

The Good Life™

The official newsletter publication created, produced, and sent to you by Tiffany Crate, owner and director of [TLC Fitness Consulting](#).



Some choices are divinely directed. We writers stockpile ideas, some of them occurring at moments when we cannot get to our computers, pen, or paper. Sometimes, the ideas are filed in our memories, waiting for the "write" time to use each. The other day, I finished my morning appointments and changed clothes for a midday workout. I debated between an indoor weightlifting regimen and a hardcore skate along the lakefront. Because an outdoor workout tends to trump an indoor one in summertime, I geared up and rolled out. Let me explain why this choice was divinely directed.

A year ago, also while skating one glorious August day, I was struck by a rich awareness, the kind that brings tears of amazement to your eyes. I was noticing the myriad of people I passed on the lakefront path, all of whom were there at least in part for the same reason I was—we can't stay away from it. I knew then that I had to put this richness into words, but the idea got stockpiled along with other ideas waiting to be put in print.

Now, it is again August in Chicago, one year later. There is no better place to be in the whole, wide world! I love the daily-changing colors of the Lake Michigan water, the scented swaths of clover-covered park lawns, and the dichotomy of skyscrapers adjacent to beaches. To get to the water's edge, I must first skate through some lovely neighborhoods.

En route this day, I first passed a nicely suited, blind man feeling his way along the front yard fences by tapping his stick on the iron bars. He "recognized" his own gate just as we exchanged smiling Hello's.

When I spilled out of the residential area, into the wide-open, green park, I passed a young woman who was running hard, sweating hard, and breathing hard. Her right arm was missing from the elbow down, the stick-like stump swinging to and fro just like her normal arm. We passed each other so quickly that I looked back over my shoulder to make sure I was not imagining what I saw.

Skating at top speed down Lakeshore Drive, I whisked past an elderly couple strolling along the sidewalk, smiles on their faces as they admired the watery vista filled with pretty, white sails of the boats in Monroe Harbor and beyond. They held hands as they walked.

Just before reaching the museum campus, the terrain slopes down formidably into an enormous basin, and anyone who is wheeled like me enjoys the thrill of flying down that hill! Then you have to push with all you've got to get up the other side of the basin. As I finished my ascent, huffing with

Cont'd on page 2

Inside this issue:

- Editorial by Tiffany
- Delicious Quote
- Green Card Award
- TLC News
- Cooking Workshop is Back
- Take a Tropical TLC Vacation
- Success Story - Kilimanjaro!
- Milk Beats Gatorade
- How Does FBP Work?
- Functional Product - Caltrac
- Recipe Box - Tomato Sauce



Editorial cont'd



the final strides that would put me up onto the flat mesa in front of the Shedd Aquarium, I saw a middle-aged man walking confidently toward me in his Kakhi shorts, only his left leg was a metal and plastic prosthesis from the knee down. We smiled at each other, and I thought, *Look at all the inspiration I've encountered in a miniscule span of time... so many examples of living The Good Life!*

God directed me to choose to skate outdoors for my workout the other day in order to rekindle the editorial idea that got shelved one year ago while doing the same activity. This particular workout was a reminder to continue to be richly aware and humbly grateful for the inspiration that others dole out regularly, even amongst people in passing.

In Pursuit of Excellence,

Tiffany Crate, M.S., C.P.T.,
Fitness & Lifestyle Coach
tiffany@tlcfitness.net

Delicious Quote

**“When I think of happiness,
happiness begins.”**

— Japanese proverb on a garden ornament, given to Tiffany this summer

Green Card Award

The “Green Card” is a very special award. The recipient of a Green Card has earned this distinction by exhibiting a commitment to exercise and good nutrition as a way of life, come rain or shine, happy times or stressful times, striving to meet the health and fitness goals that have been set, and modifying those goals when necessary. A Green Card recipient has a positive attitude, revels in the accomplishment of goals that were set, yet takes in stride the times when s/he has fallen short of meeting those goals because s/he knows that life throws curve balls sometimes and just because you go through a rough stretch doesn't mean you can't pick up tomorrow where you left off.

These characteristics make such a person a

joy to know and coach! Most importantly, the recipient of the coveted Green Card Award pursues excellence, lives life to the fullest, is grateful, and is genuinely interested in others' happiness.

I am proud and honored to present the August 2008 Green Card to...

Ellyn Bank!

