

POWER FOODS^{FOR}



WEIGHT LOSS

Power Foods for Weight Loss

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Disclaimer:

Use caution when beginning a new nutrition program. Not all exercise programs are suitable for everyone. Check with your doctor before you begin. We will not be responsible or liable for any injury sustained as a result of using any program presented and/or discussed on our blog, via email communications or in video format.

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Introduction

Power foods are an essential part of any weight loss plan because you can't afford not to eat well, and educate yourself on how to create a healthy lifestyle that 'serves' you and your goals. You need to make every single calorie count, for optimal nutrition and overall health.

As the name suggests, power foods not only have powerful nutrients in them, they have certain powers for health and healing. They can aid with specific health goals and improve particular aspects of your health.

In this guide, I will be looking at power foods that can promote healthy weight loss, energy and performance. They can do this in a couple of ways. The first is they can help you feel full for longer. The second is that they have certain properties that can boost your metabolism for more effective weight loss.

Let's start with the basics of healthy weight loss.

Chapter 1 - The Basics Of Healthy Weight Loss

If you've ever tried to diet before and done so unsuccessfully, you've discovered first-hand just how hard weight loss can be. There are several reasons for this. The first is not setting clear and specific weight loss goals. This is a bit like driving cross country with no destination, map or GPS.

The second reason is not knowing the essential facts about weight loss. There are 2 main schools of thought in reference to weight loss that get results. Using the 2 together could get you the results you need.

The third aspect that many people neglect is the healthy aspect of weight loss. Fad diets just don't work. In fact, they can lead to weight rebound, that is, not only gaining back all of the weight you've lost, but gaining even more so that you end up heavier than your original weight.

Let's look at these three aspects in turn and what you can do to ensure successful, healthy weight loss.

Setting a weight loss goal

One of the best ways to set a weight loss goal is to first start from where you are, and then decide where you want to go. Weight is just a number. Healthy weight is important. That's why the Body Mass Index (BMI) scale can be helpful. You can calculate yours at:

http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

The BMI scale is useful because, for example, 150 pounds is normal for some people, overweight for others, and underweight for still others. It all depends on a person's frame, or build. 150 is within a healthy BMI range for a person who is 5' 7" but overweight to nearly obese for someone only 5 feet, and underweight for someone 6' 3".

The BMI charts can be a bit tricky to use to set your weight loss goal. The first step is to weigh yourself and write down your results on a piece of paper or in a notebook you can take with you easily to track your weight loss progress and eating habits.

Let's use the example of 5' 7", 150 pounds in the calculator. The BMI is shown as 23.5 when we run those numbers. The key on the page says:

BMI Categories:

Underweight = <18.5

Normal weight = $18.5-24.9$

Overweight = $25-29.9$

Obesity = BMI of 30 or greater

So 23.5 is in the upper range of the normal weight category. If this person then wanted to drop a couple of sizes (usually 10 pounds per size) and get down to 130, the BMI would be 20.4, now the lower end of the normal range.

If you click on the link next to the calculator that says The BMI Tables, it will take you to this page: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.htm

There you can see the height on the left, in inches, and the BMI numbers running along the top.

So 5' 7" is 67 inches. If we look at the normal range, 18.5 to 24.9, we can see that 121 pounds to 159 pounds is an acceptable range of weights. That is a spread of 38 pounds. So if we wanted to lose weight to the point where we got to the middle of our healthy range, 140 would be a good target weight. So if we are 150 now, 150 minus 140 means we would have to lose 10 pounds.

So now it's your turn.

1-Put in your numbers, height and weight.

2-Calculate your BMI.

3-See what category you fall into.

4-Check the chart. What numbers of pounds are the low and high ends of your healthy range?

5-Calculate the number of pounds that are directly in the middle of your healthy range.

6-Subtract the mid-range number from your current weight. If the total is a negative number, you don't need to slim down. If it is not a negative number, the difference between the 2 will be the number of pounds you have to lose.

