



Ten Foods That Sound Healthy, But Aren't



Salad, bran muffins, fat-free foods—they're good for you, right? Not always. Some of these unhealthy foods may surprise you.

Prepared Salads. Don't assume that anything with the word "salad" in it must be healthy. Prepared tuna salads, chicken salads, and shrimp salads are often loaded with hidden fats and calories due to their high mayonnaise content and taco salads with high fat chips. While a lot depends on portion size and ingredients, an over-stuffed tuna sandwich can contain as many as 700 calories and 40 grams of fat. If you're ordering out, opt for prepared salads made with low-fat mayonnaise, and keep the portion to about the size of a deck of cards. Better yet, make your own.

Multi-grain and Wheat Breads. Terms like multi-grain, 7-grain, and wheat sound healthy, but they may not actually contain heart-healthy whole grains. Many types of bread labeled "multi-grain" and "wheat" are typically made with refined grains, so you're not getting the full nutritional benefit of the whole grain. How can you be sure? Read nutrition labels carefully. If the first flour in the ingredient list is refined (it will typically say "bleached" or "unbleached enriched wheat flour") you are not getting a 100 percent whole-grain bread.

Reduced-fat Peanut Butter. Reduced-fat peanut butter is not necessarily a healthier version of regular peanut butter. Both regular and reduced-fat peanut butter contain about the same amount of calories, but the reduced-fat variety has more sugar. But isn't it healthy to reduce some fat? Not in this case. Regular peanut butter is a natural source of the "good" monounsaturated fats. Look for a natural peanut butter with an ingredient list that contains no added oils.

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Matthew 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.

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First Place 4 Health

(800) 727-5223
(713) 688-6788

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Ten Foods That Sound Healthy But Aren't – Continued

Energy Bars. Energy bars are the perfect pre-workout snack, right? Not always. Many energy bars are filled with high fructose corn syrup, added sugar, and artery-clogging saturated fat. Plus, some bars (particularly meal replacement varieties) contain more than 350 calories each—more than the recommended snack size. It is a good idea to fuel up with a mix of high quality carbs and protein before an extended workout or hike. Choose wisely: one-quarter cup of trail mix, or 1.5 ounces of low-fat cheese and three to four small whole-grain crackers. Or, make your own healthy granola bars and trail mix.

Bran Muffins. Most bran muffins, even those sold at delis and coffee shops, are made with generally healthy ingredients. The problem is portion size. Many muffins sold in stores today dwarf the homemade muffins made a generation ago. A random sampling of some coffee and restaurant chain bran muffins showed that many topped 350 calories apiece, and that's before any butter or jam. The bran muffins at one popular chain bakery contain 600mg of sodium—roughly one-third of a day's maximum. Even a healthy food, if over-consumed, can be not-so-healthy. Enjoy your bran muffin, but just eat half, and save the rest for an afternoon snack. If you want to save money and calories, bake your own.

Smoothies. Even in most smoothie chains and coffee bars, smoothies start out pretty healthy. Most have a base of blended fruit and low-fat dairy. But disproportionately large serving sizes (the smallest is often 16 ounces) combined with added sugar, ice cream, or sherbet, can add up to a high-calorie treat. Some chains serve smoothies that contain up to 500 calories. A smoothie can be a great way to start the day or to refuel after a workout. Just remember to account for the calories you drink when considering what you've consumed in a day. For the most economical and healthy smoothies, consider making your own.

Packaged Turkey. Turkey is an excellent source of lean protein and a good choice for a speedy lunch or dinner, but many packaged turkey slices are loaded with sodium. One 2-ounce serving of some brands contains nearly one-third of the maximum recommended daily sodium intake. So make sure you buy low-sodium varieties or opt for fresh turkey slices. If you can't roast your own, the best rule of thumb is to find a brand with less than 350 milligrams of sodium per 2-ounce serving.

Foods Labeled 'Fat-Free'. Fat-free does not mean calorie-free. Just because a food contains no fat, that doesn't make it a health food. (Think gummy bears.) Of course, there are many very healthy fat-free foods (like most fruits and vegetables), but always check the nutrition labels when buying packaged foods to be sure you're getting a nutritious product and not just one that's fat-free. Calories, sodium, fiber, and vitamins and minerals are all aspects you should consider in addition to fat.