Congratulations, Ellyn! It is my privilege to know and work with you! Keep up your excellent habits. They will continue to serve you well.

TLC News

Crate Teaches Intuitive Eating at the Hyde Park School of Dance

This past April, Intuitive Eating coach Tiffany Crate was asked to speak to the Hyde Park School of Dance in Chicago.

"These kids will subsist on junk food if you let them," their dance instructor told Tiffany in order to prepare her for her audience. "Their parents actually drop them off at dance class with McDonald's and Oreo cookies. They don't drink enough water, they get dehydrated, they fizzle out."

Needless to say, Crate had her work cut out for her. It would be a 90-minute lecture, and while her typical audience is the adult variety, she wondered whether she could fully engage with these children. But plenty of props, humor, and her usual down-to-earth approach made the presentation a smashing success!

Thirty young dancers, aged 10 to 18 years, sat mesmerized, listening to Tiffany talk about easy, yummy snack ideas, the science behind hunger and fullness, and most importantly, trusting themselves to make decisions about food.

"They are a very precocious and inquisitive bunch," reported Crate. "They asked me detailed questions that really kept me on my toes, and I loved it."

Crate was asked to return every semester to provide ongoing nutrition education to the little tykes.

"Thank you so much!" the kids said on their way out. "That was a *lot* better than the person who talked to us last year." Ah, from the mouths of babes.

18 Years of Walking for Those Who Cannot

Every year, the Multiple Sclerosis Society holds its fundraiser walk-a-thon in cities throughout the United States, and every year since 1990, fitness and lifestyle coach Tiffany Crate has laced up to participate.

"Walking long distances feels great and people who have advanced Multiple Sclerosis would love to be walking the seven miles, but instead are in wheelchairs or using canes," explains Crate. "Raising research money for this disease is meaningful, so I always look forward to it."

Crate usually has various friends or relatives in tow with her, most often her mother Cindy, but she has gone it alone a couple of times. "I walked it solo when I lived in Santa Barbara, California, and again one year when I returned home from France just in time to get to the event. Walking seven miles is a terrific way to walk off a seven-hour plane ride!"

Skate Clinic, Saturday, Sept. 13, 9-10 am

If you're hesitant to join, assuming the others will have better skills than you, please know that this clinic is meant precisely for YOU!



A good participant is anyone who does not yet know how to skate, but wants to learn and practice many skating skills such as balancing, basic striding, stopping, bobbing, turning, and how to handle staircases and ramps, if so desired. The cost is \$40.00 per person.

We will meet at Recreation Park, which is one exit north of the Belmont exit off of Lake Shore Drive in Chicago. Recreation Park offers a safe area for practicing these skills.

If you do not have your own skates, you will need to rent them. Londo Mondo at Dearborn and Maple rents skates for \$20.00 per day, or \$7.00 per hour. If you rent for two days, you get the third day free. We recommend that you pick up your rental skates the day before the Clinic so that you can come straight to the Clinic, ready to go. Email tiffany@tlcfitness.net to register.

Nutritional Cooking Workshop— at Tiffany’s

4 weeks, September 20 - October 4, Saturdays, 10:00 am - 12:00 pm

How about **“Brunch at Tiffany’s”?**

What will each 2-hour class consist of?

Each class consists of 30 minutes of academic instruction followed by 90 minutes of food preparation right in Tiffany’s kitchen, so bring your appetite, and enjoy eating in her gardens!

Learning Objectives

- A look at our prehistoric nutrition heritage and the evolution of food availability and choices
- Learning and understanding the nutrition content of the main food categories and their satiation capacity
- Understanding how each of the macronutrients affects our endocrine systems differently
- Practicing the construction of balanced meals that fill you until it’s time to eat again
- Figuring out how much food you actually need to achieve and maintain your natural weight
- Education on the physiology behind hunger, cravings, and contentment and how we can choose to break the simple-carb/fat binge cycle
- Learning to eat normally portioned meals that honor you and make you feel good
- Instruction on the use of nifty, useful kitchen gadgets
- Gaining a clear focus on which foods should be staples in your kitchen
- Learning easy recipes for eating sensibly
- Introduction to eating intuitively
- Why you shouldn’t omit entire food groups from your food plan
- Why you must allow yourself to have some of your favorite “unhealthy” foods
- Understanding the problem with excessive animal products and why vegetarians live longer, healthier lives
- An explanation of Syndrome X (Metabolic Syndrome)
- A closer look at probiotics, green foods, and superfoods

Here’s what people love about it...

