



# Conquer Food Newsletter

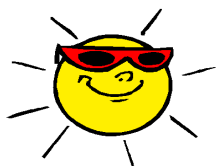
## Dear Friends,

SPRING/SUMMER 2011

### Staying lean during lean times

Just because money is tight, your clothes don't have to be. Today's more conservative mood gives you an opportunity to concentrate on simple things that really matter - like the company of others and a healthy and delicious meal. You can fill up on the ambiance, not the food.

1. **Share a meal.** Consider ordering one appetizer & one entrée to share. You may think its not going to be enough but you will realize afterwards it was just fine.
2. **Brown-Bag it.** Save money while controlling portion size by planning ahead.
3. **Buy the lunch special.** Feel free to order it but do take home some of it for another meal (or two).
4. **Soup's on.** Order it.
5. **Take a walk and save money.** If you have time to walk....walk.
6. **Consider taking the stairs** up one flight or down two.
7. **Reward yourself for being frugal.** Put into a jar the money you would have spent for extra food and spend it on something that will last.
8. **Be creative.** Meet at a museum rather than a restaurant.



Winter snow is melting, the temperature is rising and Spring is in the air. Can Summer be far behind?

If you're already treating your unstructured weekend time differently than your more structured weekday hours when it comes to eating, check out this newsletter.

Passport to sensible eating has some Before, During, and After things you

can do when traveling on vacation.

Lots of tips and tactics to incorporate into your life so you'll return from your summer/weekend get away wearing the same sized clothes you packed for the trip. You might even come back smaller, if that is your plan.

Onward and downward,

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*FREE No - Obligation Consultation. Available to all - Call 212-986-7155 to find out more.*

### Passport to Sensible Eating

Dear Traveler,

Whether you're going to the south of France, South America or South Dakota, traveling almost always means extra eating - which may mean extra pounds.

There are two reasons for this. One is that - whether traveling for business for pleasure - you're susceptible to an almost overwhelming array of scrumptious choices, out-of-the-way three-star restaurants, local festivals, and roadside eateries. Over laden buffets and exotic snacks further sabotage your best weight-maintaining efforts.

The second travel trap in more subtle, and therefore more dangerous. On many vacation plans, you pay for food whether or not you eat it. And business trips are famous for the "expense account" syndrome - exuberant

repasts where the company picks up the tab. Both bring on the "it's-paid-for-so-I-might-as-well-eat-it" syndrome which, in turn, brings on extra pounds.

What's the solution to the traveler's eating dilemma? Anticipating and planning your trip. With just a bit of thinking ahead, you can sample the locale fare, meet your quota of business meals, dine with friends at the bistro and still maintain your weight - even lose weight.

Passport to Sensible Eating on the Go will help you to do this; it offers tips on sensible, yet enjoyable travel eating. Bon Voyage! Bon Appetit!



### First Course:

Packing, Unpacking & Not Packing

#### Do Pack:

1. Your scale.
2. Your log book.
3. Well fitted clothes.
4. A belt with a buckle is also a terrific thing to pack.
5. Something special (example, lingerie, sachet, candle, favorite CD).
6. Walking shoes.
7. Audio books for walking.
8. Take along bottled water if you're not flying. Put a straw in the bottle; sip don't gulp.
9. Pants and skirts with waistbands.

#### What Not to Pack:

Don't take along too many loose-and-easy clothes -- they only give you room and the opportunity to grow into them. (Make sure your travel wardrobe is made up mostly of clothes that fit.)

Do not pack elastic waisted pants (and skirts).

(continued)

### Food for Thought:

*Put your heart, mind, intellect, and soul even to your smallest acts. That is the secret of success*

- Swami Sivananda

# Passport to Sensible Eating on The Go (continued)

## Second Course:

### Asserting Yourself

1. Tell the concierge, bellman or room clerk what you need.
2. Bring your own food for the plane ride.
3. Pack a picnic when you're traveling by car or train.
4. Order a la carte
5. Make your preference known
6. Drink, but don't always have a drink.
7. Turkey, hard boiled eggs, and miniature shredded wheat travel well.