Restaurant Baked Potatoes. Sure, a baked potato in its natural state (that is, sans toppings) is a very healthy food. Potatoes are naturally rich in vitamin C, potassium, and fiber. But if you're eating out, don't assume that the baked potato is the healthiest choice on the menu. Many restaurant-style baked potatoes can come "fully loaded" with butter, sour cream, cheese, bacon bits, and other goodies that can add up to around 600 calories and 20-plus grams of fat. Ask for one that is plain and get one or two small-portioned toppings on the side. Or try making your own healthful baked potato meal at home by adding some chopped, cooked chicken.

Sports Drinks. While most sports drinks do contain important electrolytes (like potassium and sodium) that are necessary for intense workouts or endurance training, you don't need a sports drink to fuel light activity. Many sports drinks contain 125 calories or more per 20-oz. bottle, so spare yourself the extra calories and opt for plain water or a calorie-free beverage to keep you hydrated.

Look for ten more things you think are healthy, but aren't in next month's issue!

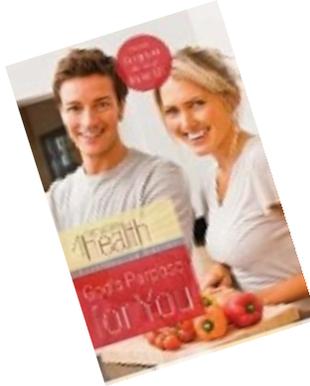
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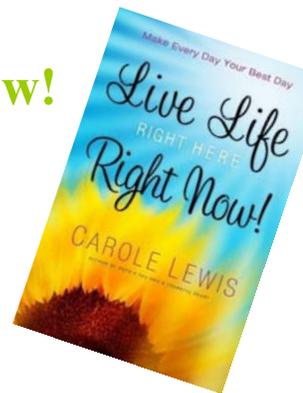
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Go to www.firstplace4health.com to find these and other great deals on healthy living products.



Obesity Related Illnesses Claim Over 850 Lives a Day!



Many of you have asked me, “What do you want to accomplish as national director of First Place 4 health?” My number one priority is to lead us in fulfilling our mission statement. We have stated that we want to provide a biblical wellness program, enabling individuals to achieve balance in spirit, soul, mind and body based on giving Christ first place in their lives. I realize this is a huge endeavor, but I believe this is God’s ministry and He will fulfill His mission to bring the world to redemption through His Son Jesus Christ. God is at work everywhere. For the first time in years, many organizations are open to our program, regardless of being faith-based. We receive letters and emails weekly from people being changed forever through FP4H. People are so unhealthy and overweight they are even willing to try something that would require faith on their part.

Never has there been a time in our history for such a need as First Place 4 Health. We are, as a nation, closing in on 40% of our adult population now being obese. Statistics on deaths related directly to obesity are hard for doctors to confirm, but we know that it can be determined at least as a contributing factor. The research we do have indicates that in the US alone, obesity-related illnesses claim over 850 lives a day and over 300,000 lives each year.

When we consider how many people die from obesity each year, we must also know that this number should not be so high. It is highest among the southern states, with Louisiana having the highest obesity rate in the nation and Colorado having the lowest. For the first time, obesity-related health risks outrank tobacco-related risks as published in a recent study in the American Journal of Preventive Medicine. From 1993 to 2008, the study noted, the number of adult smokers in America decreased 18.5%, thanks to the many anti-smoking campaigns and quit-smoking programs and treatments. However, the proportion of Americans in the obese category over the same number of years increased by 85%! Not only do the health risks of obesity now outweigh those of tobacco, it has an impact on the death rate also. In a recent government study, the Centers for Disease Control and Prevention (CDC) estimated that obesity is fast approaching tobacco as the top underlying preventable cause of death in the USA.

For the first time, obesity-related health risks out rank tobacco-related risks as published in a recent study in the American Journal of Preventive Medicine.

