup and other condiments). We also reclaimed the two slices of tomatoes from the burger to add to the salad. I had a single pack of Walden Farm's Ranch dressing in my purse that we shared... Are you getting the picture? We were both so pleased with this solution and I hadn't even been the one to come up with it. Kudos Rachel!

I hope these tips will help you in a pinch. There is always something you can eat. The more you practice, the better you will get at making the right choices. It is still not the ideal situation to go to a fast food... but if you have to, better be prepared!

Have a great day... until tomorrow!

Lise xo

PS. I know you won't take this as a license to go to the fast food every day. You don't want to make a habit of it (*especially with all the MSG restaurants put in their food*) but at this time of year, we are just scrambling to get everything done with the little time we have. Solutions are what we need!

## Day 7 – Cauliflower Rice / Cabbage Rolls / Eggs Rolls (Food-Wise Style)

There are a few things I want to share with you in today's offering starting with a replacement for rice. Now I have shared the idea of cauliflower rice with many of you already during our consult, and although I only learned about it a few weeks ago (thanks M.J.) I soon realized that many of you knew how to do this already! But for those of you I may have missed, here it is...

Take a head of cauliflower and either grate it on a cheese grater or chop it down to the size of rice using a food processor. Put the small pellets in a dish and cook on high for 4 to 6 minutes in the microwave without any water or cover. This will give you a replacement for rice in any dish. In a Spanish or Mexican rice dish, the cauli-rice will take on the flavour of the dish and the texture will be that of rice.

So now, with this new trick in mind, what can be done? What about cabbage rolls? What about egg rolls? Well OK, a form of egg roll...

Now before we get into cabbage rolls, I have to tell you that I couldn't imagine doing cabbage rolls from scratch because in my mind, I couldn't figure out how to cook the cabbage and keep the leaves intact. Then a few weeks ago, I was watching *Diners, Drive-ins and Dives* with Guy Fieri on the Food Channel when this restaurant owner showed us how he cooks the cabbage for his rolls which he makes from scratch, daily. Wow, the light came on. Here are the instructions:

Bring a large pot of water to a boil. **Cut the core** from the bottom of the cabbage and place the whole head of cabbage in the boiling water. As the cabbage becomes partially cooked, it will loosen from the rest of the head. Periodically flip the head of cabbage so that it can cook on all sides. As each cabbage leaf becomes tender, remove it from the boiling water and place on a plate. When you have completed this task, remove the remaining cabbage from the water and set aside.

Read more: [How to Cook Cabbage Rolls | eHow.com](http://www.ehow.com/how_2142073_cook-cabbage-rolls.html#ixzz1fqSQZyeX)

[http://www.ehow.com/how\\_2142073\\_cook-cabbage-rolls.html#ixzz1fqSQZyeX](http://www.ehow.com/how_2142073_cook-cabbage-rolls.html#ixzz1fqSQZyeX)

Alright, now we have rice and cabbage leaves so here are two recipes. The first is for cabbage rolls which is a tried tested and true recipe from the wonderful lady in Sturgeon Falls (thanks Linda) and the other is a "never tested" but I hope you will let me know how it comes out... it came to me in a dream.

As a kid, my mom, my sister and I used to make these egg rolls two or three times a year at the cottage and I remember that the filling was so amazing, you wanted to eat it up before putting in the little egg roll squares. We would set up an entire production on a Saturday afternoon and once the little bundles were ready, my mom would pan fry them in her electric skillet. God, we could eat quite a few of them, they were sooo good.

So I took the original recipe and calibrated the chicken, replaced the rice with cauli-rice and replaced the egg roll dough with a cabbage leaf. Instead of frying, put them in a casserole and cook them in the oven with a bit of water in the bottom of the pan. If anyone tries this recipe, please let me know how it turned out. I haven't had a chance to try it myself but wanted to share it. This is to show you that some of the old favourite recipes can be adapted when you have the main ingredients.

Finally, I want to thank everyone who has sent feedback about this advent calendar. Your comments and your appreciation help fuel my desire to continue creating. Enjoy these recipes and have a great day.

### **Cabbage Rolls**

1 lb. extra lean ground beef  
3 fresh mushrooms, diced  
onion powder - to taste  
garlic powder - to taste  
salt and pepper - to taste  
1 cup of grated cauliflower = cauli-rice  
1/2 head of med. sized cabbage, sliced into pieces  
1 large can of tomatoes, drained (make sure they don't have sugar added) pureed in a blender

Brown the ground beef with the mushrooms and seasonings  
Add cauli-rice to hamburger and cook a few more minutes  
Chop the cabbage into pieces and steam until almost cooked  
Layer the hamburger/cauliflower mixture with the cabbage in a casserole dish  
Pour the pureed tomatoes over the top of the casserole  
Bake at 350 degrees for 45 mins. Servings = 2

This is a good time to use those tomatoes you are allowed once in a while

I did mine as real cabbage rolls with the meat mixture rolled in the cabbage. Old school, they are not cabbage rolls unless they are really cabbage rolls lol.

