

## TIP OF THE WEEK:

Make a plan for something fun in February and/or March. Winter will be dragging by then and you'll be glad to have an adventure planned.

## Cauliflower Crust Pizza

### Ingredients:

1 small head of cauliflower, chopped (5-6 cups)	1/2 tsp kosher salt
1 cup grated Parmesan	Freshly ground black pepper
1/2 tsp dried Italian seasoning	1 egg
1 clove garlic, minced	1 1/2 cups shredded low-moisture mozzarella
	1/2 cup marinara sauce
	1/4 cup fresh basil leaves, torn

### Directions:

1. Place pizza stone (or rimless baking sheet in the oven; preheat to 475.
2. Add the cauliflower to a food processor; pulse until finely ground, about the consistency of couscous. Pour the cauliflower onto a clean kitchen towel and squeeze out as much liquid as possible.
3. To a large bowl, add the cauliflower, Parmesan, Italian seasoning, garlic, salt, some black pepper and the egg. Mix until the mixture holds together when pinched.
4. Line the pizza peel or a second rimless baking sheet with parchment paper; liberally brush with olive oil. Spread the cauliflower mixture into a 12-3-inch-wide circle on the parchment. Slide the parchment onto the preheated pizza stone or baking sheet. Bake until the cauliflower crust is barely golden and darker at the edges about 15 minutes.
5. Remove the crust from the oven, sprinkle with the mozzarella and spread the marinara sauce over the top. Slide the pizza back onto the pizza stone or baking sheet and bake until bubbly and browned in spots, about 4 minutes.
6. Sprinkle the basil over the top.



# Get the Facts - Counting Calories

## MYTH:

Counting calories is:

- A waste of time
- For women
- For people on “diets”
- Not feasible
- Too difficult
- Not important
- Confusing

## FACT:

This week’s article will be more of a recount of my own experiences and understanding so I will not have sources at the end, please let me know if you would like some literature on this topic!

Referring back to the article on calories and energy consumption, fat loss is based under the overarching principle of energy consumed/energy expended. If this ratio is  $<1$ , weight loss will occur. The variables lie in the speed of the loss and manipulation of either the numerator, denominator, or both. I will focus on the numerator (energy consumed). The first (and most important in my opinion) point I want to make it that it is extremely difficult to manipulate this variable when it is not measured. Estimates can be made based on a thorough understanding of what one is eating and how calorie dense the meals are, but this takes more time, effort, and planning than actually counting the calories you eat.

Side Bar: The name “calorie counting” is super stigmatized and is not a great term. I call it food tracking or logging.

The vast majority of people perceive that they are eating less calories than they truly are and after food logging, are surprised by the results. In my personal experience, almost every client I have had who had a weight loss goal saw that the calories they ate were far above what they believed they were consuming. This is beneficial in a few ways. For example, the shock is usually helpful in motivating the client to cut down on consumption, and it helps them to tailor their diet down to the amount of calories they thought they should have been eating.

Without knowing how much you are consuming, it is difficult to adjust accordingly to create a successful nutrition plan. Many say how difficult and time consuming this is, however, technology has made it excessively simple. There is a myriad of smart phone apps (for free) which allow you to simply scan the bar code of the food you eat and it enters every nutrition fact available for that food. Better yet, it keeps track of frequent foods so you can just tap your most recent and just enter what you had the day before, let's face it our diets don't really vary that much.

If the settings are too difficult you can have a nutritionist, personal trainer, doctor, or fitness friend set the app for you. Say technology is not your thing, you can purchase (for pretty cheap) food logs where you can simply write what you ate. Admittedly this takes a little more time but it is still feasible.

One final important plug for food tracking, friends (ie. Your trainer, friend, doctor) can look at your log online and help you adjust as needed.

### **Conclusion:**

I have been tracking my food for over 6 years now and I had the same thoughts and difficulties I hear from people who are looking to change. Trust that once it becomes a habit, it becomes so easy that you don't notice you are doing it. And to dispel the whole myth that it may only be for women, bodybuilders across the board start with tracking their food (men and women alike).

Finally, for the medical professionals, this is a great way to begin a patients' journey to healthier habits. It is far less scary to them than telling them to stop eating everything and start eating omega 3s, antioxidants, or phytonutrients. Tracking is a great first step and immensely helpful throughout major (or minor) dietary lifestyle changes. If you go by the motto "you are what you eat," how do you know what you are if you don't know what you eat?

# Bedford, Virginia

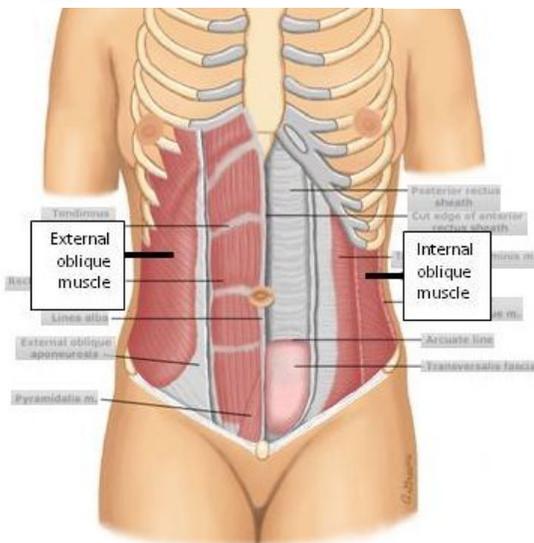
Bedford, Virginia is a short drive from Roanoke. Head out that way and you'll find there are lots of adventures to enjoy throughout the year. Jefferson's Poplar Forest, Smith Mountain Lake, the National D-Day Memorial, the Bedford Wine Trail, Appalachian Trail hikes, and at this time of year, the Annual Festival of Trees. The festival exhibits trees decorated in various styles. If holiday trees aren't your thing, still keep Bedford in the back of your mind for the next time you need a little drive.



Image: [www.virginia.org](http://www.virginia.org)

<http://visitbedford.com/event/7th-annual-festival-of-trees/>

## Exercise What You're Learning



Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.

Images from: housecallmd, menshealth, positivehealthwellness, supersana

# Wellness Weekly Challenge

Thank three important people in your life. Take a moment to tell three people who have helped you along your journey how their commitment to your growth mattered.

- 1.
- 2.
- 3.

*Never let the things you WANT make you forget the things you HAVE. -unknown*

## Night at Home - Creamy Vegan Curry

### Ingredients:

- 1 tsp olive oil
  - 1/2 yellow onion, chopped
  - 1 clove garlic, minced
  - 1 Tbsp minced ginger
  - 15-oz can chickpeas
  - 2 cups canned or boxed chopped tomatoes
  - 2 cups small cauliflower florets
  - 1 sweet potato, peeled and diced
  - 1 can light coconut milk
  - 1 cup vegetable broth
  - 1 Tbsp garam masala
  - 1/2 Tbsp curry powder
  - 1 tsp salt
  - 2 cups lightly packed baby spinach, chopped
- Coconut Milk:
- 1 1/2 cups uncooked brown basmati rice
  - 1 can light coconut milk
  - 1/2 cup water
  - 1/4 tsp salt

### Directions:

1. Heat the oil in a pan, sauté the onions, garlic, and fresh ginger for seven minutes. Transfer mixture to a slow cooker and add the remaining ingredients except for the spinach.
2. Heat for 6 hours & then before serving stir in the spinach.
3. For the rice: Add the rice, coconut milk, water and salt to a saucepan. Heat on high to a boil and then cover, reduce heat to low and simmer for 40 minutes. Turn off heat and allow to sit covered for 10 minutes.
4. Serve with the curry.

