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# INTRODUCTION

Why is it so difficult to lose weight and keep it off? The answers to this enigma lie in a number of biological, psychological, social and environmental factors. Scientific studies show that maintaining good eating habits and a healthy lifestyle for at least five years is an essential prerequisite to achieving and maintaining a healthy weight over the long term – two challenges that, in the end, are virtually one and the same.

When it comes to dealing with excess weight and obesity, there is a clear consensus: you have to provide your body with nourishment and, most of all, you must not resort to deprivation. No food on its own has the power to make someone gain weight. Rather, it is the larger portion size ingested and the nutritional imbalances that result which lead to weight gain. How you deal with your emotions along with a lack of daily physical exercise are the other culprits that make it difficult to lose and maintain your weight. You also have to deprogram yourself from your dieting doctrine. The key to success lies in visualizing this adventure as a philosophy for life, in which you learn how to take pleasure in eating a wide variety of healthy foods and to pay attention to your hunger and satiation signals.

The most effective approach for reducing and stabilizing your weight combines a reduction in daily calorie intake with increased physical activity and, if necessary, behavioral therapy. This approach should also allow you to eat in the same fashion, whether at home, at a restaurant, at a friend's, on vacation, or anywhere else.

We have written this book to simplify your daily life and help you achieve your healthy weight while respecting body diversity, and without following a restrictive diet. We hope you will enjoy reading this book, which we have diligently assembled with a great deal of enthusiasm, respect and love.

# DAY 1

## BREAKFAST .....



Spinach Omelet with Smoked Salmon (p. 104)  
½ cup (125 ml) milk or soy milk

### **Snack**

1 small banana  
1 small handful almonds



## LUNCH .....



Curried Lentil Spinach Soup (p. 118)  
Zucchini Lasagna with Seafood (p. 136)

### **Snack**

1 portion Dark Chocolate Delight (p. 168)  
1 apple



## DINNER .....



Grilled Chicken Brochettes (p. 138)  
served with a Greek salad  
and ½ cup (125 ml) brown rice

### **Snack**

2 clementines  
¼ cup (60 ml) walnuts



# CHICKEN

## Quesadillas

4 quesadillas • **PREPARATION:** 10 minutes • **COOKING TIME:** 10 minutes

### INGREDIENTS

4 6 inch (15 cm) whole wheat tortillas

6 oz (175 g) Monterey Jack or provolone cheese, sliced, divided

2 cups (500 ml) shredded cooked chicken

1 cup (250 ml) baby spinach leaves, coarsely chopped

¼ cup (60 ml) canned black beans, drained and rinsed

1 red bell pepper, seeded and cut in thin strips

### METHOD

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

Lay tortillas on work surface. Divide half the cheese into 4 equal portions and place one portion on half of each tortilla.

In a bowl, mix together shredded cooked chicken, spinach, beans, bell pepper and remaining cheese. Place mixture on tortillas. Fold each tortilla in half and press gently to seal closed.

Arrange quesadillas on prepared baking sheet. Grill in preheated oven for 10 minutes, turning tortillas half way through cooking.

Cut each quesadilla in half and serve.



### VARIATION

Replace chicken with shredded pork.

| Nutrition Facts<br>Per tortilla |               |
|---------------------------------|---------------|
| Amount                          | % Daily Value |
| Calories 420                    |               |
| Fat 20 g                        | 31%           |
| Saturated 9 g                   | 45%           |
| + Trans 0 g                     |               |
| Polyunsaturates 1.5 g           |               |
| Omega-6 1 g                     |               |
| Omega-3 0.2 g                   |               |
| Monounsaturates 5 g             |               |
| Cholesterol 80 mg               | 27%           |
| Sodium 810 mg                   | 34%           |
| Potassium 330 mg                | 9%            |
| Carbohydrate 27 g               | 9%            |
| Fiber 4 g                       | 16%           |
| Sugar 1 g                       |               |
| Protein 33 g                    |               |
| Vitamin A 247 RE                | 25%           |
| Vitamin C 37 mg                 | 60%           |
| Calcium 376 mg                  | 35%           |
| Iron 2.6 mg                     | 20%           |
| Phosphorus 367.1 mg             | 35%           |

