

The Good Life™

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



The United States Declaration of Independence states happiness is an unalienable right endowed by our Creator. Happiness has always been the fundamental root of The Good Life newsletter: to instill in others the realization that our "right" to happiness utterly depends upon our willingness to *choose and make it*. Researchers around the globe continue to investigate what makes people happy, and they constantly conclude that people who donate their money or time to charitable causes are happier because of it.

It is noteworthy that the nation whose Declaration of Independence regards happiness as supremely essential is also the most charitable nation on earth! Year after year, the United States ranks far above all other countries in individual giving—not governmental aid, but rather, individual Americans donating money out of their personal pockets. According to *Giving USA*, 2005 charitable contributions reached an all-time high of \$260.28 billion as Americans rallied to support victims of three gigantic natural disasters (Katrina, Asian Tsunami, and India-Pakistan earthquake).

But wait—we outdid ourselves again in 2006 when Americans contributed \$295.02 billion! It is not big corporate donations that comprise the bulk of this figure. The *United Nations Fund for International Partnerships* reports that "individual giving is always the largest single source of donations (\$199.07 billion)," with the average annual contribution per household being \$1,620.00. Americans give more than twice as much as the second most charitable country (Britain), according to a 2006 comparison done by the *Charities Aid Foundation*.

Where does our happy generosity come from? In his book *Who Really Cares*, author Arthur Brooks writes, "charity is, for most Americans, fundamentally more than just an exchange of money or time. It's an expression of core values." Brooks goes on to explain that in his research, "The big story that's emerging is that happiness must be earned—that we earn it by living our values. The government can make the pursuit of happiness easier, but cannot directly give us any happiness at all."

Yes! That's precisely the same philosophy I espouse through The Good Life—if we want to be happy, we must do happy things, including donating our money, talents, or time to people who truly need it. Even small donations of \$10 from many generous people add up to gigantic charity totals. That's the American Way! Our "can-do" spirit means we do what it takes to get the job done by taking personal responsibility. Let's celebrate that in 2008!

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Celebrating 18 years in Business



In Pursuit of Excellence,

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

Take Tropical TLC Vacation This June!

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 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 rainforest!

Contact Tiffany now— current TLC clientele have first dibs on securing a spot for the trip scheduled June 7-14.



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

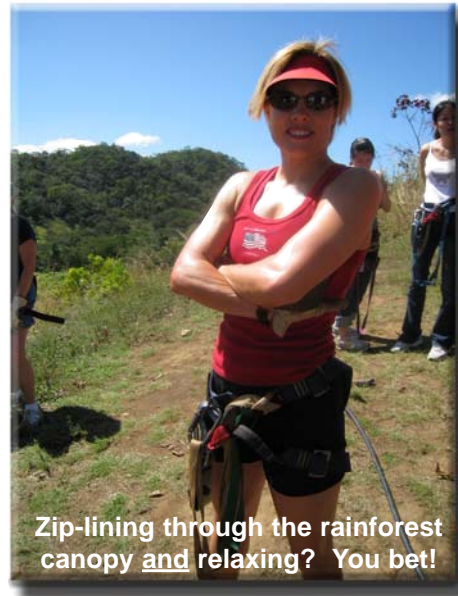
Tuesday— make breakfast, rainforest zip-line canopy tour, lunch at Sugar Beach, lounging at pool or beach, beach powerwalk and calisthenics, dinner at Marco Polo

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 rainforest 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.

Men's Den

Four Easy Habits to Bring Your Body and Mind Out of Hibernation

Hey, fellas! Does your body feel like lead these days? Is your energy level flagging? Do you lack the vigor to get up and go? By the end of February, it's not uncommon to feel as though you're a bear coming out of winter hibernation. In a sense, you are doing just that— winter time brings with it reduced physical activity, increased consumption of big, warm meals, and decreased exposure to the sun's healing powers (unless you've spent your winter in the southern hemisphere). That listless, groggy, foggy malaise can keep a good man down!