No one would argue that obesity significantly increases your chances of having a declining quality of life. Perhaps the saddest report I read is that “being obese can reduce your quality of life to a point that living longer doesn’t seem like a good idea anyway.” We are now seeing obesity-related suicide. This should not be. Jesus told us in John 10:10 that “He has come for us to have life and have it abundantly! “

What can we do? Is education really the answer? According to my recent search, I found 44,512 books on Amazon dealing with weight loss. So much information, but so little application. That is because, as Gari Meacham says, “Dieting is a carnal way of dealing with a spiritual problem.” We must be changed from the inside out. That is what FP4H does through a relationship with the One who changes everything – Jesus Christ. He has the power.

Obviously we cannot tackle this problem alone. I would love for you to be on mission with us by:

- Starting a FP4H group.
- Continuing to participate in your FP4H class, leading and attending.
- Hosting a FP4H event in your area.
- Partnering with us financially. >> Click the button at right to support FP4H.
- Joining in daily prayer for this ministry.



There is hope for those who suffer from obesity and other health-related issues. We have the answer found in the power of the resurrected Christ. Let’s stay on mission—changing lives one pound at a time.

Vicki Heath.....vicki.heath@fp4h.com



Cooking Tips To Save You Money

Tip #1

Cook and serve the right portions. According to nutrition experts, a healthy serving of cooked meat is 3 ounces—about 4 ounces raw. If you're eating meat for dinner, aim for it to take up no more than one-quarter of your plate. Fill half the plate with vegetables and the final quarter with a whole grain. Eating less meat is better for your health and your budget.

Tip #2

Cook 'em low and slow. Tougher cuts of beef and pork are a lot cheaper than steaks and chops (about \$2 to \$6 per pound for many cuts compared with \$10 or more per pound for steaks), but no one wants to eat a piece of leather for dinner. The best way to cook tough cuts of meat: cook them low and slow, usually for 3 or more hours and often in liquid to make them melt-in-your-mouth

Tip #3

Bring out the roast. Roasting a big piece of meat is an easy way to feed a crowd. Of course, a crown rib roast or beef tenderloin (unless your market is running an amazing special) isn't an economical choice. So choose cuts, such as leg of lamb, turkey breast or pork shoulder, and roast them.

Tip #4

Add pasta or rice. Got a few vegetables or a little leftover meat? Maybe you have some fixings for a salad or a light soup, but it's not quite dinner. Pasta and rice are cheap, healthy pantry items that let you turn a few leftovers into a meal.

Tip #5

Stir-fry for dinner. Stir-frying with plenty of vegetables and just a little bit of meat is an obvious choice when you want to make a quick and healthy dinner. It's also very forgiving, so if you have a little extra onion or half a leftover zucchini you want to use up, just throw it in your stir-fry.

Tip #6

Cook once, eat twice. Double recipes so that you can get ahead on your cooking and have a dinner or lunch ready for later. The added benefit is it helps use up ingredients that you bought for that recipe (a bunch of herbs, for instance). Recipes that freeze well, like Hearty Vegetable and Beef Stew, or Speedy Chili (found later in this newsletter) are great ones to double. Also consider cooking an extra chicken or more meat than you need. The leftovers are great in soups, salads or quesadillas later in the week.

Tip #7

Pack a lunch. When you're making dinner, think about what you're going to eat for lunch tomorrow. If you're making a salad for dinner, make a little extra and put it in a container (undressed) for lunch the next day. And what about your leftovers from dinner? Is there a little extra chicken or maybe part of a can of beans? Toss that in with your lunch salad. Packing lunch is a great way to make sure you're not wasting any leftovers and to help you—eat healthy, save money and save time throughout the day.



Leader's View: Are You Focused Too Much on the Scale?

You were running a good race. Who cut in on you and kept you from obeying the truth? Galatians 5:7

When I joined First Place 4 Health, I was running a good race, following the program fervently. I was running on God's grace to class, to healthy sections of the grocery store, memorizing Scripture, having quality quiet-time. I was praying, exercising, tracking choices, giving and receiving encouragement and with God's help—I lost close to thirty pounds—keeping most of it off for over ten years. Not only did I lose weight, I found my purpose in a call to leadership.

