

XCentric Ideas

Recipes from the Internet
All photos my own

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When we lose twenty pounds... we may be losing the twenty best pounds we have! We may be losing the pounds that contain our genius, our humanity, our love and honesty. ~Woody Allen

Trying a healthier lifestyle? Quick, healthy breakfast ideas...

An Apple A Day...

A balanced, easy-to-assemble make-ahead morning meal: Grab an apple, wrap 1 to 2 fingers of Cheddar cheese in plastic, and toss 1/4 cup of fibre- and protein-rich walnuts into a re-sealable plastic bag.



Fan-of-Bran...

A bowl of fibre-rich bran flakes (about 1 1/2 cups) with fat-free / low-fat milk is nearly the perfect breakfast. Make it portable by replacing the milk with lemon or vanilla yogurt and mixing it in a to-go container. Increase the fibre and vitamins by adding 1/4 cup of nuts or fresh or dried fruit, such as chopped pecans or blueberries.



Peanut Bagel

Mash half a banana into 2 teaspoons peanut butter and spread onto a whole-grain bagel. Large bagels contain up to 300 calories, so choose a smaller bagel.



Take-Away breakfast ideas...

Chocolate & Donut Heaven...

A plain cake-style doughnut is usually a better choice than a bakery muffin. An old-fashioned doughnut has 300 calories, while a corn muffin has 510 calories. Add fibre by eating 1/4 cup of almonds or dried fruit. Instead of coffee, try a small bottle of low-fat chocolate milk.



Egg Muffin & Orange

If in a hurry, get an Egg McMuffin at McDonald's. At 300 calories, it's not an outrageous meal. To trim empty calories, remove the top half of the muffin. For additional fibre, add a fresh orange.



Morning "Pizza"

You could have a slice of last night's pizza in the morning (it's preferable to filling up on sugar or skipping breakfast). Or you could try a more sophisticated spin: Take a slice of crusty bread, spread it with 3 tablespoons of low-fat ricotta, and add tomatoes. Finish with a drizzle of olive oil (about 1 teaspoon) and a little salt and pepper. Grilling is optional.



Stress-busting Snacks

A Fresh Banana

A banana is the perfect choice when you're feeling stressed. That's because they contain potassium and vitamin B6, both stress-fighting substances. What's more, "bananas are easy on a stressed-out system, filling, and sweet." Because our bodies naturally crave sugar when we're under stress, that sweet taste is a healthy bonus!



Baby Carrots with Non-fat Sour Cream Dip

Ever notice how you want something crunchy to eat when you're feeling tense? To get the same crunch in a healthy way, try baby carrots. They're packed with beta-carotene, too, which becomes depleted in your body when you're stressed. You can add some non-fat sour cream or cottage cheese dip for extra tension-taming calcium.



Raisin Bread with Fat-Free Cream Cheese

This snack has got it all: Carbs, in the form of grains and dried fruit, to calm your mood; calcium to build your stress-depleted stores; and a sweet, satisfying taste to make your taste buds happy. What more could you ask for?



Drive-Through Lunch – If you must... it's better than not having any lunch.

KFC

Choose either a drumstick or a chicken breast. Remove the skin and eat with mash & gravy. Or choose the coleslaw.



McDonalds

Choose 4 or 6 McNuggets with a sweet-sour sauce. You can add a green side-salad, no dressing.



McDonalds

If you feel like a burger, have the plain hamburger or the McChicken. Do not choose any of the burgers with cheese. Drink mineral water instead of a soda.



Healthy Snacks

Cottagey Apple

Slice an apple and top with 1/2 cup of low-fat cottage cheese. The sweet and salty will satisfy a craving. It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fibre content.



Crunchy bite

Fresh celery sticks dipped in hummus (chickpea pâté) is a refreshing snack. Celery is a good source of potassium. It has a diuretic effect, can help control blood pressure and has anti-inflammatory effects.



Juicy baby tomatoes

Keeping baby tomatoes in the fridge, gives you an instant snack. Tomatoes have strong anti-cancer properties and are a good source of vitamins C and E.



Healthier TV snacks

No-Butter Popcorn

When you go to the movies, buy a small popcorn. Don't add any salt or flavourings. When at home, pop some Lite Natural Popcorn for a healthier nibble.



Salsa & Tortilla

Crisps contain tons of fat. Opt for tortilla chips with a low-fat tomato salsa dip. Crunchy and spicy.



Pretzel nibble

If you're not in the mood for popcorn or tortilla chips, try plain pretzels.



Yes, you can have dessert...