Well, I have just the remedy for you. Actually, I offer four remedies:

- > **Walk frequently.**
- > **Drink plenty of lemon-cranberry water.**
- > **Do 15 minutes of calisthenic exercises daily.**
- > **Eat lots of pineapple and tomatoes.**

These four simple steps are doable no matter where you reside. City dwellers and country folk alike can easily implement these strategies. It'll be fun to watch your wife, girlfriend, or kids grow wide-eyed with surprise at your newfound *joie de vivre!* They'll wonder what's gotten into you, but you'll have the distinct pleasure of knowing you are on a special mission: Operation de-Hibernation.

Walk frequently. It's all about small chunks of time adding up to heaps of calories burned. For example, when your wife sweetly asks you to fetch two or three items from the neighborhood grocery on a Sunday morning, don't drive the car there! Those boots are made for walkin' and as long as you have two working legs, walk on over there and schlep those groceries back on home.

Do you realize a 170-lb. man can burn 150 calories just walking 30 minutes round-trip to the store and back? That's encouraging stuff! And you'll feel friskier, having gotten out in the fresh air, and increased your lymphatic and blood flow. Admit it— it lifts your spirits! Now imagine doing an impromptu walk like this most days of the week... by the end of the week, you'll be 900 calories lighter.

You say you live in a high-rise building? Let's make a deal: every time you return home, don't take the elevator— walk up the stairwell. If your schedule has you coming and going a couple of times throughout the day, even better! You'll be ahead of the other guys who only take the stairs once per day. Nothing like some healthy competition.

Drink plenty of lemon-cranberry water. Why, you ask? Because both lemon juice and pure cranberry juice are excellent organ detoxifiers, especially for your GI tract and kidneys, and they are full of antioxidants that defend against cancer and aging.

In a quart-sized pitcher or big water bottle, combine 1/2 cup pure cranberry juice, 1 cup fresh lemon juice, and 2 1/2 cups water. Drink your way through this refreshing beverage all day long. Yes, of course it's tart as heck! But you'll get used to it in no time. Besides, it feels good to behave healthily.

Now here this: do not use cranberry juice cocktail which is sugared-up and has scant cranberry juice in it. You can easily find pure, unsweetened cranberry juice in the juice aisle of any mainstream grocery store. You'll recognize it by its dark, opaque color. Notice the difference between the sugar content of the real stuff (very low) and the kiddy cocktail version (very high).

Fresh-squeezed lemon juice is best, so use a good reamer, juicer, or squeezer. Sounds like extra work, you say? Good! When you're coming out of hibernation, your arms could use some muscle work. You can find the best price for lemons (and limes) at an Hispanic grocery store.

Do 15 minutes of calisthenic exercise daily. Calisthenics require zero equipment, just you and gravity. What man doesn't know how to do push ups and sit ups, anyway? Now add to those some jumping jacks, squats, bridging, planks and side planks (read about these in Move It or Lose It, page 7), and other abdominal exercises, and you'll easily push, pump, and crunch away 15 minutes before you know it. Don't rest between exercises— keep moving. **Cont'd, page 4.**

Men's Den, cont'd— Four Easy Habits

Many clients tell me the hardest thing about getting started with an exercise routine is getting started. They wonder what to do, how much to do, how often to do it, and whether it's even worth it. Trust me, it's worth it! The human body loves to be moved and it revolts against inactivity by plaguing you with sloth-like behavior, excess fat, stringy celery muscles, lifestyle diseases, a low libido, and a lackluster attitude. So let's get to it, Men!

Eat lots of pineapple and tomatoes.

If you're wondering why in the world I am recommending these two particular fruits, I'll tell you.

Pineapple is chock-full of fiber and water, as well as an enzyme called *bromelain*. Bromelain is terrific for your digestive tract, your muscle tissue, your cardiovascular system, your white blood cells, and your joints. Considering that fresh, ripe pineapple offers all of this *and* tastes like nature's candy, who in their right mind wouldn't want to eat this stuff every day?!

