



# Linda Fiveson



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## Recipe of the Month

### Cold Zucchini "Noodle" Salad with Shrimp

#### Ingredients

2 medium zucchini, cut into spirals using Veggetti or other "spiralizer"  
1 lb. shrimp, peeled and deveined  
1/4 cup fresh basil leaves, torn  
1 carrot shredded  
1/2 cup cherry tomatoes, halved  
1/2 Vidalia Onion, sliced thinly  
2 T Olive Oil  
Juice from 4 limes  
1/2 Packet Artificial Sweetener,  
Salt and Pepper to taste

#### Directions

Boil water and blanch zucchini to desired crunchiness. Remove and drain well. Put Olive Oil, lime juice, sweetener, salt and pepper in a bowl and mix until blended well for dressing and set aside. Wash and dry shrimp well. Season with salt and pepper (and any other seasonings you might desire). Broil or grill for 2-3 minutes on each side. Remove promptly. Place zucchini, carrots, onions and tomatoes in a large bowl. Pour dressing on top and toss lightly. Place shrimp on top and sprinkle with torn basil leaves. Best eaten right away but may be refrigerated as well.

More recipes on website.

## Don't Try to Have a Clear Mind

What kind of eater are you? Chaotic, emotional or mindless-unconscious? Or, maybe you are a "waste-not" eater who would rather eat almost anything than see it go to waste? Then again, you could be an eater who follows a very rigid food plan? Or... an impulsive, "stuff your face before you change your mind" eater? Or an "over-dieter" who is so perfect that any possible mistake ends up as a cheat? Most likely, you are a few of these kinds of eaters. I think we all have multiple personality tendencies when it comes to eating.

Do you even know if you are a "conscious-unconscious" eater? Being a conscious eater does help when you are trying to lose weight. It's like giving yourself the "job" of making the right choices. If you start picking and licking, your mind will start ticking! The "inner conversations" we have with ourselves negotiating what we should and should not be eating can drive us crazy. When we have this inner dialogue we try to connect the Conscious eater and Unconscious eater.

It helps remove indecision and eliminates the stress.

Try pausing before you eat. It will help you understand, think and even talk to "both" sides of your "eating mind". This will begin programming your mind to make the right choice without any negotiating voices.

We need to learn how to make selections that will give us the outcome we want. In other words, "Have a plan!" Know what you are going to eat and prepare for it. Sometimes we are so over-booked and busy we don't even know what we ate or how much. That's one of the reasons I always recommend keeping a food journal. When you write it you own it – just like when you eat it you own it!

When you do find yourself having those inner conversations, think and be aware of what caused you to start debating about what you are going to eat. Are the foods that tempt you visible and easy to reach for? "Out of sight, is out of mind." That's a good thought to remember! "Access leads to excess!"

Some of the following suggestions will also help you:

- Redistribute food into smaller packages to avoid over-eating.
- Eat at the table, sit down and take the time to enjoy, chew and digest. Eating standing up with your hands (no utensils) is the worst offender of unconscious eating. No matter how full we may be it doesn't count if we didn't sit at the table... or so we have told ourselves.
- If you are at a buffet, use the smaller plates to serve yourself. You may make more trips, but you will eat less.
- Keep within the boundaries of what foods you are "allowed" to eat. If you start picking and licking your mind will start ticking!

Freedom from the mental chaos gives you freedom to really be happy!

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# Food Trivia

How much food trivia do you know? Answers are at bottom of page.

1. Which of these is fennel related to?  
a) broccoli b) celery c) asparagus
2. Which is true for the weight of most vegetables after boiling?  
a) lower b) higher c) the same
3. How many tablespoons are in a cup?  
a) 8 b) 16 c) 24
4. The heat in chile peppers comes primarily from their  
a) flesh b) seeds c) inner white ribs
5. Which of these flowers are not edible?  
a) buttercup b) pansy c) rose
6. What is mayonnaise classified as in classic cuisine?  
a) a spread b) a dressing c) a sauce
7. Which famous general said, "An army marches on its stomach?"  
a) Robert E. Lee b) a Stonewall Jackson c) Napoleon Bonaparte
8. What was the first product ever packaged by Henry J. Heinz?  
a) ketchup b) horseradish c) mayonnaise



Answers to Puzzle  
1) b 2) a 3) b 4) c  
5) a 6) c 7) c 8) b

**You don't have to be a client to eat healthy and enjoy it!**

***Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.***

## Linda Says

### BE MINDFUL:

### It's important

### to

### have a

### thinking mind!

*Do you have a question or suggestion? A personal strategy you'd like to share? Send it to us and we'll consider it for a future edition!*

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## Fiveson's Food

**Over 100 menu choices!  
New items added often!  
Formulated from  
Linda's "own"  
personal recipes  
since 1989.**

***NO sugar, NO flour, NO  
gluten,  
NO refined  
carbohydrates***