

TIP OF THE WEEK:

Journal

Writing in a journal on a regular basis can really help improve your ability to sleep, reduce anxiety and improve overall mood. Try it!

Chipotle Smashed Sweet Potatoes

Ingredients:

- 2 large sweet potatoes, peeled and cubed
- 2 Tbsp unsalted butter
- 1/2 tsp kosher salt
- 1 chipotle pepper in adobo sauce, chopped
- 1 tsp adobo sauce, from the pepper can

Directions:

1. Put the sweet potatoes in a steamer basket and put the steamer in a large pot of simmering water that is 1 inch from the bottom of the basket. Cover and steam over medium-high heat for 20 minutes, or until the sweet potatoes are fork-tender
2. Remove the steamer basket, pour the water out of the pot and dump the sweet potatoes into the pot. Add butter and salt and mash with a potato masher. Add the pepper and sauce and continue mashing to combine. Serve immediately.



Get the Facts: Veggies & Protein

Myth:

Vegetarians/Vegans do not get enough protein and are weak/cannot build muscle.

Fact:

Vegetarian/vegan diets have been long debated as incomplete in nutritional value and have been looked down upon especially in the bodybuilding/fitness field. The thought is that without animal products, there is no way to get all of the proteins we need for proper muscle growth. There are 8 amino acids that humans must acquire through the diet for proper nutrition:

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|---------------|------------------|
| 1. Histadine | 6. Phenylalanine |
| 2. Leucine | 7. Lysine |
| 3. Methionine | 8. Threonine |
| 4. Isoleucine | 9. Tryptophan |
| 5. Valine | |

Most if not all animal products contain all of these plus the amino acids we can synthesize. The fact that plants do not all contain these is the basis for our debate. When looking into each amino, you can find one or more of the essentials in plants such as soy, pea, chia, hemp, quinoa, and buckwheat. When looking at the ingredients in most vegetarian/vegan meat products, they will invariably contain one or more of these ingredients. Also, most vegetarians/vegans will have a variety of vegetable based foods in their diets (because of boredom of same foods or by seeking out non-meat products). One big exception is Leucine. This amino acid has recently been regarded as the ruler over the rest. This is because recent studies have shown convincing evidence of what is called the "Leucine threshold." Giron et. al, as well as many other researchers in the past few years have shown leucine's stimulatory effects on muscle growth. A certain level of leucine has been shown to stimulate the recovery process allowing other amino acids to be incorporated into the muscle fibers. The specific amount is still under review but 2-3g per meal has been about the average. Unfortunately, not many plant products contain this much leucine unless an uncomfortably large serving is consumed. Luckily for us, technology has solved this problem with purified Branched Chain Amino Acids (BCAA) usually containing a larger proportion of leucine than the others. With this in mind, there is absolutely no reason why a vegan or vegetarian would suffer malnutrition or lack appropriate nutrients for muscle growth. It is mainly about being cognizant of what you are eating and how much (not usually a problem for those who check the ingredient label for meat products anyway).

Conclusion:

Veggies and vegans absolutely can get just as much if not more protein or amino acids as a strict carnivore.

As long as you stick to a good workout routine and nutrition plan, you should see the same results regardless of dietary restrictions. And if you still are having trouble, look at supplementation. We have the resources to supply almost any nutrient one may be deficient in so we really do not need to rely on meat products for a balanced diet.

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If you still aren't convinced, this is Jim Morris a vegan bodybuilder who competed until he was 70 years old.



References: Girón, M. D., Vélchez, J. D., Salto, R., Manzano, M., Sevillano, N., Campos, N., . . . López-Pedrosa, J. M. (2015). Conversion of leucine to β -hydroxy- β -methylbutyrate by α -keto isocaproate dioxygenase is required for a potent stimulation of protein synthesis in L6 rat myotubes. *Journal of Cachexia, Sarcopenia and Muscle*, 7(1), 68-78. doi:10.1002/jcsm.12032

Taylor, R. (2015, March 1). A vegan oriented guide to protein intake and supplementation for bodybuilding and strength performance. *Alan Aragon Research Review*.

Article By: Adam Heilmann

Dedicated to Audrey Brunell.

Elmwood on Ice

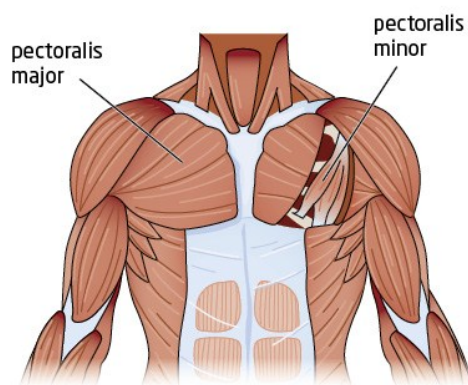


Last year, Downtown Roanoke built an outdoor skating arena in the area by the Elmwood Amphitheatre. The rink is coming back this winter and will be bigger and better than ever. The rink offers daily tickets (\$6), skate rental (\$2) and season passes (\$75). The rink opens November 23rd and will stay open until February 12th (Wednesday thru Sunday).

Check it out!

<http://www.downtownroanoke.org/events/elmwood-on-ice>

Exercise What You're Learning



Avoid injury by consulting a trainer regarding form & weight.

Images from: physioadvisor, weighttrainingexercises, bodybuilding.com

V T C S O M W E L L N E S S W E E K L Y

Wellness Weekly Challenge

It's easy to get stuck thinking about the things that go wrong in a day, week, month....

But it's healthy to actively celebrate the things that go well.

So.... This week's Wellness Weekly Challenge is to pause and think about 3 people, things or moments this week that have been positive.

- 1.
- 2.
- 3.

*Train your
mind to see
the good in
every
situation.*

*-Author
unknown*

Night at Home - Roman-Style Chicken

Ingredients:

- 4 chicken breast halves with ribs
- 2 chicken thighs, with bones
- 1 1/2 tsps black pepper
- 1/4 cup olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 3 oz prosciutto, chopped
- 2 cloves garlic, chopped
- 1 (15 oz) can diced tomatoes
- 1/2 cup white wine
- 1 Tbsp fresh thyme leaves
- 1 tsp fresh oregano leaves
- 1/2 cup chicken stock
- 2 Tbsp capers
- 1/4 cup fresh flat-leaf parsley leaves, chopped

Directions:

1. Season the chicken with 1/2 tsp salt & 1/2 tsp pepper. In a large, heavy skillet, heat the olive oil over medium heat. When the oil is hot, cook the chicken until browned on both sides. Remove from the pan and set aside.
2. Keeping the same pan over medium heat, add the peppers and prosciutto and cook until the peppers have browned and the prosciutto is crisp, about 5 minutes. Add the garlic and cook for 1 minute. Add the tomatoes, wine, and herbs. Using a wooden spoon, scrape the browned bits off the bottom of the pan. Return the chicken to the pan, add the stock, and bring the mixture to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, about 20 to 30 minutes.
3. If serving immediately, add the capers and the parsley. Stir to combine and serve. If making ahead of time, transfer the chicken and sauce to a storage container, cool and refrigerate. The next day, reheat the chicken to a simmer over medium heat. Stir in the capers and the parsley and serve.



<http://www.foodnetwork.com/recipes/giada-de-laurentiis/roman-style-chicken-recipe.html>