### **Egg rolls – Food-Wise Style**

3 cups of raw shaved cabbage  
16 oz of cooked chicken cut into small cubes  
2 tbsp dehydrated onion flakes (re-hydrated\*\*)  
1/2 cup finely chopped celery  
1 tbsp of oil  
1 tbsp of light soya sauce  
2 cups of cauliflower rice  
2 tsp of salt  
1/2 tsp of pepper

Mix all the ingredients together and fill your cabbage leaves. Try to make an even number of bundles so that you can count the servings more easily at the end. Place in a shallow pan with a bit of water at the bottom. Bake at 350 F for 40 minutes. Servings = 3 or use as an accompaniment to another protein dish with additional veggies.

\*\* To rehydrate onions, simply soak in an equal volume of water for about 15 minutes. Then, drain off any excess water. 5 teaspoons dehydrated minced onion equals 1/4 cup rehydrated onion.

## Day 8 - Spaghetti

Regardless of how long you have been on the program, at this point you have very likely had a day dream about spaghetti (*I'm sure folks with Italian roots are really listening now!*). I have always enjoyed spaghetti for two reasons: 1) it tastes really good and 2) it always makes me feel full. You know that feeling of having assuredly eaten too much? Well, I used to love that feeling and in fact, from time to time, I still love to feel that way. The feeling of over indulgence!

The problem with pasta is that a respectable portion is really meaningless when you are trying to achieve that “stuffed” feeling. Even though I have been practicing Phase 4 for many months, I know that pasta, in the quantity that I want, could only ever be enjoyed on my fun day. Now, let me tell you there are plenty more things I would prefer to enjoy on my fun day... so where does spaghetti fit in?

First I cook the meat separately. This allows me the chance to weigh it and be sure I am getting all the protein I need. I make the sauce separately too because I don't want the weight of it to alter the weight of the meat. Finally, I steam cabbage in big wedges! I don't want to shred the cabbage to make it sort of look like strands of noodles... who would I be trying to kid? We all know it isn't pasta! So why pretend!

Now here is another trick you may not know about. You know how the smell of cooked cabbage can linger in the house for hours making it smell like someone has severe flatulence problems? (*Sorry!*). Well there is a sure way to avoid it... put a slice of bread on top of the cabbage as it cooks and it will soak up all the smell. You can throw the bread out when it has served its purpose. I often use the crust because it is the slice that nobody wants anyway.

I know I have given a lot of recipes with tomato sauce but the reality is that you can make spaghetti (made with cabbage) with many other sauces. Have you tried using the IP cream of chicken soup or the IP cream of mushroom soup as a sauce with other veggies? Or even just like that on the cabbage? It is really good and oh so filling!

Take good care and have a great day!

Until tomorrow...

Lise xo

## Day 9 – Gift Exchange!

Today, I wanted to share with you my office gift exchange experience from last night. Most of you know that I am currently on a sabbatical leave from my government job so I can dedicate myself full time to helping others loose weight and discover the reason they put it on in the first place... All this to say that I am always included in the office get-togethers and yesterday was our Christmas dinner and gift exchange.

The theme this year was food (homemade or store bought – under \$10). Do you see where this is headed? Out of 8 gifts to choose from there were four that were chocolates of various qualities and thus various sizes from the two pound box of truffles to the small box of six individual chocolates from an expensive chocolatier. Another three were homemade cookies, bread and butters and sablés... and a lone sugar free gift from yours truly.

Out of principle, I had decided that I would NOT give something that would oppose what I preach day-in and day-out. So I put on my thinking cap and made a list. A nice package of smoked salmon would be a great idea. I also thought of a gift set of teas, their popularity ever growing. I could have made a nice package of sugar free jams introducing people to the Walden Farms collection of jams and chocolate spread.

In the end, I set my sights on one of President's Choices recent products; a basil-infused extra virgin olive oil. This, I thought would please someone, no doubt... and it did! So the moral of the story is that even though there was enough sugar on the table to keep a dentist busy for years to come, the one sugar free gift was original and very much appreciated. It came with a little card of suggestions how to use it which made the gift extra special as it opened a world of possibilities.

The fact of the matter is that for \$10 you cannot expect to give or get anything truly meaningful which helps us remember that the true gift in any get-together is the people. We ended the evening playing a game called "Things" (*If you have never heard of it, look for it in the stores, it is a lot of fun and brings loads of laughter*).

So no recipe today just some food for thought. Hope you have a great day. Be safe and avoid ice patches!

Lise xo

## Day 10 - Meatloaf

Another all time favourite (and one often thought of as comfort food) is meat loaf. Most of the time there isn't much in a Meat Loaf to get you into trouble except carrots and BBQ sauce! But regular BBQ sauces are filled with sugar just like Ketchup! It is amazing how some of the little things like this can make such a big impact when you cut them back or replace them. Overtime, it just adds up!

Here is a Food-Wise approved recipe that has no carrots and no sugar and that will provide some leftovers to freeze or reheat. Add you favourite vegetables and you are good to go. Enjoy!

### Meatloaf

3 pounds lean ground meat  
2 grated zucchini  
one or two strips of green pepper finely chopped  
1 egg  
1 tsp Italian spice  
pepper to taste  
1 tsp garlic powder  
1/2 cup barbecue sauce Walden Farms  
2 tbsps of the packet of Lipton Onion soup (25% less salt)

Mix everything together. It makes approx 3 loaves.