Note this target weight down on your paper next to the number of pounds from when you weighed yourself. Write down today's date. Be sure to weigh yourself once a week to see how you are progressing with your target weight.

Now that you have your target number, it's time to break it down into practical action steps. This is where the 2 main schools of dieting come in.

The two main schools of dieting

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The two main schools of dieting involve counting. People are told they can either count:

- Calories
- Carbohydrates, or Carbs

Each will work on their own if you stick to the diet plan. Doing both together is the best way to lose weight, though it can be a bit of a juggling act.

Calorie Counting

Every good has a caloric value. The secret to weight loss or weight control is to burn more, or the same, number of calories that you consume. Health experts recommend 2,000 calories a day for adult women in the US and 2,500 for adult men. All food labels are based on this daily allowance.

However, this allowance is misleading for a number of reasons. The first is that some people are a lot more active than others. Think of the difference between someone who works out regularly, and a couch potato. The second issue is age. A woman in her 20s has very different caloric needs than a woman in her 60s.

It takes 3,500 calories burned to lose 1 pound. Therefore, it is almost twice as hard to lose 1 pound as it is to gain in.

If you need to lose 3,500, trying to lose weight through diet alone would mean cutting 500 calories per day from your diet. At that rate, you would lose 1 pound per week. If your goal were 10 pounds, therefore, it would take you 10 weeks, or 2.5 months

There is a shortcut you can take, but it is not for everyone. That is to count carbs, not calories.

Carb Counting

Most foods have carbohydrates, that is, simple or complex molecules that provide energy to the body. American diets are very high in carbs. A doctor called Atkins noticed more than 40 years ago that despite the focus on low fat diets and calorie counting, Americans were getting heavier. Fast forward to the 21st century, and millions have lost weight successfully, and kept it off, with the help of the Atkins diet.

It is not for everyone. This is because the carb count in the first 2 weeks, Induction program, is very tough when you live in the US and carbs are everywhere, breakfast,

lunch, dinner, cake, cookies, candy. You also need to count carbs. The average American eats about 300 grams of carbs a day. Induction allows you 20. Maintenance once you have lost the weight will allow you up to 100.

The cutting carb and calorie combo

A third approach is to cut carbs and calories. Do Induction to kick start your weight loss. Then move to phase 1 and 2. While on these phases, count your calories as well and watch how much fat you consume.

Add exercise

Add physical activity to your day for even more rapid weight loss. Take the stairs, not the elevator or escalator, up and down. Walk or bike to work every day if the weather is nice.

Getting to know more about nutrition

Counting calories and carbs can be tricky and tedious. Fortunately, there are a lot of free food databases and other resources online.

Being careful with calorie intake and choosing the right foods can help. Choosing power foods can also stimulate your metabolism and keep your feeling full for hours. Let's look at power foods for weight loss next.

Chapter 2 - 20 Power Foods For Healthy Weight Loss

In this chapter, we will discuss 20 power foods that will help you lose weight in a healthy way. The 20 we will be discussing are:

- i. almonds and almond butter
- ii. apple cider vinegar
- iii. apples
- iv. avocado
- v. blueberries
- vi. buckwheat/buckwheat noodles
- vii. egg
- viii. grapefruit
- ix. green tea
- x. kale
- xi. lentils
- xii. nori
- xiii. oats
- xiv. peppers
- xv. pomegranate
- xvi. popcorn
- xvii. quinoa
- xviii. salmon
- xix. tofu
- xx. yogurt
- xxi.

Let's get started with almonds.

Almonds and Almond Butter

Almonds are packed with protein, fat and fiber, to help you feel full. They also lower cholesterol and are a crunchy, satisfying snack you can take with you anywhere without the need for refrigeration.

Almond butter is a nice change from peanut butter. Peanuts are not a nut but a member of the legume family, along with peas and beans. Almonds therefore have a different nutritional profile from peanuts. Eat them in moderation because they are high in fat, but do help you feel full so are ideal if you are eating low carb and want a convenient snack.

