



MESSAGE FROM CYNTHIA

Informed, Mindful Eating

Based on study findings from the University of Pennsylvania, researchers proposed that many people have "Unit bias"—the tendency to think that a single unit of food—a bottle, a ...more >

This Month's Articles:

MESSAGE FROM CYNTHIA

FEATURE STORY

RECIPES OF THE MONTH

LEAN FOR LIFESTYLES

SUCCESS STORY



FEATURE STORY

Understanding the Nutrition Label

It sounds simple enough: select a food item, read the nutritional label, and use that information to decide whether you want to eat that particular food. But is it that easy? With all those numbers, grams and percentages (not to mention the claims on the front of the package) what should you look for on the nutrition label in order to make the healthiest food choices? ...more >

Create an Iced Cappuccino at 20% off! **BUY NOW!**



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Pudding Mix

Creamy
Hot
Cocoa

*Exp. 07/31/07.
Online orders only



RECIPES OF THE MONTH

Creamy Iced Cappuccino & Summer Veggie Dip

Picnic or party? Stay cool with the power of delicious ...more >

SUCCESS STORY

Malissa did it.
You can too!



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HERE
to read
her story.



LEAN FOR LIFESTYLES

How to Navigate the Supermarket

It's happened to all of us. We enter the supermarket to buy healthy ...more >



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creamy
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- RECIPES OF THE MONTH
- LEAN FOR LIFESTYLES
- SUCCESS STORY



RECIPES OF THE MONTH

Picnic, patio or party? Stay cool with the power of delicious protein! Relax with a tall glass of Creamy Iced Cappuccino...or enjoy crunchy, fresh summer veggies with this low-fat, herbed cottage cheese dip!

Creamy Iced Cappuccino

Serves 1 Calories 135 Protein 1.5 servings Carbohydrates 7g Fat 1.5g

- 1 tsp **instant decaf coffee**
- 1 packet **Lindora Vanilla Drink/Pudding mix**
- ½ packet **Lindora Creamy Hot Cocoa**
- 8 oz **hot water**
- Ice**

Blend all ingredients in blender. Pour over ice to chill (you may also enjoy hot!). Sprinkle with cinnamon, if desired.

Summer Veggie Dip

Serves 1 Calories 102 Protein 1 serving Carbohydrates 10g Fat 1g 1 vegetable serving

- ½ cup plain, low-fat cottage cheese
- Add to taste:
- Dill
- Garlic powder
- Onion powder
- Cayenne pepper
- Lemon juice

- ½ cup green bell pepper, sliced
- ½ cup celery, sliced

Add spices (to taste) to cottage cheese, and blend in a blender until smooth. Dip celery and bell pepper strips.

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Creamy Hot Cocoa

Vanilla Drink/Pudding Mix

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LEAN FOR LIFESTYLES

How to Navigate the Supermarket

It's happened to all of us. We enter the supermarket to buy healthy ingredients for dinner, and then end up buying a few "extras." Maybe a little bag of chips caught our eye, and somehow disappeared on the ride home. Or, maybe as we were checking out, a candy bar called out to us.

So, what went wrong? Were we simply hungry, or did it seem like certain items were screaming out to us more than usual? It might be both, depending on how you felt when you walked in—and how you navigated the store. Here are some tips to get you in and out of the supermarket—without extra baggage.

1. **Ready your body...and your mind.** Hunger, stress and emotions can weaken your resolve to select only healthy food items.
 - a. If you're hungry, have a protein snack [\[click here for ideas\]](#) and water before you get to the store—you'll be less likely to let your hunger drive you down the wrong aisle.
 - b. If you're feeling sad or stressed, call a friend or a family member before you enter the store. Let them know the challenge you're facing.
 - c. Review your Lean for Life motivator cards before you enter the store—refreshing the vision of your goal can help you resist temptation.
2. **Shop with a list.** Just as using a Daily Action Plan helps keep you on track, having a prepared grocery list is a great tool to keep you from wandering down the wrong aisle. Hold your list so it's easy to reference. Visit only the aisles that have your list items, and check the items off as you shop.
3. **Shop the periphery.** Try to shop and travel the periphery of the grocery store as much as you can...supermarkets are usually set up as follows:
 - a. Produce is usually located on your right or left, opposite the bread / bakery
 - b. Meats or lean dairy items are usually located in the back
 - c. Middle aisles are usually the aisles that have the snack / more tempting items.
4. **Stock up on water.** Water is calorie-free, helps promote a feeling of fullness and leaves less room in your cart for other "goodies."

Remember...being prepared sets you up for success. Happy shopping!



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