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FOCUS

## Have you lost your weight loss focus?

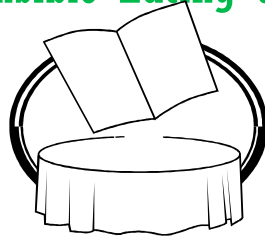
- Have you stopped keeping your food log?
- Are you skirting your goal but can't seem to land on it?
- Are you choosing Bread or Beverage or Dessert or Alcohol, one of four or none? Or not?

If you've stopped reading your notes, stopped thinking ahead and planning ahead, haven't had an all vegetable or soup meal in a few weeks, you might want to schedule an appointment or two or more to get you back on track.

If you've had Program slippage, you'll want to hear the words again -- 212-986-7155 or email Caryl@ConquerFood.com.

Ask about telephone sessions if you're out of the city (or country).

If you do The Program it works. When you stop doing it, it stops working.



## ThiRd Course:

### Taking in the Waters

- Drink 6 to 8 glasses of water each day.
- Water with meals.
- Water between meals.
- Soak in water with luxurious baths and showers.
- Water in lieu of eating when not hungry.
- Swim in the ocean.
- Soak in a hot tub.
- Steam in a shower.
- Take a bubble bath.
- Bake in a Sauna.

## Fourth Course:

### Getting Physical

1. Walk, don't run
2. Choose a walking or biking tour of the city you visit.
3. Select a restaurant within walking distance
4. Pretend the elevator is out of order.
5. Walk up one flight; down two.
6. Get off a stop early (bus or subway) and walk the rest of the way.
7. Take a different route home rather than the usual. Add extra blocks.

Nothing is particularly hard if you divide it into small jobs.

- Henry Ford

### Do positive things:

- Cheer yourself on
- Fill up on scenery
- Breathe deeply
- Take a Nap
- Read Something fun
- Look at the view
- Smell the roses
- Indulge in a Massage
- Get a Manicure/Pedicure

- Catch Some Sun
- Close Your Eyes and Dream
- Pick up seashells on the seashore



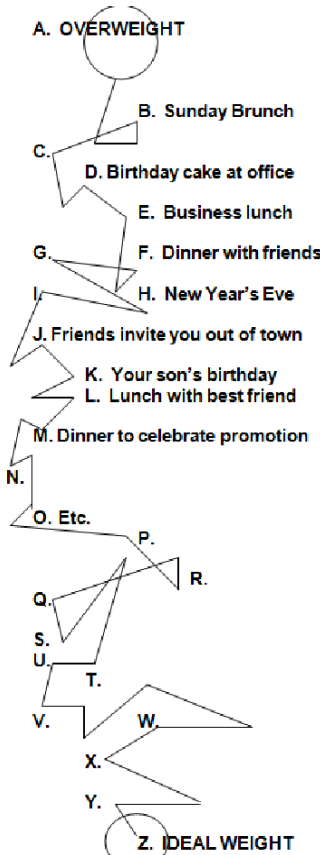
## Exception to the rule

1. The fantasy some people believe is that others travel from A to Z on a straight weight loss path.
2. The reality is that all people travel from A to Z by stopping off at B thru Y.
3. Hopefully, you'll learn from each stumble and think about what you could do *next time*.

In that way you'll eventually have fewer exceptions and find it easier to reach your weight loss goal and to stay there.

**Begin now -- not tomorrow, not next week, but today -- to seize the moment and make this day count.**

- Ellen Kriedman



## Sixth Course:

### Taking Your Show on the Road

1. Vary your breakfasts
2. Have Meatless meals
3. Eat with Utensils
4. Create a relaxing twenty-minute meal no matter where you are.

If you have not received any of the previous Newsletters, they are available at [www.conquerfood.com](http://www.conquerfood.com) to download for free.