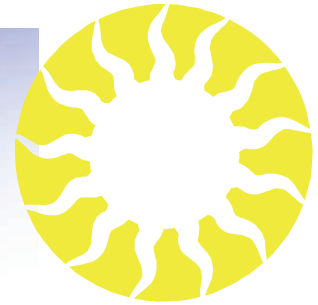


# Lose It... Surviving Summer Barbecues



HOW CAN I HAVE FUN at get-togethers like barbecues while I am trying to “LOSE IT”? Is such a thing even possible?

**YOU BET!**

Try some of these tasty, light menu ideas:

■ Appetizers:

- Baked chips . . . delightfully crunchy!
- Baked corn chips with SALSA
- Reduced fat crackers spread with fat free cream cheese mixed with minced green onions or chopped chives
- Raw vegetable tray with fat free dip (fat free dry dip mix + fat free sour cream; may use onion powder, garlic powder, dill, chives, etc., instead of dip mix)

■ For the grill:

- Boneless skinless chicken breasts (brush with BBQ sauce when close to done)
- Turkey burgers, using lean ground turkey (add chopped onions, pepper &  $\leq 1/4$  tsp. of salt per pound of meat); may brush with honey-dijon when close to done
- Low fat hot dogs ( $\leq 2$  grams of fat per dog)
- Ground chuck or ground sirloin for beef burgers
- Pork loin, fat trimmed off



■ Side Dishes

- Baked beans (season with turkey bacon)
- Corn on the cob (in foil) with fat free spray margarine
- Vegetables in a foil pouch (zucchini or yellow squash, mushrooms, onions, red bell pepper, broccoli, etc.)
- Stewed tomatoes



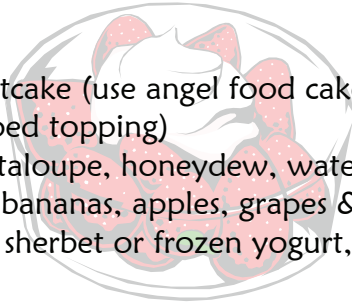
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- Beverages
  - Iced Tea with lemon & diet sweetener
  - Sugar-free lemonade or other flavors
  - Diet soft drinks



- Desserts
  - Light Strawberry Shortcake (use angel food cake, diet sweetener on the strawberries & fat free whipped topping)
  - Fresh Fruit Bowl (cantaloupe, honeydew, watermelon, strawberries, peaches, pineapple, blueberries, bananas, apples, grapes &/or oranges)
  - Fruit Smoothie (milk, sherbet or frozen yogurt, fruit)



Modify your favorite recipes by using low fat ingredients or use a low-calorie cook-book. Take tiny portions of higher-calorie foods.

## Take time to play!

- Take a Walk or Hike . . . Chase Butterflies



- Play Volleyball or badminton



- Play softball