Pour more barbecue sauce on top and sprinkle a little bit of Splenda.

Cook at 350F for 45 min to one hour.

When cooled down completely, cut in slices to make the portions you need and freeze.

When reheating the meatloaf in the microwave, add a bit of WF barbecue sauce before heating it for more taste. (This recipe also comes to me from Linda in Sturgeon Falls... Thanks Linda!)

## Day 11 – Kale Chips

Today is Sunday and some of the guys (*and girls too...*) will be watching some afternoon sports (i.e. football) while of you girls (*and guys too... be honest...*) might watch a Christmas movie.

So here is a little psychology before the recipe. We live in a world where things are done in multiples... At work, we are rewarded for our ability to multi-task, sound familiar? We often operate two or more things at a time (computer, phone, calculator, people at our desk asking questions...) and at home, we are making dinner while the laundry is going, the phone is ringing, the radio is singing in the background and kids are asking questions... Then we sit in front of the tube and think our brain is just going to settle into the motion of taking in one thing at a time. Do you think this might explain why we are hungry when watching TV? Even when we are full after a big dinner! So what can we eat?

Well a few of you have made, and loved, something called Kale Chips. What a wonderful notion, to have the veggies, you are allowed to have, as a snack that is both fun and good for you. So on this day where more TV is watched than any other day, here is a recipe that you can make.

Oh yes, also fun to do is boil some boneless and skinless chicken thighs... cut them length-wise into about 3-4 pieces the size of chicken wings... and then add some Walden Farms BBQ sauce (Original, Thick & Spicy, Honey... take your pick!). If you are watching so serious TV and having your dinner while watching, why not have your own version of wing night and kale chips!

### Kale Chips

How to make them:

- **Tear** the leaves from a bunch of washed and dried kale into bite-size pieces.
- **Toss** with a thin drizzle of extra-virgin olive oil (a couple of teaspoons will do) and massage lightly into the leaves.
- **Sprinkle** with a pinch of salt, tossing to distribute. Or leave out the salt and add the seasoning of your choice, such as curry powder, smoked paprika, or whatever you have on hand.
- **Arrange** leaves in a single layer on two large baking sheets lined with parchment paper.
- **Bake** at 375°F (180°C), switching baking sheets halfway through, until crispy and dark green (not brown), 4 to 5 minutes. (Watch them since your oven may be different!)
- **Let cool** slightly and dig in.

Tip: To keep them crisp from CheekyWit: I can keep kale chips in a ziploc bag for at least 4-5 days still crisp -- the secret is to make sure they are very dry - remove them immediately from the pan you used to cook them in - lay them on a cooling rack until they are no longer warm - put them in the ziploc -- close the bag leaving it open about an inch -- normally they stay crisp - on day 2 I usually close the bag - hope this helps

One of my clients has actually made a big batch and brought it to work with recipes to hand out. They were a hit!

My dear friends, I do believe we are creating a movement. Thank you for buying into this, the healthier we become, the happier we are!

Have a great Sunday!

Lise xo

## Day 12 - Chili con Carne with Vegetables

My apologies for this late offering, I have had a few technical difficulties that are now resolved. The joys of being on the road... So here goes!

Well here we are North of Montreal in a little haven called St-Hippolyte and it is like we stepped off the autumn wagon to fall right into winter. It is nice and white here and I woke up thinking that there are foods that we absolutely associate directly with winter... and the same holds true for summer. I'm sure you can think of numerous foods that you never have "out of season". A good example of that is Chili. It may have been pre-destined to be a winter food because of its name but nonetheless, we tend to eat it mostly in the winter time.

OK, so if you are in Phase 1, you're probably thinking that you can't have any... but wait! What makes a good chili is mostly the spices... am I right? So if you agree, keep reading.

Now, for the rest of you who may be on maintenance, there is nothing wrong with chili itself. Remember the rule of dissociation... when you have a lot of carbs, keep the fat to a minimum. One of the things we do when we have chili is load up on the bread and butter. That's where most people make their mistake. The other mistake is made because chili is soooo good, that usually one helping just doesn't cut it! So here is a tip : (and I learned this from restaurants like Wendy's if you can believe...) Take a portion of chili (1 cup should be about right) and pour it, piping hot, onto a bed of lettuce. Now, if you know me, you know that I absolutely hate iceberg lettuce... in a salad! But as a base for chili, it is just amazing. The mix of hot and cold, spicy and bland... I don't know why, it just does it for me! It also serves to make the portion bigger and keep me chewing a while longer... at least until the signal in my brain decides I'm full.

So if you are in Phase 1 and want to indulge in a bit of chili, go ahead. You can rinse your meat once it is cooked and remove a lot of residual fat this way to make it even leaner. If you are in Phase 4, add some kidney beans or other legumes. The fact that you won't be having buttered bread makes it OK to add the beans because they won't be mixed with fat.

I know, most of us think that chili without beans is just spaghetti sauce... but it really is not. Try it and see the difference. Here is a modified version of a great recipe from the Famous Chili Recipes.com web site that has been modified to meet all phases of our protocol. Check out the spices and don't hesitate to add more if you like it hotter! Enjoy.