Almonds are a very good source of:

Vitamin E - a powerful antioxidant that helps protect cell membranes against damage, and helps lower LDL cholesterol. It is great for healthy skin at any age.

Manganese - this is a little-known mineral with many uses. It helps the body form connective tissue, bones, blood clotting factors, and sex hormones. It plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation.

Biotin (vitamin B7) - it is essential for converting the food you consume into energy your body needs for all of its activities.

Copper - an essential trace mineral, present in all body tissues.

Magnesium - this mineral is essential for heart and brain health

Molybdenum - is a trace mineral that is essential for creating critical amino acids that are a part of healthy digestion and nutrient absorption

Phosphorus - this is an important mineral for all cells in the body and particularly for bone health.

Riboflavin (vitamin B2) - helps us utilize the carbs, fats, and proteins we consume.

Riboflavin converts our food into energy and also serves as a disease-fighting antioxidant. B2 also needed to properly use niacin (vitamin B3), pyroxidine (B6) and folate (folic acid [B9]). B vitamins are essential for good health but they can't be stored in the body, so we need a steady supply of them every day.

Whole grains are rich in B vitamins, but a low carb diet can affect B levels, so eating low carb foods rich in B such as almonds is a good option provided that you are not allergic.

Apple Cider Vinegar

Apple cider vinegar may seem to be a dietary fad because it has become so popular recently, but it seems to offer fat-burning properties. It is handy in salad dressings and is a key ingredient in bone broth, which is filling, nutritious, and great for skin, muscles and bones and can therefore be part of a healthy weight loss routine.

Apple cider vinegar, or ACV, also appears to inhibit the absorption of starch in the body, making it helpful for diabetics. This also creates an environment that is what is termed pre-biotic. Antibiotics treat bacteria, but kill the helpful bacteria in our stomachs.

Probiotics have been used increasingly to try to restore the natural balance of what is termed the gut flora. Prebiotics are what the probiotic live on. Good sources of probiotics include yogurt, sauerkraut and Korean pickled vegetables (kimchi).

AV carries almost all the health benefits of apples (see below) except the fiber. Buy the unfiltered, cloudy kind, which you can find in health food stores.

Apples



“An apple a day keeps the doctor away,” might be more than just an old proverb. Apples are filling, packed with fiber, and make a healthy replacement for sweet, sticky desserts. Apples contains:

Vitamin C - good for the immune system and healthy connective tissue

Chromium - helps to move blood sugar (glucose) from the bloodstream into the cells to be used as energy and to turn fats, carbs, and proteins into energy.

Potassium - an essential electrolyte for muscle health and regular heart function

Copper

Plus they contain a range of phytonutrients that have been proven to help with:

- Weight loss
- Blood sugar regulation
- Heart health

They are a powerful antioxidant-in fact, several varieties of apple, including the gala, and Granny Smith, are in the top 20 list of foods highest in antioxidants, along with blueberries and green tea (see below).

A process called oxidative stress is thought to be responsible for aging, cancer and other serious chronic diseases. Antioxidants combat oxidative stress, reducing wear and tear on the body and maintaining health at any age.

Aim for organic, since apple growers tend to use a lot of pesticides.

Avocado



The avocado is a fruit with a large central stone and smooth, creamy flesh that can be turned into a range of dishes. It is full of fiber and can be eaten right out of the skin, sliced up for sandwiches, and mashed to use in a range of recipes, from Mexican guacamole to chocolate cake.

Avocados are a good source of:

Pantothenic acid (B5) - an absolutely crucial vitamin in relation to the overall health of the body, and the way it processes fat, and the metabolism as a whole.

Vitamin K - Vitamin K plays a key role in helping the blood clot, preventing excessive bleeding. It is also essential for bone health in older adults.

