

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Eating Outside Your Box

By Jackie Stanley

Eating Outside Your Box

by: **Jackie Stanley**

One way to combat the boredom many people complain accompanies eating healthy is to "eat outside your box," by experimenting with new foods and cuisines and by challenging your long held notions about what to eat and when. Iceberg is not the only kind of lettuce, apples and oranges aren't the only fruits and there is no law that says you can't eat mushroom lasagna for breakfast and a southwestern omelet for dinner. And just because your parents always eat turkey on Thanksgiving, fish on Friday and meatloaf on Mondays doesn't mean you have to. Dare to step outside your comfort zone and put an end to your eating rut, by accepting one (or more) of the following challenges to eat and live more healthily and creatively.

1. Make a list of 10 foods that you eat on a regular basis. Over the course of the next month, eat outside your box by avoiding these foods.
2. Try a new food every day. Have you knocked eating brown rice, tofu, sushi or kiwi without ever giving it a try? Don't allow the opinions of others to inhibit your pallet. Give your taste buds an opportunity to decide.
3. Look back at your food diary. Don't eat any of the same foods you ate last month. Use cookbooks to invigorate your mundane menus.
4. Do not visit any of the same restaurants you tried last month. If you eat out, it must be somewhere new. And don't forget to order something new and nutritious off the menu.
5. Look back at your food diary from last month. Use a cookbook to explore ways to make the foods you ate more nutritious - and unusual.
6. Ask people from different racial, regional and religious and cultural backgrounds to share their favorite foods and recipes. Incorporate at least 2 of these into your menus.

Eating Outside Your Box

7. Buy a new cookbook with recipes from a cuisine you have never tried. Prepare at least one meal a week from the cookbook.
8. Sit down with a healthy cookbook. Make a list of 30 recipes that look appealing. You don't have to use them immediately - but they will be there when you need them.
9. Make a special trip to the grocery store to shop for herbs and spices. Buy at least 5 you've never tried and experiment with at least 1 new herb or spice each week.
10. Take a cooking class. Check your local YMCA or community center for course offerings.
11. Flip the script. Make a list of the meals you usually eat for breakfast, a list of meals you usually eat for lunch and a list for dinner. Then eat what you normally eat for lunch for dinner, dinner for breakfast and breakfast for lunch.
12. Each time you go grocery shopping buy at least 5 different brands than you usually do. You may be surprised to learn that different brands offer better taste, nutrition and price.

Jackie Stanley is the author of a series of personal wellness and weight loss journals titled *Lettuce Is Not Enough*. She can be reached at 336-854-8667 or at

Eating Out Wisely

By Denton Krypps

Many people I know love eating out at different cafes and restaurants. They love trying out new places almost as much as they love returning to their old favorite spots. They love trying new menu items and discovering new ways to eat the foods they enjoy the most. Eating out can be both a wonderful and very dangerous thing.

In America we are blessed to have restaurants dotting the streets of many towns and cities of all sizes. We are rarely at a loss for places to eat out. One of the greatest things about eating out is that it saves time that many busy people do not have to waste. After spending long hours at our workplaces, few people have the time or energy to return home and cook a gourmet meal. Eating out seems to be a great solution at the end of a long, tiring day.

Eating out can also be great because we can try a wide variety of foods and drinks that we don't have the ability to make ourselves. No one loves eating the same basic foods over and over again, so eating out can be a good way to give our tastebuds something new.

However, if we are not careful, eating out can also be dangerous for a couple of big reasons. First, we

Eating Outside Your Box

must use caution in eating out for the sake of our health. Most restaurants and cafes offer huge portions of items that are unhealthy to eat and drink. Eating out often means filling up on appetizers, a main course, a few high calorie beverages, and a dessert to finish off the evening. Think about how many calories you can consume during a meal like this. I am not, of course, saying that we should never enjoy eating out. I am, however, saying that we need to be careful, for our health's sake, about eating out too frequently. We must be careful to watch our choices when we are eating out. Choose healthier items or commit to only eating half of the meal you choose. There are ways of eating out healthily, it just takes conscience effort.

Another huge reason to be careful about eating out too often is your pocketbook and budget. It is no secret that eating out costs more, on average, than cooking meals in your own home. It is easy to accumulate large bills, especially at nicer places. So be careful that you stick to a budget when you make plans for eating out.

Beware. Eating out can be one of the greatest pleasures or one of the most dangerous things. Enjoy it, but do it with caution.

Denton Krypps has been enjoying eating out with caution ever since he realized the potential dangers of making it a habit. Check out

to learn more.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!