I strongly recommend you eat freshly cut-up pineapple, not the canned type. Do not cut into it until it has plenty of yellow color on its exterior, it smells pineapple-y, and when squeezed, it gives a little. When it's ready, cut it up this way: bring the kitchen garbage can over to the sink so you can discard the inedible parts without dripping juice all over the floor. Using a serrated knife, first slice off the top about an inch down from the leaves. Next, position the pineapple vertically and begin slicing off the skin in strips from top to bottom, taking care not to cut away more flesh than necessary. Next turn it on its side and slice off the bottom, about one inch. Now, position it vertically and slice the flesh off the core from top to bottom, in big, thick slabs, until the core is all alone. The most bromelain is actually in the core, so if you don't mind its harder texture, try to eat that, too. If you must, discard the core. Cut up the big slabs of flesh into bite-sized chunks and store them in a large plastic, air-tight container in the frig.

Eat ten or so chunks every day, and plan to buy a pineapple a week. Once you get the hang of deciphering its ripeness, you'll know exactly how to

time your purchase so that when you're down to the last of your cut-up pineapple chunks, the next pineapple on the kitchen counter top will be just about ready to cut into.



Tomatoes contain lycopene, which is splendid for the prostate. Tomatoes are one fruit that are actually better for you when they're cooked rather than raw. This is because the lycopene becomes more bioavailable upon cooking. So the best sources are tomato juice, tomato sauce, and tomato paste.

Studies show that consuming 30 mg. of lycopene daily for three weeks reduces prostate specific antigen (PSA) levels. The higher your PSA level, the more you are at risk for prostate cancer. A mere three weeks! How's that for fast returns on your investment? So aim to ingest 30 mg. a day to safeguard your prostate.

Here are the quantities of lycopene in common, cooked, tomato foods:

1 cup tomato juice - 22 mg
1/2 cup spaghetti sauce - 20 mg
1 cup tomato soup - 13 mg
1/4 cup tomato sauce - 7 mg

To sum it all up, my four-part strategy for de-hibernation aims to get your organ systems moving at a snappier pace, melt away unnecessary fat, firm up your muscles, elevate your mood, boost your energy level, and protect your prostate.

Imagine— after implementing this program for a month, you'll feel like a rubber ball instead of lead! And you'll look so handsome, you'll naturally want to keep it going. After all, if you're into reading *The Good Life*, then you're not your average bear, are you?

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

Ask Tiffany

Q: "Tiffany, what exactly is lactose intolerance?"

— S.O., Chicago, IL

A: "S.O., I'd like to answer your question in the form of a short story, followed by some helpful tips. What would you say if I told you that 70% of the world's adult population is lactose intolerant? It's true! The same milk that we call the all-American drink, is actually the source of many digestive symptoms. Yet, many who exhibit its symptoms haven't a clue that milk might be the cause of their ailing health. Ironic, isn't it?"

Long ago—200 million years—when our mammalian ancestors still relied on hunting down and killing wild animals for sustenance, there was no such thing as an adult beverage called *milk*. A mother's breast milk was the staple food for her baby, and once baby began teething and his mother's milk production slowed down, he was weaned from his mother's milk and began eating the same foods as his parents did. Milk was a temporary food source, meant to supply babies with crucial nutrients to get them through the first year or two of life when they had no teeth and required a specific combination of nutrients for their initial growth. Our *homo sapien* ancestors were anything but picky eaters. They would've tried drinking cow's milk if they had had access to it, but they didn't. Animals were killed for their flesh alone, not for their milk.

Somewhere around 10,000 B.C., humans started domesticating animals (it took them a while to figure out this one). They realized that they could benefit from containing and breeding the animals and drinking their milk as a food source. Strictly killing them for meat made no sense anymore.

Normal genetic makeup at that time included a gene that, after the first couple years of life, stopped the production of *lactase*, the unique enzyme that digests *lactose*, or milk sugar. This made any attempt to drink animal milk a terribly sickening experience (diarrhea, bloating, cramps, constipation, stomach upset, headaches, and heart

burn) for most adults, who lacked the enzyme necessary for digesting milk—the very definition of what we now call *lactose intolerance* (LI). And it is noteworthy that each mammal's milk is unique in its constituent nutrients: lactose, fat, and protein. Human breast milk is very different from cow's milk, which is still different from whale's milk or tiger's milk, etc. This is why it is a serious mistake to replace an infant's breast milk diet with cow's milk!

Those rare individuals who were able to drink animal milk without getting sick had a different gene, one that did not signal the cessation of lactase production after early childhood, but allowed it to continue—referred to as *lactase persistence*. This change was nothing more than a random mutation from the normal LI gene to the new, lactase persistent gene.