“I recently participated in Tiffany’s Nutritional Cooking Workshop. Tiffany has opened my eyes to how easy it can be to increase the nutritional value of each meal. She provides wonderful tips not only on cooking, but also on how to listen to our bodies and to balance our energy.”

— **Sue, Evanston IL**

“Tiffany’s Nutrition Class Workshop was exactly what I needed! She helped me understand my body and how it benefits from the right food. I’ve learned so much and I am using the delicious recipes we practiced making in class. I am so much more knowledgeable now about the food I buy for me and my family and I even made friends in the class.”

— **Sue Cahill, Artist & Mother of Four**



Lemony Artichoke Seitan Pasta

What does it cost? How do I register?

The cost for the the Nutritional Cooking Workshop is \$250.00 per person. **Space is limited to just 8 people**, so you must pre-register at your earliest convenience! To register, please send a check made payable to TLC Fitness Consulting to P.O. Box 118216 Chicago IL 60611. Specify on the memo line of your check that you are registering for the Nutritional Cooking Workshop. Additionally, leave a message on (773) 252-6511 with your name, telephone number, and email address so that we can contact you right away.

Where are the classes held?

The location will be in the home of your instructor, Tiffany Crate, in the Humboldt Park neighborhood within Chicago.

It might be helpful for you to know that Tiffany and Bob have cats, so if you're extremely allergic, this event might not be right for you. However, many cat-allergic people who spend time in their home say that they don't have much, if any, reaction and they attribute that to hardwood floors, no draperies, and spic-and-span cleanliness.

Take a Tropical TLC Vacation This December!

The Guanacaste area of Costa Rica beckons you to experience the adventure and fitness trip of a lifetime! A Tropical TLC vacation is just what you need...

Imagine the first five days in a private house on the beach, complete with swimming pool, Costa Rican cuisine, horseback riding, aquacize, stretching, calisthenics, and beach walking, a zip-line canopy tour through the rain forest, and surfing lessons. But wait! Your adventures have only just begun— spend the remaining three days of your vacation at a lodge at the base of an active volcano in the mountainous jungle, where you'll rappel down waterfall cliffs, swim in natural hot springs, and hike through volcanic rain forest!

Contact Tiffany now— current TLC clientele have first dibs on securing a spot for the trip scheduled December 13-20.



Itinerary and Schedule

Saturday— fly into Tamarindo, check into Sugar Beach Hotel, relax at pool and beach, make dinner at “home”

Sunday— make breakfast, sunbathing at pool or beach, aquacize class, lunch at Sugar Beach, more lounging, beach powerwalk, dinner at Sugar Beach

Monday— make breakfast, surfing lessons, lunch at Witch's Rock, shop or lounge at the beach, stretching class, make dinner at home

Tuesday— make breakfast, rain forest zip-line canopy tour, lunch at Sugar Beach, lounging at pool or beach, beach powerwalk and calisthenics, dinner at Marco Polo

Wednesday— make breakfast, surfing lessons, lunch at Mama's Deli, lounging at the beach or shopping, horseback riding, stretching class, make dinner at home

Thursday— breakfast, depart for Arenal, lunch at Mystica Pizza, check-in at Observatory Lodge, lounging at the pool, dinner at La Choza de Laurel, volcano-watching after dark

Friday— breakfast at the Lodge, rappelling/canyoning, lunch at Pure Trek, afternoon at Tabacon Hot Springs pool and spa,

dinner at Lava Lounge, volcano-watching after dark
Saturday— breakfast and hiking at Observatory Lodge, depart back toward the coast, lunch at Cafe Macadamia, depart for USA



Zip-lining through the rain forest canopy AND relaxing? You bet!

Answers To Common Questions

What will it cost? The nature of the trip is all-inclusive, costing approximately \$3,000 per person. This cost includes airfare, lodging, transportation, meals, activities, tips, and airport departure tax. Personal shopping purchases at the airports, stores, shops, and other vendors are left to your discretion.

Do I need to be physically fit? Yes, you must sign off on a waiver which states that you are in good physical health, without medical problems, in order to participate in the trip. By no means do you have to be an elite exerciser or athlete! A Tropical TLC Vacation appeals to a wide spectrum of people who like to be active and use their bodies for adventure. However, the adventurous activities you'll do are physical and exhilarating, so it is important that you have at least a modicum of good physical conditioning.