### Chili con Carne with Vegetables

- 1 pound lean ground beef (add another lbs if on Phase 1 to replace beans)
- 2 onions chopped (or ¾ cup of dehydrated onion if on Phase 1)
- 1 medium red pepper, chopped
- 1 medium green pepper, chopped
- 1 teaspoon minced garlic
- 1/4 cup + 1 Tbsp. chili powder

- 2 teaspoons cumin
- 1 teaspoon cinnamon
- 2 Tbsp. olive oil
- 2 x 16 oz cans red kidney beans (remove if on Phase 1)
- 2 x 14 oz cans diced Italian tomatoes
- 1 large, diced zucchini
- 2 teaspoons salt

Directions for Phase 1, 2 and 3 In a large saucepan, place oil and heat over medium heat. Add red and green peppers and the minced garlic. Cook 3 minutes until the peppers start to soften.

Add the ground beef and dehydrated onions, chili powder, cumin, and cinnamon. Stir and cook over medium high heat until beef is browned.

Add tomatoes and salt to the cooked beef and peppers. Simmer for 15 minutes then add the chopped zucchini. Cook for an additional 15 minutes, stirring occasionally. Directions for Phase 4 Drain and rinse the 2 cans of red kidney beans.

In a large saucepan, place oil and heat over medium heat. Add onions to oil and cook just until the onions begin to soften. Add red and green peppers and the minced garlic. Cook 3 additional minutes until the peppers start to soften as well.

Add the ground beef, chili powder, cumin, and cinnamon. Stir and cook over medium high heat until beef is browned.

Add tomatoes, beans and salt to the cooked beef and peppers. Simmer for 15 minutes then add the chopped zucchini. Cook for an additional 15 minutes, stirring occasionally. Cook's note: If you're interested in adding a bit of a fiery kick to this chili, consider serving it with fresh chopped jalapenos. You could also add jalapenos when cooking the peppers. The fresh jalapenos will be hotter than the cooked ones, but they do add a great flavour to the chili con carne.

Enjoy, hope you are having a great day.

À demain,

Lise xo

## Day 13 – Rhubarb/Cinnamon/crepes

Good morning! Today, I get to say that... LOL! I have mentioned to you that I met this very dedicated IP coach (Linda from Sturgeon Falls) in Toronto a few weeks ago and she has shared with me a number of recipes which has helped supplement my recipe bank to ensure that I had a good variety during this advent calendar. Sometimes, she writes as she is cooking and today's offering is one of those entries... I call it "Veggies for dessert anyone?" Here goes:

*(this directly from Linda...)*

Rhubarb/Cinnamon/crepes

Here was my dinner recipe (which is an IP lunch) which was derived from others ideas for rhubarb...

I took a bag of frozen rhubarb which was just shy of 4 cups and put it with a couple of tablespoons of water in a sauce pan. Added about a teaspoon of cinnamon and 2 little packets of Splenda and cooked it until it was warm.

In the meantime, I made the crepe packet up for the first time. (I have an electric pancake griddle that worked nicely.)

Put the pancakes on the plate a little of WF pancake syrup and topped with half the rhubarb. It was yummy though very dessert like.

I think I would leave the Splenda out next time because I like the bitterness of the rhubarb or cut it in half.

My only dilemma is this doesn't have oil or salt. I thought later I might have added the salt to the crepe batter but not sure how it would work. I may have a lettuce salad in a little while but I'm pretty full right now.

\*\*\* *Now from me...* I was thinking after reading this that since most people think of rhubarb in terms of strawberry rhubarb pie... why not use the same recipe and either mix in some of the WF strawberry syrup with the rhubarb or use it on the crepe instead of the pancake syrup... just a thought!

Wishing you a great day as always,

Lise xo

## Day 14 – Turkey Stuffing

Good morning! I'm sure you realize that in two weeks it is Christmas eve... things are really ramping up now and in fact, the supermarkets are advertising sales on turkeys... (FYI, Food Basics has a utility grade turkey on for 77 ¢ a lbs until Thursday and Independent Grocers has Butterballs on for \$1.29 a lbs) which means we want to start planning such things as stuffing!

I talked with a young man yesterday who in fact started his program this week (I was so pleased that he didn't think it was too late and want to postpone the start until after Christmas... there is still much he can achieve before Christmas!!! Kudos B.R.!) Anyway, he told me he loved stuffing at Christmas and I know what he means... So in his honour, I wanted to offer you this stuffing recipe.

### STUFFING

#### Ingredients:

2 cups of your favourite vegetables chopped up in food processor  
1 cup of diced mushrooms  
3 egg whites  
1 tsp Poultry Seasoning  
1 tsp Redmond's Real Salt and fresh ground black pepper to taste  
8 to 16 oz water  
1 -2 TBS Braggs

#### IP packets:

1 – Chicken Soup  
1 – Oatmeal

Optional 1 – Garlic and Onion Soy Nuts

Optional Seasoning: Rosemary, Basil, Thyme and/or Garlic

Prepare Oatmeal Biscuits (Page 69 – Volume 2 Ideal Protein Healthy Recipes with variation):

Beat 1 egg white then stir the IP Oatmeal packet until mixed thoroughly. Add 2oz. water until batter is thin and spoon able – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon batter onto a non-stick baking sheet and bake at 400 for about 10 min. or until golden brown. Once biscuits are cooled tear up and let dry out an hour or two.