When I had much to lose, the scale was my friend. As the number consistently decreased, my self-esteem increased. Desiring not to become obese again, I developed a habit of weighing myself every morning and night. As I approached goal, a stubborn plateau kicked in and I became stuck. My "aha moment" arrived during a consult with trainer Jenna G., who suggested I take a break from weighing myself. I decided to implement a two-week scale fast and with God's help, I was empowered to stay off the scale.

I weighed in weekly at class and asked to not be told the number. The funny thing is that we had a class incentive: At weigh-in I would be handed glass stones (a blue for each pound lost, red for scripture memory, and green for attendance), which would then be dropped into a decorative glass jar centerpiece and later used as a celebration prize. Linda, our weigh-in person, would place the stones in my hand with a smirk saying, "Don't peek." Guess what? I peeked. Result: I lost 3 pounds in over two weeks.

Through this fast, I realized that too much focus on the scale can weigh heavily on a person. It can:

- bring on discouragement over an unexpected number (which may only be temporary water weight).
- initiate stress weight gain.
- cause one's guard to be let down when a desirable number appears.
- waste precious time emotionally, mentally, physically, and spiritually.

I am not suggesting giving up the scale, as it is an important tool for weight accountability. How often you weigh is a personal choice. First Place 4 Health recommends weighing weekly at the same time each week. No matter how often you weigh, the truth is that total wellness is not measured by just the scale. What matters more is what you are doing when you are off the scale. By following the FP4H program, I have increased muscle, burned fat, built up strength and endurance, raised my metabolism, lowered my blood pressure and bad cholesterol, created healthier cells to fight disease—and my clothes fit better! I have also grown mentally, emotionally and spiritually. All this happened while the scale wasn't moving, and I could have missed appreciating the full impact of these wonderful gifts by focusing only on the number! We are told in 2 Corinthians 3:17, *Now the Lord is the Spirit and where the spirit of the Lord is there is freedom.* My mindset over the scale cut in on the weight loss race I was running, and praise the Lord—what a relief to be set free!

Sometimes what may seem to be good things are not always God things. Could something be cutting in on you and the healthy blessings He has in hand for you? Is there something you need to scale down?

Delilah Dirksen joined a FP4H class at her church thinking it was a great way to multitask a Bible study and weight loss. Delilah not only lost weight, but found her purpose in a calling to be "Fit 4 a King" and leading others to do the same. Delilah is the NE Regional Team Leader for FP4H, a dedicated wife and mother who loves people and the adventure that accompanies listening to and following God...

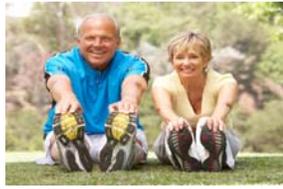
First Place 4 Health will be at the SOAR Women's Conferences:

> March 15 - Portsmouth, NH

> March 29 - Lancaster, PA

> Nov. 1 - Milford, PA

Delilah will lead a seminar titled, *Families Fit 4 a King*. FP4H Events Director and Regional Leader, Helen Baratta, will join Delilah in the exhibit area on March 29 in Lancaster, PA. For more info., visit www.BeginToSoar.org.



How Do I Change My Thinking?

Commit your works to the Lord, and your thoughts will be established.
Proverbs 16:3

Our thought life is our most powerful tool for healthy living. It will determine if we win or lose. If we let negative thinking and doubt control what we do, we won't achieve our goals. But if we think on things that are positive and are true, we will start winning. You may be asking yourself, I know that I don't want to think as I always have, but how do I think differently? How do I change my mind? The answer is found in Romans 12:1-2,

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

In the passage above, God tells us how to change our mindset: don't conform; be transformed! In other words, we are not to think as the world thinks. The world wants us to believe that we can do whatever we want with our bodies. We can drink whatever we want, eat whatever we want, live however we want. It's the "eat, drink and be merry" type of thinking. But this is contrary to what the Bible says about the way in which we should live. 1 Corinthians 6:20 says,

For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Our bodies are to be holy, living sacrifices that we present to God. So the first step in changing our mind is not to conform our thinking to the world. The next step is to be transformed, and to do this we must understand that we can't transform ourselves. The only way we can change our thinking or "renew our minds" is with God's guidance. He does the transforming through His Word, the Bible, and as we read the Word and meditate on the Creator's plans for our bodies and our lives, He will begin to change how we think.

