



The Pilates Connection Weight Loss Challenge

NEWSLETTER

March 22, 2010

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THIS WEEK'S TOPIC...

SPRING WEIGHT LOSS CHALLENGE

Are you up to it? Sign the Contract...Make the Commitment

Take the Spring Challenge, **beginning March 23 for 5 weeks, ending April 27**. Achieve your goals, earn the most points and **WIN THREE PRIVATE PILATES SESSIONS WITH JULIA!**

Here are the rules:

1. Attend a nutrition meeting every week.
2. Keep a daily food journal based on your meal plan.
3. Exercise at least 20 minutes a day or three times a week for a minimum of 45 minutes. Keep a written diary of your exercise.
4. Record you weight every week with the goal of losing one pound a week and inches around your waist.

Here's how you win:

1. Points will be awarded for everything you do:
 - 1 point for each nutrition meeting attended.
 - 1 point for each complete daily food journal.
 - 1 point for each exercise class attended at The Pilates Connection.
 - 1 point for each complete daily exercise journal.
 - 5 points for each pound lost.
 - 5 points for each inch lost around your waist.
2. Turn in diaries each week so points can be added to your tally. If you miss a week, turn them in next time you're in. Pounds and inches points will be added at the end of the five week period.

Sign the contract this week and get started! Good Luck!

Weight Loss Challenge Winner of the Week:

Last week's winner will be announced by email tomorrow.

RECIPES

CREAMY CHUTNEY CHICKEN (Salad)

- 3 Tbsp. fat-free mayonnaise
- 2 Tbsp. plain fat-free yogurt or fat-free sour cream
- 2 Tbsp. chutney
- ½ tsp. salt
- ¼ tsp. pepper
- 3 cups diced cooked chicken
- ½ cup diced seedless cucumber
- 4 radishes, thinly sliced
- 1 celery stalk, finely chopped
- 1 scallion, thinly sliced
- 16 Boston or red leaf lettuce leaves

1. Mix the mayonnaise, yogurt, chutney, salt and pepper in a large bowl. Add the chicken, cucumber, radishes, celery, and scallion; toss to coat. If making ahead, transfer to an airtight container. Cover and refrigerate up to 1 day.
2. To serve, line each of 4 serving plates with 4 lettuce leaves. Top each with one fourth of the salad.

Servings 4. Calories 236, 1 Vegetable, 3 g. Protein, 2 g. Fiber

SPRING MINESTRONE (Stock up recipe)

- 1 large onion, chopped
- 3 carrots, thinly sliced
- 2 celery stalks, chopped
- 2 leeks, cleaned and chopped, white and light green parts only
- 3 garlic cloves, chopped
- 2 slices turkey bacon, chopped
- 5 ½ cups low-sodium chicken broth
- 4 cups chopped Savoy or green cabbage
- 1 (15 oz.) can cannellini (white kidney) beans, rinsed and drained
- 3 plum tomatoes, seeded and chopped
- ½ cup farro or barley
- 2 Tbsp. tomato paste

- 3 cups baby spinach
- 1 cup frozen peas
- ¼ cup chopped fresh flat-leaf parsley
- ¼ cup chopped fresh basil
- 1 tsp. salt
- ½ tsp. pepper

1. Spray a large Dutch oven with nonstick spray and set over medium-high heat. Add the onion, carrots, celery, leeks, garlic, and bacon; cook, stirring frequently, until the vegetables are softened, 8-10 minutes. Add the broth, cabbage, beans, tomatoes, farro, and tomato paste; bring to a boil. Reduce the heat; cover and simmer until the farro is tender, 30 minutes.

2. Stir in the remaining ingredients. Simmer, uncovered, until the spinach is wilted.

3. Let the soup cool. Divide it among 2 (6 cup) freezer containers. Cover and freeze up to 2 months. To serve, microwave each container, covered, on Medium until thawed, 4-5 minutes; stir. Cover and microwave on High until heated through, 3-4 minutes, stirring once halfway through the cooking time.

Servings 8. Calories 203. 2 Starches, 1.5 Protein, 9 g, Fiber

Recipes from Weight Watchers Magazine.

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