In a mixing bowl put dried oatmeal biscuits, seasonings, chopped veggies, mushrooms and Braggs. (if desired, add your IP soy nuts) Mix and set aside. In your blender bottle or other mixer, mix 8 oz of water with your IP Chicken Soup mix well (more water maybe needed). Add two egg whites to soup mix. Mix well then pour over veggie/biscuit mix stir (should be a moist mixture) and then place in an olive oil sprayed casserole dish. Cook about 20 min at 350.

On Christmas day, why not have your regular stuffing and this healthy alternative to offer your guests... Remember, whether you realize it or not, you are inspiring people every day with your courage. You are like a beacon of hope to many around you who look to you for strength. I am so proud of all of you. Until tomorrow, Lise xo



## Day 15 – **Gravy**

Good morning everyone,

We are really on the home stretch now, counting down the last ten days before Christmas. As you know, I am in the Big Apple for a few days to celebrate my husband's birthday... he has always wanted to see the lights and store front decorations at this time of year in NYC so here we are. Well, this has really put me in the mood for Christmas with all the trimmings so here is another quick recipe that we can make good use of in our Christmas feast... the Gravy.

Now, I was raised on gravy. There was a sauce to everything. Every weekend, we went to my grand-parents who lived in the little town, east of Ottawa, called Alfred. Back then, it was almost an adventure going that far, today, the city boundaries have stretch almost to reach it... but that's a different story... anyway, my grand-mother would always make meatballs, potatoes and gravy. I loved it!

So of course, at any great meal, we continue to have a sauce or gravy to complement the meat. Here is a "all phases approved" gravy that is easy and gluten free.

### **Sauce / Gravy**

Ingredients:

6.5 oz. (200 ml) of hot water (not boiling)

1 packet of IP Chicken Soup or Leak Soup

Pour the hot water in a bowl. Add the packet contents and blend with a hand mixer. Serve with vegetables or meat. You can add or remove water to the mix depending of the desired consistency.

Have a great day everyone and take good care.

Lise xo

## Day 16 - Custard

Good morning everyone. Today, I have a special offering, again to contribute to your Christmas meal. In fact, this is a great recipe anytime you are entertaining... this is a dessert!!!!.. and it is gluten free!

Now, I have to be honest, I have not tried this one as it came to me from a clinic in Arizona but I would love your input when you try it. From the list of ingredients I am very interested as I love the spices in a pumpkin pie. I'm sure this will live up to our expectations.

### Custard

Ingredients:

2 packets of IP's Butterscotch pudding

2 packets of IP's Vanilla pudding

1 egg white

1 pinch of sea salt

Pumpkin pie spices and nutmeg to taste

Mix all ingredients together well. Bake in oven for 20 minutes on 350°C. Cool off and enjoy!

Have a great day everyone.

Tomorrow, I will write from Canada!

Lise xo

## Day 17 & 18 – Europa Café in NYC & Brownies (Phase 4 only)

Hello everyone,

I want to start by apologizing for missing yesterday's instalment, I just wasn't close to a computer for long enough to write and send anything so as a result, you get two today!

The first thing I want to share is a little discovery I made in New York City (NYC). It is called the Europa Café and there are actually 10 locations in NYC. During our shopping excursion, Peter and I found ourselves on Fifth Ave right around lunch time and although we knew of a good little deli close to our hotel, I suggested that we would very likely find a good place much closer thus saving the time of having to walk back to 47<sup>th</sup> and 7<sup>th</sup>... and I wasn't wrong!

Now a good way to judge whether a place has good food is to look at people's shoes... Shoes? you say, yes because that is also the best way to determine if the people in the place are locals or visitors. Tourists in NYC wear comfortable shoes, that's the first thing we are told when planning a trip to NYC. "...you will do a lot of walking so bring comfortable shoes...". So if there are many people in the restaurant with little sling back high heels or other types of not-made-to-do-a-lot-of-walking shoes, you know the food must be good otherwise, the local would be elsewhere! This place was packed with locals!

The neat thing with Europa Café is the way to order and the menu boards. First, you grab a bowl of lettuce from the refrigerated counter... you can choose between romaine, spring mix and spinach. The label on the bowl tells you how many calories this first choice is worth. Then you line up at the condiment bar and hand your bowl over to the "salad artists". The menu board on the wall tells you all the choices of veggies and other things you can add to your lettuce with, of course, the amount of calories each choice represents! Is this cool or what? The salad artist opens your bowl of lettuce, drops its contents into a big stainless steel bowl and adds all the veggies you ask for into the bowl with your lettuce, passes the bowl to the next artist who adds the dressing that you have chosen, again, the caloric value is indicated on the menu board, tosses the bejaysus out of it before putting it back in the original bowl and voila, you have your own custom made salad!

