

Words of Wisdom From Dustin's Mom

By: Dustin Maher

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Dustin asked me to share a bit with you gals, so I'll tell you a few things that I have been trying this month to loosen up those jeans.....ha! At the moment I don't have a whole lot to brag about in the gym, so will talk more about what I am doing in the kitchen:).

First of all, I am so convinced that writing it all down is a must, like Dustin keeps telling us! At some point we can stop-but we'll know when we can safely do that and stay on course. I am trying to do 1200 cal/day, with maybe a percentage breakdown of 35% protein, 35% fats, and 25-30% carbs, give or take. So in the morning I try to get in a good carb with breakfast, like half a cup of steel cut oats, or a slice of sprouted grain bread, along with 1-2 eggs (a good place to go organic here), and 2 tsp. of coconut oil. Dustin's friend, Tracie, has a lot of great info on healthy fats at her website, www.itsyourplate.com -she is a nutritionist and I have learned a lot from her about coconut oil-plus the local library has many great books, if this is a new topic for you. Another breakfast option for on the go is the versatile smoothie, getting in a scoop of prot. pwd., 1/2 c. of berries, a Tbsp. of gelatin (again, Tracie's site for more info) for another 10 gm. of protein, a sprinkle of cinnamon, a Tbsp. of pwd. green drink, 2 tsp. of coconut oil, stevia, and here I use hot water so the coc. oil doesn't get solid and helps with the frozen fruit. If you like, use 1/4 c. of coc. milk instead of the coc. oil. This is a lot of protein, so I sometimes use it for 2 small meals.

For lunch, it depends on what I have done for carbs in my breakfast; if none, now is a great time for that sandwich, using some Tongal, no salt added, tuna from Trader Joes, with lettuce, tomatoes, peppers, etc. I keep wanting to try some coc. oil salad dressing recipes for sandwiches, etc., or a mixture of coc. oil and olive oil; most prepared ones use soybean oil, etc. which are not good. An egg salad sandwich would be another good choice. A low carb lunch could be a homemade vegetable soup with some leftover roast or chicken; or make one of those famous salads that Dustin made a video of, minus the black beans :). A favorite of our family is the Greek salad, with cukes and tomatoes, feta cheese, avocado (our addition), fresh lemon juice or balsamic vinegar, and olive oil, or coc. oil if veggies are at room temp. The main idea is to try to get the carbs in earlier in the day, rather than loading them onto your dinner menu, especially your grains and legumes. Sweet potatoes are maybe a little safer for the eve. meal, but small portions, as they pack a wallop!

For those inbetween snacks, grab that ounce of raw nuts (almonds and walnuts are my choice) with a bit of dried fruit or an apple or clementine; or have an ounce of cheese with the fruit (I like T.J.'s raw cheddar). Lately I have been enjoying T.J.'s-no, they are not paying for advertizing-ha!-organic celery hearts with a couple of tsp. of raw almond butter, or a whole organic carrot. A hard boiled egg wrapped in some lettuce with some avocado is good too-remember, Dustin says to have a protein snack with either a fat or a carb; but again, later in the day, make that a fat rather than the carb (like an banana). The

healthy fat snacks are your nuts, limited cheese, avocados, a few olives, coconut milk (see below).....here is where measuring and recording will prevent the dangerous snacking. Wherever you can grab those raw veggies, go for it-my favorite are the raw sugar snap peas. One more way to get the veg. in is to blend up some frozen spinach or broccoli in hot water, season with a little RealSalt or a little parm. cheese, or herbs. I also like to keep a container in the fridge with a mix of zucchini and onions, etc. sauted in coc. oil to have handy to add to anything (like an omelet, or leftover chicken or fish, etc.

Okay, this is getting too long.....I will let dinner go for now, 'cause I'd like to touch on the coc. oil some more-a favorite topic of mine lately :). I have had a lot of fun experimenting with the canned coc. milk; my favorite brand that I get from Walmart is Thai Kitchen, for \$1.42. It is not the light version, which has water added; this has a lot of fat (the good kind!) and I use a can to make a qt. of coc. milk drink, adding warm water, a tsp. of vanilla, and an optional 2 Tbsp. of maple syrup or raw honey, to make a qt. One fourth cup of this recipe has 2 tsp. of coc. oil. I like this without sweetening-it has a mild coc. flavor. This is awesome on cereal or wherever you'd use regular milk! What is really fun is making a healthy cup of hot chocolate with it :). Simply add some 100% special dark cocoa pwd. (I use 1 Tbsp.) and your sweetening of choice-even stevia works, and warm on the stove-my family likes it too! Tracie recommends 2-3 Tbsp. of coc. oil a day, so this is a fun way to get in some of it; you can add it to your green tea, saute in it (med. heat), or use it on salads, at room temp so it doesn't get hard. If you are interested, we could talk some more about this during the phone call.....I love it for skin care too, infections, cold prevention.....:). The book, The Coconut Cure, is full of information and a favorite of mine (by Bruce Fife).

Just remember what Dustin reminds you of, what you eat is far more important than what you do to workout!

Dustin's Mom~Joy