Vitamin B6 (pyridoxine) - needed for more than 100 functions in the body

Folate (folic acid [vitamin B9]) - essential for healthy pregnancies and to avoid birth defects

Potassium

Vitamin C and E

Copper

While it is true that the fat content in an avocado is about 71 to 88% of their total calories, about 20 times the average for other fruits, they are heart-healthy fats that can reduce LDL (bad) cholesterol and increase HDL (good) cholesterol. They are tasty, filling, and can hold up well without refrigeration, especially if you don't cut them open.

Blueberries

All berries are rich in disease-fighting antioxidants but blueberries seem to be a little powerhouse of nutrients. They are high in fiber and taste great. They can be incorporated into any meal, from breakfast to dinner and dessert. They are great for the nervous system, brain health and heart health. They also balance blood sugar levels.

They are a good source of:

- Vitamin C, K
- Manganese

In addition, they are rich in phytonutrients, that is, a range of chemicals found in plants that offer a number of healthful properties. They are in the top 20 in terms of antioxidants.

Buckwheat (Buckwheat Noodles)

Buckwheat, contrary to the name, is not a grain, or related to wheat at all. It is most closely related to rhubarb. It has a tangy, nutty flavor and is great for low carb lifestyles. It can be used as pasta, or as noodles, particularly in Asian dishes with nori and tofu (see below).

Buckwheat is high in protein and fiber. It can also be used like flour for savory pancakes and crepes with healthy fillings like broccoli and cheddar or spinach and parmesan. The nutrition profile of buckwheat includes:

- Manganese
- Copper
- Magnesium
- Phosphorus

Buckwheat has also been linked to better blood sugar control and may lower the risk of developing type 2 diabetes.

Buckwheat has a similar phytochemical profile to apples, red grapes, broccoli and spinach. They are also high in a phytonutrient called plant lignans, which have been linked to protection against heart disease and certain hormone-related cancers such as breast cancer.

Eggs



Gram for gram, the egg is one of the most densely-packed foods in terms of nutrients of any food you can eat. Concerns about cholesterol have led people to steer clear of them, but research has shown even eating 30 eggs in one sitting did little to a person's blood serum cholesterol.

Eggs, such as hard-boiled ones, are a mainstay of low carb eating because they are a portable and filling food that can be eating anywhere. Eggs contain:

Choline-regulates brain health, mood and reproduction and is said to have cancer-fighting properties

Selenium - important for heart health

Vitamin A - essential for the immune system

Riboflavin (B2) - essential for a healthy metabolism

Pantothenic Acid (B5)

Biotin (B7)

Vitamin B12 - it is needed to convert carbs into glucose in the body, thus leading to energy production and an increase in energy. It helps foster healthy nerves and brain function, and is good for diabetes, high blood pressure and cholesterol issues.

Vitamin D - essential for calcium absorption and strong teeth and bones. Also key in relation to blood sugar

Phosphorus

Molybdenum

Iodine - required for healthy thyroid function and metabolism

When eaten in combination with grapefruit (see below) and a slice of whole wheat toast, they've been shown to melt fat and aid in weight loss.

Grapefruit

Grapefruit are high in vitamin C, fiber and flavor. Their smell alone, when used in aromatherapy, is useful for curbing cravings. They are also said to help burn fat, especially as part of a balanced breakfast.

Grapefruit comes in a number of different varieties, so if you're not fond of the taste, try pink or ruby. The only downside to grapefruit is it should not be eaten or grapefruit juice drunk 2 hours before or after certain medications, such as statins for cholesterol, are taken, because a certain component of grapefruit interferes with the absorption of some drugs. The nutrition profile of grapefruit includes:

Vitamins A, B1, B5, B7 and C

Potassium

Green Tea

Green tea seems to be everywhere these days. Is there any basis for treating it like a health food, or is it just another fad?

The truth is that green tea is also high in antioxidants and a range of phytochemicals. Green tea isn't exactly the fountain of youth, but those who live in Asian countries where it is drunk regularly tend to live a good deal longer than those in the West.