To my great disappointment this morning and after much research, I realized this little gem has not yet made it to Canada so if anybody is looking for an investment opportunity, this might be it for you. I will gladly help you advertise with my very own Food-Wise Approved logo!

OK, now for Day 18 I wanted to give you a recipe of something that you can make to treat the other guests on your holiday list who are not doing a diet but who could stand to eat better... and certainly a lot less sugar. This is a recipe of Brownies that we have been using in our family for many of our birthday cakes and all other celebrations because yours truly is a sweet-aholic and not the only one in the family (wink wink nudge nudge!!). So make these to put on your table on Christmas day and see the number of people who delight in the taste and ask for the recipe!

### Brownies!

Ingredients:

1 egg

80 ml (1/3 cup) non-hydrogenated margarine

165 ml (2/3 cup) sugar substitute (Splenda works best)

5 ml (1 tsp) vanilla

250 ml (1 cup) flour

80 ml (1/3 cup) cocoa

5 ml (1 tsp) baking powder

175 ml (3/4 cup) unsweetened apple purée

Preparation:

Whisk the egg, margarine and vanilla in a bowl. In the measuring cup in which you have the Splenda, add the cocoa and mix slowly and completely then add to the first bowl. (This prevents the cocoa from flying all over the place). In another bowl, mix the flour and the baking powder. Mix in the dry ingredients into the humid ones. Add the apple purée. Put the mixture in a square mould coated with non-stick cooking spray. (or you can make cupcakes!). Bake in a 350°F (175°C) oven for about 20 minutes (adjust the time if you are making cupcakes). You know a brownie is ready when you insert a toothpick and it comes out clean. Let cool before serving.

This is a great (take it from the expert) recipe that is low fat and no sugar. You can dress it up or cut into squares and add to the other baked goods on your table.

Have a great day. Only seven days to go!!!

Lise xo

## Day 19 – Cranberry relish

With all this tardiness in sending some of the entries, I may have led you to think that this whole business of Advent Calendar has taken its toll... but truth be known, I have enjoyed doing this daily and I know, from some of the very positive feedback that I have received, that many of you have enjoyed receiving it. So please don't think that I am getting tired of it, actually, circumstances have made some of these entries come to you later than I wanted to but just like with the postal service... *Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds!...*

Today's entry is also related to the Christmas day feast, probably the last one on that subject. Nothing dresses your plate more festively than cranberries. Yes, I do know that cranberries are a fruit and that during phase 1 they are not permitted however this recipe is a great way to grant you a taste of Christmas while staying somewhat within the boundaries of what is allowed.

The mix in this relish is truly refreshing as it incorporates vegetables as well as some fruit making it crunchy and sweet, what a combination. Enjoy this recipe and make it a new family tradition!

### Cranberry relish

Ingredients:

1 cup of water  
1 cup of fresh cranberries  
4 chopped celery sticks  
1 cup of chopped chives  
3 teaspoons of Walden Farms Raspberry Jelly  
1 cup of chopped zucchini  
6 mint leaves  
1 teaspoon of orange zest  
1 packet of IP's Raspberry Jelly  
1 teaspoon of Xylitol (can be replaced with 1 teaspoon Splenda)

Method:

Boil the cranberries in the 1 cup of water for approximately 5 minutes. Empty the remaining water in a small bowl. Mix in the Raspberry Jelly packet. Put away in the refrigerator. Chop together the cranberries, celery, chives, zucchini, mint leaves and orange zest in a food processor. Mix in with the Xylitol and the 3 teaspoons of Raspberry jelly. Combine the cranberry mix with the Raspberry Jelly from the refrigerator. Blend well, let cool and serve with celery sticks or flax seed crackers.

À demain,

Lise xo

## Day 20 – Scents and smells

Hello everyone,

On this 20<sup>th</sup> day of December, I wanted to talk about the importance of scents and smells in our lives and how we can make them work for us instead of against us. How often do we get cravings based on some smells that reach our noses... uninvited!!! I remember as a kid that whenever we drove on St-Laurent Blvd (between McArthur and Donald street), the smell of Kentucky Fried Chicken was so overwhelming that my sister and I would try to convince our Mom every time that we should take some home... that she deserved the break... that we hadn't had any in ages!!! (...and sometimes, we would actually win the argument!)

Obviously, if we give into these temptations, they will completely sabotage our efforts. However, there is a way we can use smells to create a comforting atmosphere inside a controlled environment...

In a tv show that talked about selling houses, they had suggested once that by spraying a little vanilla on a light bulb, you could make your house smell like there had been some recent baking happening, thus making it more inviting and warm. Just to show you how powerful an influence our noses are.

In fact, all you have to do is walk into a house where baking or cooking has been happening and the smell grabs you... and delights you and even comforts you! There are even smells that we attribute to certain times of year... like at Christmas for example.

When I worked for Nutri-System 23 years ago one of our "Behaviour Breakthrough" classes pertained to smells as a "trigger". Well today, I want to help you recognize that yes, they are a trigger but they are also a comfort when you chose them yourself rather than them being imposed!

As I left the Innes road clinic tonight, the smell of fried onions was in the air and it was very enticing. I could have stayed in my car for quite a while basking in the scent... and failing to recognize what was really happening, I might have succumbed to the temptation. On the other hand, when I got home I wanted to create a certain atmosphere, it being a few days before Christmas, I use scented candles to make my surroundings comforting.