As soon as human adults tried to drink animals' milk, the difference between these two genes became obvious: those who had the LI gene that stopped lactase enzyme production couldn't drink milk without getting violently ill, while those who got the lactase persistence gene could. What's more, this particular mutation was dominant. Thus, those who had it lived to produce offspring who also could tolerate drinking milk. Within a few thousand years, the world had split into two groups: those with LI and those with lactase persistence.

So began the custom of drinking fresh milk... and the natural selection pressure toward the lactase persistence gene. Hence, the ability to successfully drink fresh milk began to spread across the globe, corresponding perfectly with those areas of the world where milking animals was possible and fresh milk could be stored in a cool place (western and northern Europe, and later, North America). Today, that correlation still exists—people from Britain, Ireland, and northern and western Europe tend to exhibit lactase persistence, while people who hail from warmer locales like Africa, India, or Australia tend to exhibit LI. Globally, adult lactose intolerance is the norm (70+%), while those who are lactase persistent are fewer in number.

Cont'd, page 6.

Ask Tiffany, cont'd— Lactose Intolerance

As a general rule, most people's lactase enzyme production tapers off with age, making digestion of milk an increasing strain on the digestive system.

What should a lactose intolerant, dairy-lover do? Well, it is recommended that you continue to incorporate dairy products into your eating regimen, rather than omit them entirely. This is because it seems that the less frequently lactose travels through the GI tract, the less lactase enzyme is produced by the intestines, making you even less able to digest milk foods.

This said, don't eat a dairy product all by itself (milk or ice cream on an empty stomach—yikes!). Rather, try to envelop the dairy food within the context of a complete meal consisting of other non-dairy foods. Why? Because the presence and nature of the other foods will slow down the rate at which the lactose travels through the intestines, exposing it for longer periods to lactase enzyme and "friendly" lactose-digesting bacteria.

Next, you can take lactase enzyme pills before and during meals to give your body a

helping hand with the digestion of dairy. Such pills are easily found near the nutrition supplements or pharmacy at the grocery store, or in a health store like GNC. You do not risk overdosing on them since they are a naturally occurring substance, so start by taking one or two with your meal, and see whether you still get symptoms. Some people find these little pills make all the difference, while others swear they could take the whole bottle, but still get symptoms.

Finally, you can choose to go for the types of dairy that naturally have less lactose in them, like milk that has acidophilus bacteria added to it (the carton will broadcast this), goat's milk, higher-fat products like butter, longer-aged products like blue cheese, and fermented dairy foods like yogurt.

Lactose intolerance is often unrecognized and untreated, but armed with the above information and a willingness to experiment a little bit, many people with LI can consume milk *and* live The Good Life!

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.



\$105.00

Price already include taxes, shipping, and handling.

Move It or Lose It — Planks

Target Muscles Abdominals, Ribs, Low Back, Shoulders, Chest

Why Bother?

Want to work your midsection like a fitness pro does? Planks mimic real-life demands on the core musculature that encircles your waist. This built-in corset around your waist gives you spine stabilization and balance no matter how the body is positioned.

How To Do It

- Planks utilize the kind of muscle contraction that we call "isometric," meaning that the working muscles hold tension while remaining the same length. Thus, there is no dynamic movement involved, but rather, a stationary position is held.
- Since maintaining the plank requires concentration and patience, remember to breathe slowly and steadily throughout the exercise. Don't hold your breath.
- Begin in the **Modified Plank position (a)** with your hips bent, forming an inverted V shape. This is easier and will prime your nervous system for the more challenging **Flat Plank (b)**. Additionally, the Modified Plank is the preferred version for anybody whose abdominals and low back are weak and uncoordinated due to poor posture, previous injuries, being bed-ridden, or just living a sedentary lifestyle.
- Transition to the Flat Plank by gradually lowering your hips until they are in alignment with your shoulders and knees. Keep your knees stiff and straight, your head aligned with your spine, and your elbows at 90° angles. Maintain tension in your abs by visualizing your abdominal muscles flattening inward, against your organs.
- After a brief rest, try the **Side Plank (c)**. Prop yourself up on your side, using one elbow and both feet as contact points. You'll find it helpful to split your feet such that your top foot is slightly in front of your bottom foot. Keep your head aligned with your spine (no drooping head). The side of your waist that is close to the floor is the area doing the work. The Side Plank is more difficult than the Flat Plank because you are using only one shoulder to hold the weight of your upper body. Repeat on your other side.
- If your low back feels strained, it's because your abs have cashed in their chips and must rest, so return to the Modified Plank— do not "push through" pain.
- To measure your progress, time yourself in each Plank position. If you practice your Planks about three days a week, you will be able to hold them for longer periods of time. Most of my clients eventually build up to about 60 seconds.