We are constantly being bombarded by messages from the world as to what is a good and acceptable game plan for our life. Satan is at work in this world, and he uses these lying messages to keep us in bondage to our sin and destruction. However, the more we line ourselves up with the Word of God, the more His truth will be revealed to us, and the more our thought life will naturally fall into line with His plan for our lives.

If we don't transform our thinking, and if we continue to listen to the lies that Satan subtly whispers in our ears, we will continue on a downward spiral that leads to death. When we commit to reforming our worldly thinking and mindsets, and when we constantly renew our minds and transform our thinking by reading God's Word, we will change the way we think. At this point, we will begin to really see positive change and success.

Steve Reynolds.....sreynolds@capitalbaptist.org
Pastor, Capital Baptist Church

Steve Reynolds is the Lead Pastor of Capital Baptist Church in Annandale, VA. He is the author of the books: Bod4God and Get Off the Couch. And he is also the creator of the Losing to Live Weight Loss Competition. Steve has lost over 120 pounds and has led his church to lose over 8 tons of weight.



Upcoming Events

Texas Area Training Meeting

April 5, 2014
Calvary Baptist Church
Nacogdoches, TX
Contact: Nancy Smith
Email: mandn4him@wildblue.net
Phone: 936-288-1718

Wellness Week @ Sandy Cove

April 13-April 18, 2014
Sandy Cove Retreat
North East, MD
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

Gala Honoring Carole Lewis

July 25, 2014
Junior League of Houston
Houston, Texas
Contact: Becky Turner
Email: becky.turner@fp4h.com

Summit 2014

July 25-26, 2014
Houston's First Baptist Church
Houston, Texas
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

Wellness Week at Round Top

October 9-16, 2014
Round Top Retreat
Round Top, Texas
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

For more information about any of these events, please visit www.fp4h.com.

Gala Honoring Carole Lewis

July 25, 2014
Houston, Texas

Visit www.firstplace4health.com and click Events to register.



Devotional

Moment of Truth

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 JOHN 1:7

Have you noticed how easy it is to lie to yourself? I think of myself as an honest person, yet for many years, I lied to myself on an almost daily basis about the choices I made related to food and healthy living. I had fallen into the trap of “I can do it myself.” Certainly, there were short periods of time when I would successfully lose 20 to 30 pounds, but those victories were short-lived and my weight continued to creep up. When introduced to First Place 4 Health’s Live It Food Plan, I remember thinking, “This sounds like a great program, but why do I need to show up to a meeting every week? That’s silly! I can do this on my own.” I was lying to myself.

Just before Christmas of 2004, I was standing in a dressing room at Dillard’s when God made me realize that I was not being truthful to myself. The reflection in the mirror was proof that I could not make the changes I needed to make on my own. I joined a First Place 4 Health group at my local church the following month. At first, my focus was on the tactical aspects of tracking what I ate, doing the Bible study consistently and memorizing the Bible verse each week. But soon I came to appreciate the value of the fellowship I found within my group. With our common bond as believers in Jesus Christ, I found that I could both offer and receive encouragement and enjoy camaraderie with the people in my First Place 4 Health groups.

Looking back over the past five years, I have a hard time envisioning my life without them, because God used those group members to help me develop new priorities and new habits related to living a healthy lifestyle. My First Place 4 Health friends have laughed with me, cried with me, prayed with me and celebrated with me. And knowing that I’ll see them at the next meeting has helped me to be genuine and truthful with everyone, including myself!

Action Item: Are you basking in the light and warmth that God offers through fellowship with like-minded believers? Or is the pride of “I can do it myself” keeping you “out in the cold”? Talk to God about it and ask Him to show you areas where you need His help to change how you think about being honest with yourself.