It is also a common ingredient in dietary supplements, no doubt due to the caffeine, which can speed the metabolism. It is possible to get decaffeinated green tea to drink and to use in recipes.

Studies have shown that if you were to swap green tea for soda and juices, you would save more than 50,000 calories per year. It also helps relax you, meaning less stress hormones such as cortisol, which tends to trigger belly fat.

The nutrition profile includes:

Vitamins A, D, E, C, B1, B5, and K. B1 (thiamine) is a vital nutrient that plays an important role in maintaining a healthy nervous system and improving cardiovascular health.

- Manganese
- Zinc
- Chromium
- Selenium

Kale

Kale is considered to be amongst the top 10 most nutritious vegetables. It has firm green leaves full of fiber that can be eaten raw or cooked. It has an enormous amount of vitamin K, so those on anticoagulant drugs will need to avoid it.

- Vitamin A, B6, C, K
- Manganese
- Copper

Lentils

Lentils, red, green and brown, are an excellent source of fiber and of non-animal based protein, so they have no cholesterol. They are very versatile and can be used in a range of cuisines from around the world. They are rich in:

- Vitamin B1, B2, B6, B9
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc

Nori

Nori is a form of seaweed that is most often used in sheets to wrap sushi or flaked to add to rice. It is packed full of iodine, which is crucial for thyroid function and a healthy metabolism. It is low in calories and carbs but packed with nutrients, including:

- Vitamin A, B1, 2, 3, 5, 6, 9, C, E, K
- Calcium
- Phosphorus
- Zinc
- Iron
- Potassium
- Copper
- Manganese

Note: some people have an allergic reaction to large amounts of iodine.

Peppers, red and green



Peppers are colorful, tasty and rich in fiber, with fat-burning properties that can help aid weight loss. Their nutrition profile includes:

- Vitamins A, B1, B2, B3, B5, B6, B9, E, K
- Molybdenum
- Potassium
- Manganese
- Phosphorus
- Magnesium 3%

Oats

Oats are full of fiber and gluten-free. They have no strong impact on blood sugar levels compared with other grains, so they make a good filling breakfast in the morning and an excellent base for baked goods. Oatmeal also offers protein and a range of other nutrients, including:

- Vitamin B1, B7
- Molybdenum
- Phosphorus
- Copper
- Magnesium
- Zinc
- Chromium

Pomegranate

Pomegranates are one of the healthiest foods you can eat. This exotic fruit provides a range of benefits, including huge amounts of fiber from the edible seeds and:

- Vitamins B1, B5, B6, B9, C And K
- Copper
- Potassium
- Manganese

Be carefully of pomegranate products that are heavily sweetened.

Popcorn

Air-popped popcorn that isn't swimming in butter is an outstanding source of fiber and antioxidants. It is a delicious and nutritious low calorie snack you can take anywhere that will fill you up and stop you snacking on less healthy things as you lose weight. It contains the following nutrients:

- Vitamin B1, B3, B6, B9
- Magnesium
- Manganese
- Phosphorus
- Zinc
- Copper
- Iron

Quinoa

Quinoa, pronounced KEEN-WAH, is a small seed that is used in low carb diets as a swap for rice and pasta. It is packed full of fiber and nutrition and has a nice nutty taste. It can be a bit expensive, but cooking it in the microwave at a ratio of 4 parts water to one of quinoa will work well. Its nutritional profile includes:

- Manganese
- Copper
- Phosphorus
- Magnesium
- Folate
- Zinc

Salmon



Salmon is the king of fish these days, low in calories and high in protein. It is an excellent protein alternative to red meat and poultry. Look for wild salmon. Salmon is rich in:

- Omega-3 Fatty Acids
- Vitamin B3, 5, 6, 7 12, D
- Selenium
- Phosphorus
- Potassium

Choline - Choline is similar to the B vitamins and is used by athletes for bodybuilding and delaying fatigue, especially in endurance sports. It also helps prevent birth defects and lowers cholesterol.