Choose frozen yoghurt or natural yoghurt instead of ice cream; serve fat-free chocolate pudding as mousse; add fresh berries to yoghurt.

Chocolate Strawberry

Pour fat-free or low-fat chocolate yoghurt in a pretty glass with fresh strawberries – whole or sliced.



Chocolate Banana

A little bit of cheating – slice a banana in half lengthwise. Melt 2 blocks of dark chocolate, spread on top. Add a dollop of natural yoghurt or a small scoop of low-fat frozen yoghurt.



Vanilla Strawberry

Add fresh strawberries to fat-free vanilla yoghurt. Or add some fresh berries. Add a few teaspoons of sprinkle nuts and don't feel guilty.



Rejoice! Eating-Out is not forbidden...

Mexican Restaurant

Mexican food is often fried with lard and topped with cheese, so it is loaded with fat. Avoid the fried tortilla chips. Order tomato based sauce rather than cream or cheese sauces.

Mexican Food Don'ts

- Flour tortillas
- Nacho
- Carnitas (Fried beef, pork)
- Chorizo (sausage)
- Refried beans
- Full fat sour cream and cheese
- Quesadillas
- Tacos
- Burritos

Mexican Food Do

- Corn tortillas and guacamole
- Grilled fish
- Grilled chicken breast
- Beans and Spanish rice
- Chicken fajitas
- Taco salad
- Fajita Salad
- Chicken or beef enchiladas with red sauce or salsa



Italian Restaurant

Italian food can be low in fat, but the cheeses and cream sauces add a lot of saturated fat and calories. Pasta with marinara sauce is low fat and healthy.

Italian Food Don't

- Fried calamari
- Cheese or meat pastas
- Casserole type dishes
- Pasta with butter or cream sauce
- Scaloppini
- Parmigiano
- Italian Pastries

Italian Food Do

- Roasted peppers
- Minestrone soup
- Salad
- Pasta primavera
- Pastas with white or red clam sauce
- Pasta with masala sauce
- Italian Ice



Greek Restaurant

The foods Greeks dream of are not elaborate and complicated, but based on the humble but delicious regional produce: Seasonal vegetables, leafy greens –growing wild, or cultivated— grains, mainly in the form of homemade bread, fruity olive oil, home cured olives, beans and other legumes, local cheeses, yogurt, occasionally fresh or cured fish, and sometimes meat, are the basis of everyday Greek Cooking.

Greek Food Don't

- Meat stuffed appetizers
- Fried calamari
- Moussaka
- Gyro
- Spanakopita
- Pastries

Greek Food Do

- Appetizers with rice or eggplant
- Dolmas/Tzatziki
- Roast lamb
- Shish kabob
- Chicken
- Pita sandwich
- Plaka (Fish in tomatoes, onions and garlic)
- Fruit
- Yoghurt



French Restaurant

How do the French stay slim and healthy? They smoke Gitanes, breakfast on buttery brioche, lunch and dine off confit of duck, sausage, fat goose livers and camembert. They drink wine, round off their meals with cognac, and while away the afternoon with strong coffee and mouth-watering pastries.

The French eat less of everything. And they eat less because they are served smaller portions.

French Food Don't

- Appetizers with olives, capers or anchovies (salt)
- Pate
- French Onion Soup
- Rich, heavy entrées
- Hollandaise, Mornay, Béchamel or Béarnaise sauce
- Creamy "Au gratin" potato dishes
- Chocolate mousse
- Crème caramel
- French Pastries

French Food Do

- Steamed mussels
- Mixed green salad with vinaigrette dressing
- French bread
- Lighter nouvelle cuisine
- Fresh fish
- Bordellos or other wine based sauce on chicken or beef
- Lightly sautéed crisp vegetables
- Poached fruit
- Peaches in wine



Family Restaurant

To treat the family at a restaurant, need not be unhealthy. Most of the chain-restaurants have healthier options these days – green salads, grilled meats and baked potatoes.

Family Restaurants Don't

- Cream Soups
- Quiche
- Buffalo chicken wings
- Fried Chicken
- Chicken fried steak
- French Fries
- Potato's and gravy
- Creamy coleslaw
- Hot fudge sundae or ice cream

Family Restaurant Do

- Broth based soups with vegetables
- Salad (dressing on side)
- Blackened Chicken
- Grilled , baked or broiled chicken
- Grilled, baked or broiled fish
- Pita pockets
- Veggie burger
- Baked potato (without butter and sour cream)
- Cooked Greens
- Sautéed vegetables
- Sherbet



My own prescription for health is less paperwork
and more running barefoot through the grass.

~Leslie Grimmer