Is there a minimum age requirement? Yes, you must be at least 25 years old to participate, as the trip is intended to be an adult-oriented vacation.

How big will the group be? The maximum number of participants, including your two hosts, is eight. Thus, there are six spaces available.

Success Story

TLC Fitness client climbs Mount Kilimanjaro!

On June 23, 2008, Tiffany's client, Ellyn Bank, and her husband, John, set out on the adventure of a lifetime—climbing Mount Kilimanjaro! Ellyn came to Tiffany for coaching a few months before the scheduled trip with the express intent to physically condition herself for this grueling feat.

In flatland Chicago, there is no way of subjecting one's self to the lower oxygen level that is experienced when climbing at extremely high elevations like "Kili," as the locals call it. The thinner air up in the mountains makes it harder to get enough oxygen into your lungs and vessels. The result of this is called *mountain sickness* and the symptoms can include extreme fatigue, headache, nausea, and muscle aches. However, lung capacity is trainable, and so is heart capacity. So a person whose lungs and heart have greater working capacities tend to fare better on such a trip than those whose hearts and lungs are untrained.

Therefore, Tiffany devised a weekly workout routine for Ellyn that emphasized a gradual increase in walking endurance and incline to condition her cardiopulmonary capacity. Moreover, during her weekly training sessions with Tiffany, Ellyn was made to wear a backpack with a dumbbell in it to simulate the weight she would have to carry while climbing Kilimanjaro. The dumbbell weight started at 12 pounds and was increased to a 15-pounder after a couple of weeks. Ellyn followed Tiffany's instructions on the other days of the week.

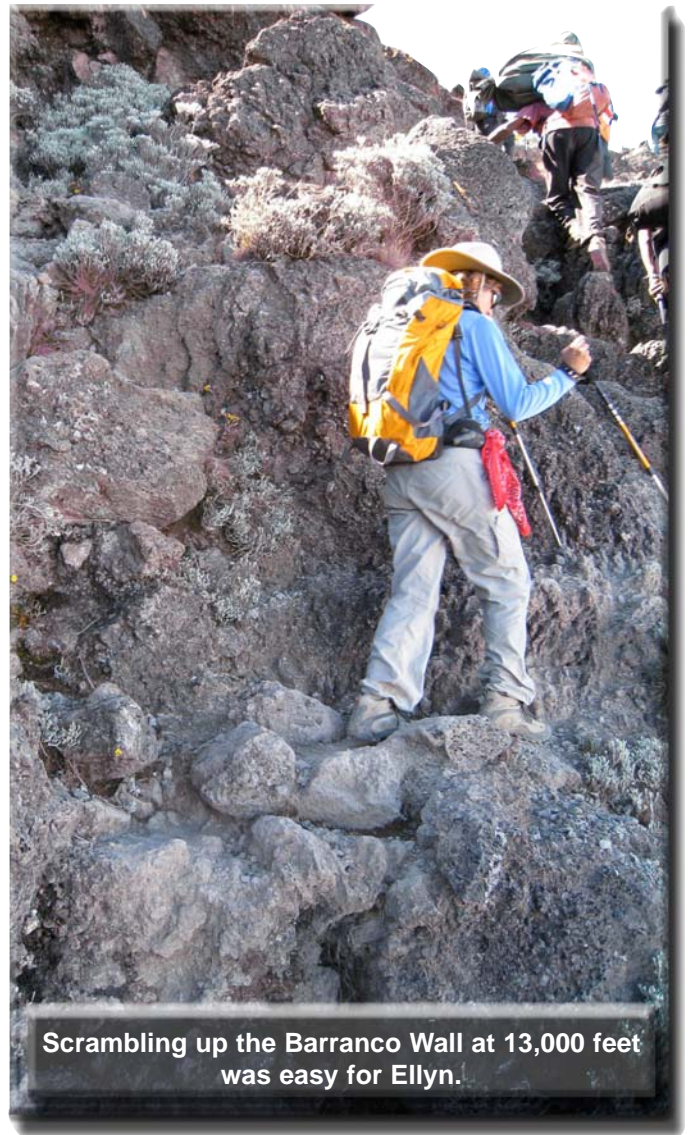


The sky! The glaciers! The unending colors!