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 March 2008 Green Card to...

Shaunagh O'Connor!

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

Delicious Quote

“The smallest feline is a masterpiece.”

— *Leonardo da Vinci, inventor, scientist, and artist, 1452 - 1519*

Success Story

“I started working with Tiffany in preparation for my wedding with the goal of looking trimmer and getting fit. I liked Tiffany's businesslike, but kind, attitude from the start. It quickly became clear that she was an expert in the fitness field and could motivate me to accomplish my goals. She certainly knew more about what I was capable of than I did.

Although nothing comes easy and there's no "quick fix," I saw great results quickly and started to feel more energetic and healthier. My clothes fit much better and I even started wearing jeans and a business suit that I hadn't been able to wear in two years! I felt fit, strong and confident on my wedding day— thanks to Tiffany's encouragement and training. Now my goal is to live a healthier life for the long haul and I look forward to continuing working with Tiffany to accomplish it.”

“My clothes fit much better and I even started wearing jeans and a business suit that I hadn't been able to wear in two years!”

— **Leslie, 35, Chicago IL**

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.

Earn a FREE Consult with Tiffany!

Most everybody would like a little guidance and support with *something* in life:

- breaking the diet-binge cycle • setting up exercise goals • creating a menu plan •
- sculpting a particular area of the body • sprucing up & organizing your schedule •

The first person to email me a response to this offer with the subject line, “**I want your expertise**” will receive a complimentary 30-minute telephone consult. You must be a new client. If you are the first respondent, you will be notified by March 5 and your consult session will be scheduled.

Good luck!
tiffany@tlcfitness.net

Recipe Box

Tropical Mexican Bowl

2/3 c. canned black beans, rinsed
 3 Tbsp. queso fresco (Mexican farmer's cheese)
 1/4 c. cilantro, chopped
 3/4 c. pineapple cubes, fresh-cut
 generous drizzle of Truffle Citrus Dressing (see below)
 El Milagro salted tortilla chips

One recent afternoon, I was rummaging through the refrigerator for a quick lunch. I wanted a one-dish meal in a bowl, and I ended up creating this delicious, tropical, fast-food.

In a soup bowl, place the black beans. Mash them a little bit so that some beans remain whole. Crumble the queso fresco over the beans, followed by the chopped cilantro. Arrange the pineapple cubes around the perimeter. Generously drizzle the Truffle Citrus dressing all over it. It's a loose dressing, not thick, thus it contacts everything in the bowl. Stretch some plastic wrap over the top of the bowl and microwave it for a few minutes until it's heated through. Remove the plastic wrap, set the bowl on a dinner plate, and serve a pile of tortilla chips on the plate, next to the bowl. Also decorate the perimeter of the bowl with the chips. Satisfying and delicious!

Truffle Citrus dressing

(makes 1 cup)

Giving credit where credit is due, this dressing is something I adapted slightly from a vinaigrette I learned how to make on the cooking program *Simply Ming*.

1 Tbsp. shallots, minced
 1/2 Tbsp. Dijon mustard
 1/4 c. fresh lemon juice
 1/4 c. fresh lime juice
 1/4 c. black or white truffle oil
 1/4 c. olive oil
 sea salt and freshly ground black pepper, to taste

Blend all ingredients in the blender until smooth. Add some sea salt and freshly ground black pepper to taste.

When your frig and pantry are well-stocked with your favorite essentials, creating a one-dish meal in a bowl is fast food at its finest!



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.

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Fitness is Just A Phone Call Away!