Sandy Matthews
Houston, Texas

*Devotional taken from the devotional, **Better Together**. Available separately or as part of the **Better Together Success Pack**. To order, visit our website, www.firstplace4health.com, or call 800.727.5223, x1002.*



Success Story



During the years 2008-2010, my life suffered several huge losses. My only daughter quit college in her senior year and unexpectedly moved to California. I lost a job that I loved. My father became very, very ill. The stock market crashed and we lost most of our retirement. My father-in-law had a stroke and lost the use of his right side and his speech. All of these losses took a toll on my heart and on my life in ways that were devastating.

I am a Christian, so I knew that God was in control; however, after each loss I became more convinced that I deserved these punishments for past sins. I became depressed, gradually quit having my quiet time and withdrew into a shell. I sat for hours on the couch watching television and eating my pain away. I've never been a big television watcher, but I became a couch potato deluxe and gained lots of weight. The more weight I gained, the less motivation I had to do anything with my life. I woke up one day and realized that I was a useless slug, and I desperately needed help to get out of the pit.

I cried out to God and begged Him to help me get a grip, so that I could once again walk in peace and joy with Him. I confessed my sins of complacency, and gluttony and begged for forgiveness. We have a God that hears our prayers and takes joy in answering them.

The very next Sunday there was an ad in the church bulletin for a new Bible Study called First Place 4 Health. I knew immediately that this would be the answer to my prayer, and it has been. Our group has worked through four Bible study books now, and all four of them have been exactly what I needed in my journey to healing. The daily studies are not too long, but so very meaningful and helpful. I've lost 30 pounds in 9 months and gained a group of Christian sisters who are on this same journey to wellness. I am loving my sweet Jesus so much. The morning quiet time is precious and life-changing. His blessings are fresh and new every morning.

This past month I lost my baby sister in a tragic death. I just thought I knew what pain was. My heart is broken, and the guilt and sorrow want to take over again, but with Jesus by my side and the support of my Christian sisters, I will not go back to that pit of depression. I am so grateful to the First Place 4 Health program for providing the Bible studies that lead Christians through the difficulties and heartbreaks of life in a healthier way. *In my distress I called upon the Lord, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears (Psalm 18:6 NKJ).*



Dear Jesus, Thank You that You heard my cries of despair and had mercy on me. Thank You for walking through this valley with me and holding my hand. Without Your loving kindness, I could not go on, but with You I can boldly move forward. Amen.

Gale

Note: Some people need medication for depression, but mine was not a chemical-induced depression; it was a sorrow-induced. Jesus can take our sorrows and replace them with peace and joy.



Cook Once, Eat Twice!

These recipes freeze great. Save time by doubling these recipes and using in another meal later in the week.

Hearty Vegetable and Beef Stew

Serves 4

- 3/4 lb. boneless, lean chuck roast, trimmed of fat and cut into 1/2-in. cubes
- (2) 14 1/4-oz. cans fat-free beef broth
- 2 tsp. olive oil, divided
- 1 large onion, sliced
- 1/3 cup tomato paste
- 3 garlic cloves, minced
- 3 cups cubed carrots
- 3 cups cubed red potatoes
- 2 1/2 cups quartered mushrooms
- 1/2 cup red cooking wine
- 1/4 tsp. pepper
- (1) 8-oz. can cut green beans
- 2 tbsp. water
- 1 tbsp. cornstarch
- chopped fresh parsley (optional)



In medium saucepan, bring beef broth to boil. Boil 15 minutes or until reduced to 2 cups; remove from heat and set aside. In large Dutch oven, heat 1 teaspoon oil over medium-high heat. Add beef; brown on one side and remove from pan. Heat remaining oil in pan over medium-high heat; add onion, tomato paste and garlic; cook 5 minutes, stirring constantly. Return beef to pan; add reduced broth, carrots, potatoes, mushrooms, cooking wine, pepper and green beans. Bring to boil; cover, reduce heat and simmer 45 minutes or until vegetables are tender. In small bowl, combine water and cornstarch; stir well to remove lumps. Add to stew; bring to a boil and cook 1 minute, stirring constantly. Ladle 2 cups of stew into each soup bowl; garnish with parsley, if desired