"For any physically challenging event, it is always best to train beyond what you will be expected to do," Tiffany explains. "In this case, the incline of the mountain path and the walking pace would be a fraction of what I was making Ellyn do on the treadmill." During any given training session, Ellyn got a flurry of comments, questions, and compliments from other gym-goers who were intrigued by her get-up and the intensity of her routine. Or they would ask Tiffany

privately, "What is she, some kind of adventure athlete?" "As a matter of fact, she is exactly that," Tiffany would reply. "Mount Kilimanjaro." That was all they needed to hear to become wide-eyed with reverence.

This primary goal was supplemented by other, different workouts that would strengthen Ellyn's upper body muscles (hiking with walking sticks uses lots of shoulder and arm muscles) and work her lower body in ways different from the climbing workouts. Thus, a Spinning class, a weightlifting class, and some long, easy walks were regular components of Ellyn's overall exercise schedule. This cross training also gave variety to what would otherwise have been monotony.



Scrambling up the Barranco Wall at 13,000 feet was easy for Ellyn.

Also imperative were the specific stretches and self-massage techniques that Tiffany taught Ellyn, without which she could have been at risk of overuse injuries.

Success Story, cont'd— Kilimanjaro

While it was not uncommon for Ellyn to breathlessly hiss during the hardest part of the Hill Workout, "I hate it! I would never do this without you, Tiffany!" as she struggled through the steepest, most uncomfortable minutes, she was also known to exclaim, "I feel so much stronger!" at the end of her training sessions.

The adventure company that guided the Banks posted daily cybercasts that included journal entries by both Ellyn and John, as well as real-time photos, so Tiffany was able to check the web site each day to follow Ellyn's journey. "I loved reading and seeing what Ellyn was experiencing at the top of Africa!" says Tiffany.

The Banks began their big ascent at a base camp of 12,500 feet. After the first day, John reported, "Ellyn has been doing great. She's very strong and we have to keep holding her back because she's going too fast!" How's that for a TLC testimonial?

Ellyn wrote, "From the bottom you wonder, 'I'm going to do that? How can it be?'" John described one of the early highlights "was climbing the Great Barranco Wall, an optional rock scramble at 13,000 feet, which is challenging for most people but for Ellyn it was quite easy."

On another note, Ellyn shared that "we are lucky to be with the best crew and guides to travel with. They rest, feed, nurture, and guide us really well. They send us off in the morning and greet us when we arrive at camp with good wishes expressed in rhythmic song accompanied by clapping and dancing."

As the couple trekked on through the third day, they reported that some climbers from other groups were suffering from extreme nausea, pulling off to the side of the trail and some turning back, but "We have not had any altitude sickness or soreness. We are required to go slowly, but Julius, our guide, is allowing us to go a little faster than usual. The biggest challenge is the cold."

For the final summit attempt, Ellyn and John had to get up at 1:00 am to begin what would be the most arduous leg of their adventure. They ate several bowls of oatmeal, and despite leaving two hours after other expedition groups departed, the Banks caught up in no time to the procession of headlamps, again proving what an extraordinarily fit couple they are!

"John was doing well, feeling strong, warm, and healthy," Ellyn proudly said of her husband. "It's hard to believe you can take such slow steps and still feel short of breath, but we continued to ascend slowly and steadily, Julius in front of me and Jamba behind, making sure I was okay, and Rodrick our assistant guide, was in the rear, carrying oxygen and an ice axe in case of emergencies." She described that "climbing in the dark has a unique feeling to it and later you wonder if it was a dream!"

They arrived at the summit of 19,340 feet with congratulations, hugs and flashing cameras! The sun soon arose and they could see a magnificent glacier behind them. All told, Ellyn and John Bank climbed the final stretch to the summit in less than four hours, which is a very uncommon and impressive rate.



Sweet, cold success at the top of Africa

During their descent, the temperature became quite hot and they peeled off as many layers as possible. The Banks arrived back at high camp three hours later.

"We were content but exhausted," they wrote in the cybercast, "and celebrated our success with juice and hugs from our proud crew." Once again in civilized surroundings at the hotel, they concluded, "It is almost surreal to be back."

So the next time you think *your* workout is challenging, imagine power walking up a treadmill at 25% incline, and wearing a backpack with an extra 15 pounds in it! Then imagine trekking up a mountain path in frigid temperatures and your camel pack water supply freezing exactly during the last leg of your summit attempt! And don't forget sleeping in sub-zero temps, too... and the wind blowing fiercely. Now *that's* a challenging workout.

