



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

May 31, 2010

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### THIS WEEK'S TOPIC...

## 30 TACTICS TO OUTSMART YOUR UNHEALTHY TEMPATIONS

*Stay on Track with this Printable Calendar of Tips!*

- By Stephanie Romine, Spark People Staff Writer

On your quest for a healthy lifestyle, you'll frequently encounter the beast called temptation. Slay him once, and he returns stronger and smarter. Slay him again, and he rises from the ashes to lure you away from your good habits. Fear not! You **can** win the battle with these 30 tactics to outsmart temptation!

[Click here](#) to download and print your Outsmarting Temptation Calendar. (You need Adobe Acrobat Reader to download this PDF.)

### **Weight Loss Challenge Winner of the Week:**

Sheila Sharer is this week's biggest loser. She lost 1.13%! Congratulations Sheila! Enjoy your two free classes.

## RECIPE

### PORK MEDALLIONS WITH SAUTEED APPLES

- 1 pork tenderloin (1 pound), cut into 1-inch slices
  - 3/4 teaspoon dried thyme
  - 1/2 teaspoon paprika
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/4 cup sliced green onions
  - 1 garlic clove, minced
  - 1 tablespoon butter
  - 2 medium apples, cut into wedges
  - 2 teaspoons cornstarch
  - 2/3 cup reduced-sodium chicken broth
  - 1/4 cup unsweetened apple juice
1. Flatten pork to 1/2-in. thickness. Combine the thyme, paprika, salt and pepper; sprinkle over both sides of pork. Place on a broiler pan. Broil 3-4 in. from the heat for 3-4 minutes on each side or until juices run clear; keep warm.
  2. In a nonstick skillet, saute onions and garlic in butter until tender. Add apples; cook and stir for 2 minutes or until crisp-tender. Combine the cornstarch, broth and apple juice until smooth; stir into apple mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with pork.

Servings 4. Calories 251, 3 lean meat, 1 fruit.

**Recipe from [tasteofhome.com](http://tasteofhome.com).**

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