

# Tips on how to win the battle of the bulge

It's hard to believe, but here we are in 2007. It's the time of year when everyone asks if you have any New Year's resolutions. I refuse to make them— at least out loud. But deep down, yes of course, I want to lose weight. Don't most of us?

I have been a regular gym-goer for many, many years, so I'm lucky that I am already in the habit of exercising. But, I need to do more and more often. I won't dwell on that part— since we all know what we are supposed to be doing— except to say, for those of you who struggle with this part of it try coming to a gym if you haven't before. We're all there ready to battle the bulge with you.

Knowing that many of you will now try to change your eating habits, here are a couple of ideas that may help:

1. Drink more water.
2. Eat breakfast. I know you've heard this all your life, but it is true. Eat something. Even just fruit if that's all you can cope with.
3. Drink more water.
4. Pack a lunch. I find this is one of the most helpful weight-control ideas. Pack a lunch assuming that most of us have our divine inspirations to be good for the day first thing in the morning as this is the best time to plan the day's food. If you have a lunch and snacks all packed and ready to go, then there is less of an urge to pig out later. I know that I am in trouble if I don't. It goes something like this—  
11:30 a.m.— hunger starts to set in, but its too early to eat  
12 p.m.— too busy to eat  
1 p.m.— too busy to eat  
1:30 p.m.— starving!  
2 p.m.— have to eat something. Except now, I will eat anything. There is no will power. Only the desire to eat everything in sight. And now, that I have waited until too late in the day to eat, I won't be properly hungry at dinner-time (although I will eat anyways). And then I want snacks in the evening!
5. Drink more water.

**Lori Gysel & Gerry Kentner**



as we do looking for things our kids will like we'd find it much easier to pack a lunch every day.

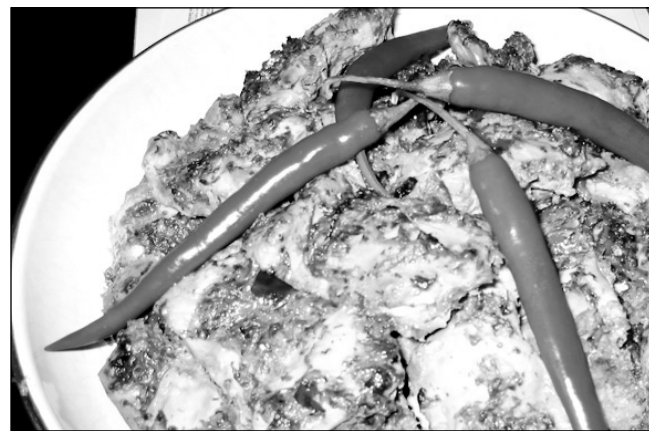
Here are some items that I have discovered and enjoy:

- Canned chicken instead of tuna on my salad.
  - Wasa bread (kind of like crackers but better you will find it in the cracker aisle).
  - Dried cherries—sooooo good. They are full of sugar, of course, but its natural sugar and for those of us who need a little sugar kick a few of these can do the trick!
  - Miso paste. Use it to make homemade salad dressing in place of mustard for a change.
  - Perrier with lemon in plastic bottles.
  - Big huge containers of baby greens— this really makes salad production much easier in the morning.
  - Egg whites— if you cook them up and put a little ketchup on top, you really don't miss the yolk.
  - Homemade yogurt parfaits. Take some fresh fruit, a bit of low cal granola and some yogurt to work and layer it up.
9. Drink more water.
  10. When you are really starving and want something salty and carb-like for a snack try a baked potato— no butter— and sprinkle with garlic powder, onion powder or salt substitute. This little treat comes close and is filling but you will be way less guilt-ridden than if you eat that whole bag of potato chips.

Best of luck. Maybe I'll see you at the gym I'll be the one on the treadmill with visions of pizza dancing through her head.

Have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))



## Cilantro chicken (serves 4)

### Ingredients

- 1 lb. boneless, skinless chicken thighs
- 1 large handful fresh cilantro
- 1 small handful fresh mint (optional)
- 3 large cloves garlic
- 6 green onions
- 1 red finger chili plus more for garnish
- zest and juice 1 lemon
- sea salt and fresh ground pepper
- olive oil

### Method

1. Rinse and pat dry the chicken. Place in a Ziploc bag.
2. Blitz all the marinade ingredients in a food processor (cilantro, mint, garlic, green onions, chili, lemon, salt and pepper), then loosen to a paste with a little bit of olive oil drizzled into feed tube with machine running.
3. Put all marinade on chicken in the Ziploc bag, stir well and refrigerate for at least 1 hour (or overnight).
4. Place on a parchment lined baking sheet and bake in a pre-heated 400F oven for 5 minutes or so.
5. Finish the chicken on the grill until meat is thoroughly cooked and nice grill marks have appeared.

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