When emotions trick us into hunger, and we know very well that we don't really need to eat at that moment, we can use scented candles to create a sense of calm and yes, make our brains think that we just had a piece of pumpkin pie or apple cinnamon crumble. The fact that there is none in the house will make it easy to resist but yet the scent will comfort us for hours.

Believe it or not, about 20 years ago, I sent away for these new smelling sticks that were part of a diet of some sort. The idea was that you could sniff the sticks whenever you were hungry to trick your brain into thinking you had eaten while all you had really done was smell. You could even choose from different flavours... you can undoubtedly guess which ones I took... Chocolate (well duh!!!) and vanilla!

Finally, the proof of what I am saying is totally verified as we all know how unsatisfying our food tastes when we have a cold simply because our stuffed nose prevents us from actually smelling AND tasting the rich flavours of our foods. So in the next few days, instead of

preparing yourself for the big day by indulging in baked goods, light a candle and enjoy the smell for hours.

As a final piece of information (useless or not, you be the judge...) Did you know that smell is the sense with the longest memory? It is often used to help people who suffer from amnesia to recover some segments of the lost memory. For example presenting a familiar perfume or a smell from the person's childhood will help unlock so images in the brain. Cool or what?

Have a great night, sleep well. As we say in French, only five more dodos until the big day.

Lise xo

## Day 21 – **Baked Zucchini Chips**

Be prepared!!! Here we are, four days before Christmas and I want to make certain that you all know that on the 25<sup>th</sup>, people will notice you! Whether they do so because you are eating less, making better choices, taking it easy on the desserts and the alcohol, or better yet because they notice your looks... they will notice!

This will be the moment you have worked hard for, the reason you stuck it out during this challenging time. Last year, as you know, I had started my program on the 25<sup>th</sup> of November and I can assure you that on Christmas day, I was truly pleased to get dressed in the clothes that I wanted to wear instead of the ones I had to wear. Take time to select something that you know will highlight the results of your efforts. The compliments you will get are well deserved and they will give you a wonderful feeling of accomplishment.

If you are entertaining I invite you to serve along with the regular munchies some healthy versions... these tend to become conversational pieces. Have some of the Kale chips (see Day 11) on hand, you can even print some little recipe cards ahead of time to give to your guests. This is the best way to inspire people. Let's face it, we live in a society where many are carrying some extra weight around and are looking for a real live reference who will vouch that finally there is something that they can do about their situation. You may be a life line to someone in your family and friends.

But what else can you serve as a snack that is healthy... what about Zucchini chips... Here is a simple recipe. Enjoy!

### **Baked Zucchini Chips**

- \* 3 medium zucchini, sliced into 1/4-inch chips
- \* 2 Tbsp. lemon juice
- \* 2 Tbsp. olive oil
- \* Maldon sea salt or kosher salt and pepper to taste

Preheat oven to 450 F. Toss zucchini slices with lemon juice, olive oil, salt and pepper. Spread out on in a single layer on a jelly roll pan. Roast 7 minutes. Turn zucchini over. Roast another 7-8 minutes. (For an even quicker fix, you can use Farm Boy's Lemon Garlic salad dressing (4 tbsp) which already contains the salt and pepper... cool n'est-ce pas?)

Take care et à demain,

Lise xo

## Day 22 – Encounters!

Every day I meet people. Often, they are clients with whom I meet every week and then again, often they are new people that I am meeting for the very first time. Every week people tell me things that make me stop and think... and then, if I'm doing things right, I tell them things that hopefully make them stop and think too.

Today I met two people who told me things that really made me think and I can't tell you how much I appreciate the opportunity to further my journey through their thoughts. The first person I met was not a client. She was sitting in the chiropractor's office as I was leaving. She was early, I was running late, we struck a conversation (because I think the universe had put me there at that precise moment for that to happen...) and I could tell right away that she had lived through adversity... and yet she was all smiles and good natured. It told me something about determination and positive attitude... two things that are oh so important when we set out to do something... anything. I enjoyed our conversation and we exchanged business cards. I know without a doubt that we will meet again, this was not a chance encounter.

The second person I met is in fact one of my clients who, I must say, has a depth of thought which we don't often encounter. This client told me that we are coming around to that time of year when he usually rewrites his goals for the year. He said that he has been doing this for a long time and that over the years, this simple exercise has led to more success in reaching his goals than any other. We had a brief conversation about this and agreed that goals that are not written down are really just thoughts and the likelihood of them becoming reality is greatly lessened if they are not put to paper.

Do you have dreams? Do you have goals... personal ones too, not just related to career! Is losing weight a dream for you? Better yet, is keeping the weight off a dream that you can't imagine realising because although this is not the first time you lose weight you have yet to accomplish the bigger task of maintaining it? Have you given any thought as to why you want to lose weight?

These questions are all part of a process that leads to establishing some goals that are achievable and sustainable. I don't want to give you a course on goals and how they should be SMART (Specific, Measurable, Attainable, Realistic and Timely) but I have to agree with my client that once a year, it is an excellent process to undergo, that of establishing goals. Those that get attained contribute to increasing our self-esteem and our self confidence. Those that don't get completed serve to learn something about ourselves. They too are important!