Soy (Tofu)

Soy is rich in protein and fiber so it help you feel full. It is a low-fat cholesterol free substitute for meat and dairy products. It is also rich in plant estrogens, so can relieve inconvenient symptoms of menopause. Soy milk is another popular choice for weight loss. Just be careful of the carbs. Most soy milks are fortified and have more vitamin D in them than regular milk. Soy's nutrition profile also includes:

- Omega-3 Fatty Acids
- B1
- Manganese
- Copper
- Selenium
- Phosphorus
- Iron
- Magnesium
- Zinc

Eat them as a snack any time. They are also great in a stir-fry along with other Asian vegetables.

Yogurt

The health properties of yogurt for long life and weight loss are well-documented. In the past few years, Greek-style yogurt, which is much thicker, has taken center stage.

Greek yogurt is thick, rich, creamy, and can be used in a variety of recipes. Look for fat free and stay away from any yogurt with too many carbs, or what we would call dessert yogurts with candy and other sweet items thrown in.

Yogurt is high in protein and is very filling. It's also a good base for smoothies and shakes. Nutrients include:

Vitamin A, B1, B2 , B3, B5, B6, B9, B12

In this chapter, we have discussed these 20 power foods:

- i. almonds and almond butter
- ii. apple cider vinegar
- iii. apples
- iv. avocado
- v. blueberries
- vi. buckwheat/buckwheat noodles
- vii. egg
- viii. grapefruit
- ix. green tea
- x. kale
- xi. lentils
- xii. nori
- xiii. oats
- xiv. peppers
- xv. pomegranate
- xvi. popcorn
- xvii. quinoa
- xviii. salmon
- xix. tofu
- xx. yogurt

In the next chapter you will find some recipes to try so you can add these foods easily to your diet.

Chapter 3 - Power Foods Recipes to Try

Power foods for weight loss are easy to prepare and don't cost a lot if you shop carefully. The recipes in this chapter include:

- i. Homemade Buckwheat Pancakes (Low carb and gluten-free)
- ii. Buckwheat Noodles with Tofu, Peppers and Green Tea Sauce
- iii. Crustless Quiche with Red and Green Peppers
- iv. Green Tea Spritzers
- v. Blueberry and Oats Greek Style Yogurt Parfaits

Homemade Buckwheat Pancakes (Low carb and gluten-free)

SAVORY PANCAKES

1/2 cup buckwheat flour
1/2 cup gluten-free flour mix
2 teaspoons baking powder
1/2 teaspoon baking soda
Dash salt
2/3 cup skim milk
1 egg, lightly beaten
1 ounce cooking oil, such as canola oil

SWEET PANCAKES

All of the above ingredients, plus
2 teaspoons white sugar
1 teaspoon vanilla extract

More cooking oil to coat the frying pan

SWEET TOPPINGS

1/4 cup blueberries or raspberries
1/4 cup real maple syrup (not low carb)

- 1-In a large mixing bowl, combine all of the dry ingredients.
- 2-In a separate small bowl, whisk together the liquid ingredients.
- 3-Fold the liquid ingredients into the dry ingredients.
- 4-Using a wooden spoon, stir well to combine. Make sure there are no lumps.
- 5-Place the bowl in the freezer for 5 to 10 minutes to let the ingredients set and combine. The flours both tend to absorb a lot of liquid, so don't worry at this stage if the batter seems a bit runny.
- 6-At the end of the chilling time, remove the bowl from the freezer.
- 7-In a large skillet over a medium flame, heat some oil and coat the pan well.
- 8-Whisk the batter well one more time, until everything looks smooth and well-combined. If it is very thick, thin with a little more milk.

- 9-Using a small ladle or a tablespoon, spoon the batter into the hot frying pan. Try not to crowd the pancakes in the pan, so you can turn them over easily without making a mess.
- 10-Cook the pancake on one side until the top side starts to bubble around the edges.
- 11-Turn the pancake over with a spatula. Brown for about a minute, until the pancake looks fluffy and solid.
- 12-Place on a baking sheet and put in a 200F oven to keep warm while you make the whole batch of pancakes.
- 13-Serve as a base for a savory dish, or top with maple syrup and/or fruit if you have made the fruit variety.