Nutrition Information: 422 Calories; 16g Fat; 28g Protein; 45g Carbohydrate; 8g Dietary Fiber; 49mg Cholesterol; 844mg Sodium

Speedy Chili

Serves 6

- 2 pounds ground sirloin
- 1 teaspoon minced garlic
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (16-ounce) jar chipotle chunky salsa
- 1 (16-ounce) package frozen whole kernel corn
- 2 (14 1/2-ounce) cans seasoned beef broth with onion



In a large pot, brown the meat and garlic until done. Drain any excess liquid. Add the chili powder, cumin, salsa, corn, and beef broth. Bring the mixture to a boil, reduce heat and cook for 15 minutes.

Nutrition Information: 356 Calories; 20g Fat (50.1% calories from fat); 28g Protein; 17g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 349mg Sodium.

Recipes for a Casual Weekend Dinner

Easy Individual Chicken Pot Pies

1 10 ½-ounce cream of chicken soup
1 cup water
¾ tsp. poultry seasoning
2 cups diced cooked chicken breast
1 10-ounce pkg. frozen mixed vegetables, thawed
¾ cup sliced fresh mushrooms
Vegetable cooking spray
¾ cup self-rising flour
1 tbsp. margarine
¼ cup plus 2 tbsp. skim milk

Combine soup, water, and poultry seasoning in a medium bowl; stir well. Add chicken, mixed vegetables, and mushrooms, and stir well. Spoon chicken mixture evenly into four individual baking dishes coated with cooking spray. Place flour in a bowl; cut in margarine with pastry blender until mixture resembles coarse meal. Stir in skim milk. Divide dough into four equal portions; drop one portion over each serving. Bake at 450 degrees for 12 minutes or until golden. **Serves 4**

Nutritional Information: 317 Calories; 7.3g Fat; 30.4g Protein, 27g Carbohydrate, 75mg Cholesterol, 701mg Sodium, Iron 2.2mg.

Tracker Information: 3-oz.-eq. meat, 2 oz.-eq. grains, 1 tsp. oil

Tomatoes Viniagrette

1/3 cup water
3 tbsp. cider vinegar
1 tbsp. chopped purple onion
¼ tsp. ground coriander
1/8 tsp. sugar
1/8 tsp. dry mustard
1/8 tsp. paprika
dash of chili powder & garlic powder
2 medium tomatoes cut into ¼" slices

Combine first 9 ingredients. Place tomato in an 11x7x1½" baking dish. Pour vinegar mixture over tomato and marinate in refrigerator at least 30 minutes. Serve on individual lettuce-lined salad plates, if desired.

Serves 4

Nutritional Information: 17 Calories; .2g Fat; Protein .5g, Carbohydrate 4g; Cholesterol 0mg; Sodium 6mg; Iron .4mg **Tracker Information:** ½ cup vegetable

Chocolate Cinnamon Cake

½ cup nonfat buttermilk
3 tbs. vegetable oil
1 egg
¾ cup all-purpose flour
½ tsp baking soda
2/3 cup firmly packed brown sugar
3 tbsp. unsweetened cocoa
½ tsp. ground cinnamon
½ tsp. vanilla extract
vegetable cooking spray
1/3 cup regular oats, uncooked
2 tbsp. brown sugar
dash of ground cinnamon

Combine buttermilk, oil, and egg in a medium bowl; beat at low speed of an electric mixer one minute. Combine flour and next four ingredients; add to buttermilk mixture. Beat at low speed just until blended. Beat at high speed two additional minutes. Stir in vanilla. Pour batter into an 8-inch round cake pan coated with cooking spray. Combine oats, two tablespoons brown sugar, and a dash of cinnamon; sprinkle over batter. Bake at 350 degrees for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan ten minutes. Cut into eight wedges.

Nutritional Information: 204 Calories, 6.5g Fat, 3.7g Protein, 33.2g Carbohydrate, 28mg Cholesterol, 112mg Sodium, .7mg Fiber, 1.5mg Iron

Have a healthy recipe to share? Send it to recipes@fp4h.com.

Healthy Living

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