



Linda Fiveson

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Recipe of the Month

Dipping Sauces

Delicious with shrimp, grilled chicken strips & fresh veggies.

Soy Ginger Sauce

Combine 1/3 c Lite Soy Sauce, 3 T finely chopped cilantro, 1 minced scallion, juice of 1 lemon and 1 lime, 1 t toasted sesame oil, 1/4 t finely grated garlic, 1/2 packet artificial sweetener, an 3 T water. Mix well and refrigerate at least 1 hour before serving.

Salsa Verde

Heat 3 T olive oil, 3 whole garlic cloves, 1/2 t red pepper flakes, 1/2 t kosher salt in a small pan until garlic is golden. When it cools purée it with 1 cup chopped parsley, 1/2 cup chopped basil. 2 t chopped oregano and 1 1/2 T red wine vinegar until mostly smooth. Add salt as desired.

Champagne-Shallot Vinaigrette

Whisk 1/3 c champagne vinegar, 1/3 c olive oil and 2 T minced shallots in a bowl. Lightly crush 1 t pink peppercorns with the flat side of a chef's knife; add to the vinaigrette. Add salt as desired.

More recipes on website.

Holiday Limericks and Poems

Happy
Holidays!

Chanukah, Christmas, whatever the day,
Another occasion to make our appetites stray...

The latkes, the cookies, the eggnog and stolen,
Can make our flat tummies so frightfully swollen.

All through the house are those fattening delights, That eventually make our clothes feel so tight!

Where is my strength - my vim and my vigor - -

To turn down the pastries and think of my figure?

I'll get intoxicated by all of the fun and the laughter,
But HOW will I feel the next morning after?

SO...Dancere and Rudolph and Prancer and Blitzen,
Put down your sleigh bells and come here and listen!

This time I'll get through and fight temptation,
And make my body AN INCREDIBLE SENSATION!

Happy New Year

'Twas the month after December, and all through the house,
Nothing would fit me, not even a blouse...

The cookies I'd nibbled, the eggnogs I'd taste,
They all seem to have gone straight to my waist.

The wine and the rum balls, the bread and the cheese, And the way I'd never said, "No thank you, please,"

As I dressed myself in my husband's old shirt,
And prepared once again to do battle with dirt...

I said to myself, as only I can, "You can't spend a winter disguised as a man!"

So -- away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished,
'Till all the additional ounces have shrunk and have vanished.

I won't have a cookie - not even a lick,
I'll only want to chew on a long carrot stick!

I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore.
But isn't that what we have January for?

Unable to giggle, no longer a riot,
"HAPPY NEW YEAR TO ALL,
AND TO ALL, A GOOD DIET!"

Holiday Commandments

- Thou shalt honor thy body and believe in thyself.** Be kind, loving and forgiving to yourself, first and foremost - always.
- Thou shalt never leave home hungry.** Eat something before the party. A salad, some fruit, and protein will do. And plenty of water and seltzer.
- Thou shalt stay clear of the buffet table.** Get away from the food. Why torture yourself? Socialize - have a fun conversation!
- Thou shalt not deny yourself a treat now and then.** Fill up your plate with "Linda Fiveson approved foods" and leave a little space for your favorite treat. Too much denial isn't a good thing.
- Thou shalt recycle food gifts.** Quick, fast - before you change your mind. Regift the cakes and all the red light, binge-inducing foods.
- Thou shalt keep thy hands busy.** Try knitting, crocheting, needlepoint, drawing, writing - anything to keep your hands busy. Give your creations as gifts!
- Thou shalt stay clear of sweatpants.** Wear snug clothing with buttons, zippers and belts. No room for expansion, no sweats please!
- Thou shalt walk - a lot!** Ask Santa for a pedometer for Christmas. And use it!

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