Congratulations, Ellyn and John Bank!

For personal fitness and lifestyle coaching over the phone or at the gym, contact Tiffany at (773) 252-6511 or tiffany@tlcfitness.net.



Sorry, Gatorade, you're all washed up

I often eat a yogurt when hunger hits immediately after my workouts. It's not surprising that it just feels right to do so... it turns out that milk is a superior post-workout snack compared to a typical "sports drink" like Gatorade. Studies are showing milk is very effective at doing all the things a typical sports drink is supposed to do, plus more.

The basic functions of a post-workout snack

Sports drinks are strictly simple carbohydrate, which is quick and easy to digest. That's why, historically, such drinks have been relied upon for energy during a workout and immediately afterward. These sugary drinks also contain a good amount of Sodium and Potassium, minerals that are sweated out. And obviously, a watery sports drink is meant to rehydrate a person, too.

Milk contains not only simple carbohydrate, but also a moderate amount of protein, making it the perfect carb-protein ratio that studies are showing to be preferential both after a hard workout, as well as during exercise. Milk replaces the minerals Sodium and Potassium that are lost through sweating. It aids rehydration. It is well-absorbed by the intestines.

Milk, you're all that and more!

To boot, milk speeds recovery from hard workouts, and when consumed within a short time afterward, it optimizes muscle gains. Milk is rich in Vitamin D and Calcium, and studies show those who consume adequate Calcium burn more fat for fuel. Plus, milk is more satisfying on the palate and in the stomach than a purely simple sugar liquid, and it has

On top of all this, milk is inexpensive compared to manufactured sports drinks. And considering it's a better idea to eat real food rather than synthesized products anyway, save your dollars for good workout socks and shoes, not overpriced brand-name drinks.

Don't get blind-sided by hunger

Consuming a carb-protein snack immedi-

ately post-workout will prevent you from being ravenous by the time you can get to a full meal. Usually, there is a gap of time between finishing your workout and getting to food. If you don't have something right away to boost your blood sugar and satiate your appetite a little bit, you set yourself up for disaster. People often let themselves get too hungry after their workouts, causing them to overeat and eat too fast.

So after a vigorous workout, have an appropriately snack-sized, milk-based food with a relaxed state of mind, knowing you will quell your hunger just the right amount so that when you finally have a balanced meal in front of you some time later, you'll feel calm and be less likely to overeat.

Now remember, when your aim is a snack—not a meal—you're not going to fill up your stomach. For an average-sized person, a snack equals 100 to 300 calories, a quantity that should fit in one hand.

Smooth and creamy

Besides straight milk or yogurt, you could alternatively make a small blender smoothie that contains milk, fruit, and perhaps some nut butter (almond, peanut, or cashew). Keep the portion small, though—one cup will likely do. For yummy smoothie recipes, visit the "Recipe" page of www.tlcfitness.net.

But I like soy milk, not cow's milk

For those of us who don't like drinking straight dairy milk, the question begs: would soy milk work just as well? Considering that it has about the same carb-protein ratio as milk does, and that, like dairy milk, it is a complete protein (has all nine essential amino acids), it ought to. However, in one study that compared the efficacy of dairy and soy milks as post-workout snacks, the soy milk drinkers gained significantly more muscle mass than did the carbohydrate beverage drinkers, but less muscle mass than the the milk drinkers.

Sorry, Gatorade, you're all washed up.

Fitness By Phone® — Just how does that work?

Intrigued by the concept of having a 24/7 fitness coach, activity monitors, and a fitness diary, but aren't clear on exactly how we do that?

In a nutshell, Fitness By Phone® can be summed up as a ten-step system:

1. Start wherever you are, fit or unfit.
2. You and I agree on a specific, regular, appointment time for your weekly phone coaching sessions.
3. You phone me at the designated time each week. Calls last about 25 minutes.
4. I teach you how to use your activity monitors and the Fitness Diary.
5. Together on the phone, we set up your exercise sessions for the upcoming week. We set specific exercise goals for you to achieve— type, duration, calories, and heart rate. We take into account what your week is going to be like and schedule rest days, as well.
6. You go through your week, completing your workouts, using the immediate, objective feedback of your HR monitor and Caltrac, and recording the data from your monitors onto your Fitness Diary.
7. If you have any questions, problems, or comments during the week, you can contact me via phone, email, or fax. I will get back to you right away and do “spot coaching” if necessary.
8. Several hours before your phone appointment, you fax or email me your Fitness Diary. I review and analyze it, crunch numbers, and prepare for our appointment.
9. You phone me at the designated time and we discuss your exercise week—where you met your goals, exceeded them, or fell below them. We discuss how the past week went, and set up the upcoming week's workouts, modifying and progressing your goals appropriately.
10. I do not scold, yell, or browbeat you. I am here to help you, teach you, motivate, and progress you.

