

NOVEMBER

WHAT IS A PERFECT DAY???

A day when you are over your jet lag and your mind, computer, and printer are working. Well 2 out of 3 is better than nothing. The printer is still not working but I shall overcome. Holidays are upon us and every magazine has 2 things a diet busting recipe and hints to lose weight or keep it off. On checking recipes I have decided my splurge will be this recipe for "Almond Coated Green Beans"

- 1 Lb fresh green beans
- 1/2 cup whole almonds
- 2 Tbsp unsalted butter
- 1 garlic clove minced
- 1/2 tsp salt and 1/4 tsp pepper

Place green beans in pot of boiling water and cook 10 min. While beans are cooking place almonds in food processor and grind. Set aside. Drain beans and set aside. Melt butter in large skillet on med heat. Add the garlic and cook stirring constantly, 1 min. Stir in almonds and cook 2 min. Add the beans and cook 2 min longer or until beans are heated through. Sprinkle evenly w/salt and pepper. Serve warm. Makes 4 servings. Calories 188, Fiber 5 gr, Carbs 11 gr, Protein 6 gr



Thanks to the "Dallas Morning News" "Good Housekeeping" hints Step on that scale every day during holidays so you know what is going on. At family dinners eat your entree very slowly especially if the hostess is the type to keep offering seconds. It's easier to say No if there is still food on your plate. Try to make your first serving last 30 min.

"Real Simple" says sack the snacks you can end up snacking 375 calories easily. Put everything on a plate so you can "mentally code it as a meal." Don't sit when talking on the phone [which we usually do for at least 10 min] walk around to burn those extra calories and for further toning throw in a few squats or walking lunges.



Congrats to new KOPS Helen Johnson of TX 1263 Duncanville and Reinstated KOPS Ms Lillith of TX 166 Duncanville.

The Ten Commandments of Weight Loss

1. Thou Shalt Honor Thy Health And Good Spirits Above All Else.
2. Thou Shalt Not Go On Crash Diets Therein Lieth The Way of Madness
3. Thou Shalt Not Clean Thy Neighbor's Plate.
4. Thou Shalt Not Eat When Thou Art Miserable, For Food Is Not A Medicine Unto Thy Soul
5. Thou Shalt Take Exercise Daily, For Why Else Hast Thou Sinew and Bone, Legs and Sneakers?
6. Thou Shalt Be Patient But Not Forgetful.
7. Thou Shalt Sup Chiefly On The Fruit Of The Earth And Grains And Vegetables Thereof On The Fowl Of The Air And The Fish Of The Seven Seas, Whence Donuts Cometh Not.
Thou Shalt Take Delight In Every Good Friend And Good Song In Every Good Walk And Good Day For To Enjoy Them More Is Why These Commandments Are Given Unto Thee.
8. Thou Shalt Eat Not When Thy Eye Lusteth But When Thy Stomach Requires Sustenance
10. Thou Shalt Not Knit Thy Brow If Thou Transgress A Commandment, But Forgive Thyself, For It Is Written Nine Out Of Ten Is Not Bad

Happy Thanksgiving TOPS and KOPS Love Joyce