Buckwheat Crepes

Make the batter as per the recipe above, either sweet or savory. When you are ready to cook the batter:

- 1-Coat the pan well with oil.
 - 2-Using a 1/4-cup measuring cup, place a measure of the batter in the pan.
 - 3-Swirl the batter around until it coats the bottom thinly.
 - 4-Let the thin pancake cook enough to set, then turn over.
 - 5-Fill with desired fillings and roll up for a crepe, or fold in half and then half again for a galette.
- You can double the batch if you wish. You can freeze any leftovers once they are cool. They will keep up to 3 months.

Buckwheat Noodles with Tofu, Peppers and Green Tea Sauce

This recipe is one dish and packed with several power foods. Serve with a seaweed salad on the side,

- 8 ounces buckwheat noodles
- 2 tablespoons canola oil
- 1 teaspoon loose green tea leaves
- 2 teaspoons minced fresh ginger
- 2 cloves garlic, minced
- 8 ounces extra firm tofu, cut into thin strips
- 1 small red bell pepper, cut into thin strips
- 1 small yellow bell pepper, cut into thin strips
- 4 scallions, cut into 1-inch pieces, green parts only
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon toasted sesame oil
- 1/4 teaspoon freshly ground pepper

- 1-Place a large pot of water over a high flame. Bring to a full rolling boil. .
- 2-Cook the noodles according to the package directions for firm noodles.
- 3-When they have cooked to that time, drain and rinse with cold water to prevent them sticking and stop the cooking process. Set aside in the sink while you continue with the recipe.
- 4-Add the oil to a wok or large skillet with a lid. Swirl to coat.
- 5-Place the wok on the stove over a medium flame.
- 6-Add the ginger and garlic. Cook for about 30 seconds.
- 7-Add the tea leaves and cook for 30 seconds.
- 8-Add red and yellow bell peppers and cook, stirring, until the peppers soften, 1 to 2 minutes.
- 9-Add tofu and cook, stirring, for 2 minutes.
- 10-Add the scallions and cook 1 minute.
- 11-Stir in the soy sauce and rice vinegar.
- 12-Cook, stirring occasionally, until the noodles are heated through, about 2 minutes.
- 13-Stir in sesame oil and pepper. Toss well to combine.
- 14-Serve warm or cold.

Green and Red Pepper Quiche

This is full of eggs, peppers and yogurt. Start this about 2 hours before you wish to serve it to give it time to cook and set.

1 9-inch round baking pan, a glass one if you have it for a pretty presentation

canola oil for greasing

1 large measuring cup of warm water

2 large bell peppers, one red, one green, cored, seeded and diced into cubes

1 large skillet of hot water

2 tablespoons olive oil

2 tablespoons freshly grated Romano cheese

4 ounces grated low sodium, low fat Swiss cheese

4 large eggs

2 cups 0% Greek-style yogurt, any water formed at the top drained

1/2 cup skim milk

dash celery salt

generous dash freshly ground black pepper

Pinch freshly grated nutmeg

1 cup self-rising flour, or 1 cup all-purpose flour with 1 teaspoon baking soda

1 large piece aluminum foil

1-Preheat the oven to 350F.

2-Grease your baking pan well and set on top of a baking sheet to avoid anything overflowing from the pan and burning onto the inside of your oven, and for easier handling.

3-Grate the cheeses and spread over the bottom of the prepared baking pan.

4-Spread the diced peppers over the bottom.

5-In a blender, add the eggs, yogurt, milk, celery salt, black pepper and nutmeg. Blend together on high speed for 2 minutes.

6-Add the flour and continue to beat for another minute. Scrape down the sides of the blender to be sure it is fully incorporated.