So, as we approach Christmas... and the end of the year, take a bit of time to reflect on the last twelve months. Be proud of all that you have accomplished and let it serve as a spring board into the new year and all that it promises to bring. Every day, we are richer for the lessons we learn through the people we meet. Thank you for all that you inspire me to do.

Have a great evening... tomorrow... a recipe. Thanks again for all your positive feedback.

Lise xo

## Day 23 – pudding Cakes

Today, I wanted to give you a recipe that you can keep in store for when you get the urge to bake. This is a great recipe and the fun part is that you can have it all to yourself because it makes ONE serving! This was sent to me by one of my clients... so thanks J.R.!!!

The reality is that Christmas is only one day but for the rest of the time, we are surrounded by temptations. Most weight loss programs will help you with extraordinary circumstances or events... like December 25<sup>th</sup>... but what about the urge to eat every night at 8:00 pm? What about that 3:00 pm snack attack? Those are typically the issues that get people in trouble... major trouble. So in an attempt to give you tools to deal with the need to bake... then eat what you have made, here is a recipe that fits the bill on both counts!

Enjoy, these are very creative ways to use the IP puddings and make them as cakes... for those of you who are not pudding types... You can even invent other flavour combinations... get creative and have fun!

## **Pudding Cakes**

### **INGREDIENTS**

1 package Ideal Protein Pudding  
1/2 teaspoon Vanilla  
2 Egg whites  
2 ounces Water  
Spices of choice for flavor (see below)

### **INSTRUCTIONS**

1. Mix together egg whites, vanilla & water using emersion blender until egg whites are frothy.
2. Pour out into bowl and sprinkle on spices of choice (see combinations below...cinnamon, nutmeg, ginger, cloves, etc.) and add 1/3 of pudding package at a time.
3. Fold pudding into frothed egg whites.
4. Pour into greased ramikin/muffin tray.
5. Bake at 350°F for 15 to 20 minutes until cooked through.

### **VARIATIONS**

Lemon pudding / poppy seed  
Butterscotch pudding / pumpkin pie spice  
Chocolate pudding / cinnamon  
Vanilla pudding with instant coffee and cinnamon  
Vanilla pudding / spice cake  
Vanilla pudding / cinnamon and nutmeg

**Yields: 1 Serving**

#### *Cook's notes:*

*The cakes will get VERY large while baking, and will deflate when cooling. If you put too much batter into a small baking dish, your cakes will literally explode in the oven. It is VERY important to only fill the baking dish or muffin tin 1/2 way.*

On this the pre-eve of Christmas, hope you are tucked away in your house and enjoying the warmth and the atmosphere. Take good care until tomorrow...

Lise xo

## Day 24 – Gift of Sacrifice

Good morning everyone on this the eve of Christmas. I woke up this morning inspired by the memory of a story that I heard a long time ago. This story truly brings out the true spirit of gift giving. It is a story by O. Henry (the guy... not the bar!!!) called The Gift of the Magi. If you have never read this story, I have attached a copy in .pdf format to ensure everyone can open it.

At this time of year, we are weighed down by more stress than any other time of year. Yes of course, some of the stress comes from the rushing around to get everything done in time, and some comes from the crowds in the stores and the added expenses... but if we stop and think about it, most of our stress comes from our inner fear that the gift we have selected may not please as much as we want it to. We want to make people happy, more than anything!

In the story, the young couple both sacrifice what is most dear to them to offer the other the gift that they know will make them the happiest.

I want to congratulate you in offering yourself this year one of the most precious gifts there is; that of better health. We live in a society where most gifts come from others but losing weight is the one gift that we can only give to ourselves because the magic of this gift comes with every milestone we hit. Whether it be the first 10/20/30 pounds we lose, the next pair of pants we can get into or the pictures we will take while on our cruise or during our next vacation... Maybe it will simply be the pictures taken around the Christmas tree this year... they will make for a better souvenir for we will remember that the clothes we were wearing were made possible by our gift to ourselves. These are all the embedded gifts that come with the gift of weight loss.

Dr. Tran Tien Chan whom you all know as being the creator of the Ideal Protein Protocol said to us during the Boston conference that a “sacrifice” is a gift. In today’s world, we have come to think of sacrifices as a source of pain and great restriction when in fact they are what makes the gift more special. Think of the sacrifices that you make to pay for a trip for your family, think of the sacrifices you make to buy that special someone the object of their attention... The sacrifices are the intangibles that make anything special.

So on this day when we know that tomorrow will require us to make a number of sacrifices, let those be the intangibles that make your gift to yourself that much more special.

Lise xo

Day 25 – Merry Christmas!

Good morning everyone and Merry Christmas to you... and most of all, thank you for making this advent so very special and for helping me feel the spirit of giving so much more intensely.

I wish that this day and all the rest of the holiday season be filled with love and happiness and so much kindness as to imprint your heart with a wonderful sense of being that will last throughout the year.

Merry Christmas and the very best of the holiday season!

From my family to yours,

Lise xo