Functional Product— Caltrac accelerometer

Get excited, knowing how effective your activities are!

This high-tech, easy-to-use piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). The Caltrac is used in Tiffany's Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband and provides you with immediate, objective feedback on the effectiveness of your workout. No more guessing games, wondering whether you're maximizing your efforts or just spinning your wheels to no avail.

“I feel great! I'm so motivated to do my workouts because the Caltrac tells me exactly how effective my workout was! Plus, I've lost 6 inches, 3% body fat, and 10 pounds while using it!”

— Cathryn, 45, Business Executive

A new Caltrac can be purchased with your credit card at www.tlcfitness.net. Go to the “Fitness Products” page. Your credit card information is handled securely by Paypal.



\$75.00

Recipe Box

Bobby's Crushed Tomato Sauce

Serves 4

6 garden-ripe tomatoes (3 yellow, 3 red)
 1/2 c. tightly packed fresh basil, minced
 2 Tbsp. fresh oregano, minced
 2 Tbsp. fresh thyme, minced
 1.5 tsp. coarse sea salt
 1/4 tsp. freshly ground black pepper
 2 large cloves garlic, pressed
 2 Tbsp. olive oil

My husband, Bob Butta, conceived this little piece of summertime bliss one evening while I was writing away on my laptop, out on the terrace. When he came outside with a pair of scissors and started rooting around in the herb garden, asking me which tomatoes were ripe enough to pick, I knew he was up to something- something delicious! Before I knew it, he had crushed and cooked a perfect summer tomato sauce with my homegrown tomatoes and herbs, and dinner was served.



Bobby uses a juicer attachment on our Kitchen Aid Mixer to separate the tomato solids from the juices, and then combines the two products in the saucepan, at which point it should total about six to seven cups. Alternatively, if you do not have such a gadget, you could finely chop the tomatoes on a cutting board. However, we like the result from separating the tomato pulp and juice before cooking it all together.

Place all ingredients into a 2-quart Pyrex saucepan. Bring to a boil, and then reduce to a hard simmer over medium-high heat for about 30 minutes, uncovered. The sauce will reduce and thicken during the cooking process. As the sauce cooks, its aromatic scent will waft through the house and out the windows. That's another way to tell when it's almost done cooking- if you're outside and you can smell it!

Serve over durum semolina linguine with small pieces of fresh mozzarella cheese scattered as a layer between the pasta and the sauce (so it will melt). A nice glass of Syrah and a salad of baby greens, roasted nuts, and Balsamic vinaigrette will round out the meal.

If you need only two servings immediately and wish to save some for a garden-fresh meal in the dead of winter, you can preserve the extra sauce in a 16-oz. canning jar. You must sterilize the jar and lid first. Place the jar, lid, and ring in boiling water for a few minutes, remove with clean tongs, and place on a clean paper towel to dry. As soon as the sauce is finished cooking, pour half the sauce into the jar (it should fill it up), place the lid on top, and secure the ring tightly. Remember to label the jar with the date! Store at room temperature in a cabinet.

Help Spread The Good Life to Others

Do you like The Good Life? Is there someone who you think would enjoy The Good Life, too? I invite you to share their email address with me and I'll send them a FREE subscription to The Good Life, compliments of YOU! I will never abuse their email address, sell it, or share it with anyone else.

Your Comments

Do you have a comment, a question, or perhaps a suggestion? I welcome your comments, so please email them to me at tiffany@tlcfitness.net.

Unsubscribe Information

To unsubscribe, send an email with the word "Unsubscribe" in the subject line.

**(Copyright) 2008 by Tiffany Crate/TLC Fitness Consulting.
All Rights Reserved.**

It is unlawful to reprint any of this publication or host it on your web site without explicit permission.



FITNESS  **BY PHONE**[®]

Fitness is Just A Phone Call Away!