7-Carefully pour the liquid from the blender on top of the ingredients, working in a circle to cover all areas of the quiche.

8-Cover with foil, place on a baking sheet, and bake in the oven for 30 minutes.

9-Remove the foil, rotate the pan a half turn so that the front of the quiche has now gone to the back of the oven, and bake for a further 20 to 30 minutes until the quiche is browned on top and set in the center. Check by inserting a toothpick or knife in the middle to see if it comes out clean.

10-Remove the baking sheet from the oven, place on a wire rack, and cover again with foil. Allow the quiche to settle for about 30 minutes, and to be sure that no one will burn their mouths on the hot cheese.

Green Tea Spritzers

Make this the night before and sip it all the next day to help you lose weight.

2 cups boiling water
4 green tea bags, regular or decaf
1 16-ounce bottle lemon-lime flavored seltzer, chilled

Ice cubes and/or crushed ice for serving
Mint sprigs, for garnish
Slices of fresh lemon and/or lime for garnish

- 1-In a large saucepan, over a high flame, bring the water to a full rolling boil.
- 2-Turn off the flame and add the tea bags. Let steep for 10 minutes, so you have very strong tea.
- 3-Remove the tea bags and set them aside for home remedies if you wish.
- 4-Pour the tea into a 1-quart pitcher and refrigerate for about 3 hours, until well chilled.
- 5-When ready to serve, add the bottle of lemon-lime seltzer to the pitcher.
- 6-Add ice cubes until the pitcher is full almost to the top. Don't let it overflow.
- 7-Prepare tall glasses with crushed ice if you wish and pour or strain the iced tea into the glasses.
- 8-Garnish with garnished with mint sprigs and slices of lemon and/or lime.

Blueberry and Oats Greek Style Yogurt Parfaits

This is a healthy alternative to more fattening desserts and is packed with super foods.

4 ounces low fat cream cheese, softened
3/4 cup 0% Greek style yogurt, plain or vanilla
1 teaspoon honey or maple syrup (optional)
1 large sweet lemon, zested and juiced

1 cup rolled oats

2 cups fresh blueberries

- 1-In a large glass bowl, place the cream cheese, and mash with a spoon until smooth.
- 2-Add the Greek style yogurt and the honey, stirring well to combine.
- 3-Add the lemon zest and juice.
- 4-Using an electric mixer, beat the mixture well until the dessert is light and fluffy.
- 5-Form a layered dessert in tall thin glasses, first with a dollop of the cheese and yogurt, then a layer of oats or granola, then blueberries, then more yogurt, and oats. Top with some blueberries.
- 6-Repeat Step 5 in each dessert cup until they are all filled and all of the yogurt mixture has been used.
- 7-Cover and refrigerate if not serving immediately. Will keep for up to 2 days in the refrigerator.

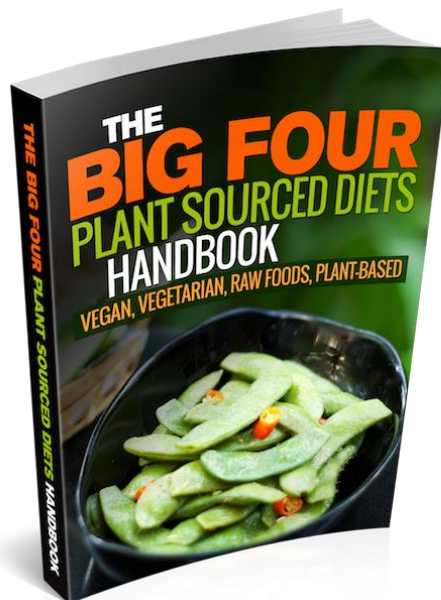
Conclusion

As most people now know, we are what we eat. Power foods are not only packed with nutrition, but certain foods have certain effects on the body. Now that you've discovered 20 super foods to that are low in calories and carbs, high in taste, and help you burn fat, try adding them to your diet each week. Then see what a difference these delicious foods can make to the way you look and feel.

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