

Fall Reset Intensive. We share a daily quote, a tip for your personal inspiration on health and vitality, plus a recipe or legal cocktail to keep you motivated and on track.



BEAUTY & THE BEAST *Now*

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Diane Vetterlein & LynAnn King
WeightLoss Success Coaches

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Fall Reset Intensive - Getting Back on Track



The journey continues . . .

Inspirational Quote of the Day

"Salsa is actually good for your health. Find ways to include salsa without the normal corn chips." ~ Diane & LynAnn

Tip of the Day

Fresh Salsa is wonderful.

Salsa is usually comprised of a combination of tomatoes, chili peppers, onion, and spices.

Besides being a tasty addition to multiple meal configurations, it boasts significant nutrition benefits:

- **Low in calories** - a serving of salsa has just 10 calories for 2 tablespoons of heaven. You could double up or even triple your portion size without having to fret over the calories.
- **Rich in Lycopenes** - these are a type of antioxidant found in tomatoes, and even more so in cooked tomatoes. Although homemade salsa recipes are usually made with fresh tomatoes, the jarred stuff you buy in the supermarket is always cooked. Although the main intention is to increase shelf life, in this case, the extra processing is actually a nutritional benefit too.
- **No unhealthy fats** - in fact, no fats at all!
- **Healthy spices** - depending on the salsa you buy, you may encounter chilis, cumin, cilantro, and other herbs and spices. Each boasts various health benefits

As always, it's best to buy organic when you can.



Salsa

Recipe or Cocktail (legal) of Day - Organic Fresh Salsa

Ways to Use Fresh Salsa

Sometimes, it's just easier to buy something... Salsa is one of those. I do know one person who prefers to make their own, but we are stretching in this one to say, simply buy it. *Buy organic when you can.*



Fresh Salsa



Grilled Chicken with Salsa



Grilled Salmon with Salsa (papaya option)



Hamburger with Salsa

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