



Fitness ~ Wellness

# Healthblast

## Health Tips, Happenings & Recipes

### LUNCH & LEARN II

Join us Wednesday May 9<sup>th</sup> @ Noon

#### TIPS TO STRIP THAT FAT!

1. Add in a **different form of Exercise**. Don't get stuck on the treadmill, lifting weights, Yoga or Pilates. Diversify!
2. **Try a 'Cardio' drill** you have not done before. Jump rope, slide board, hurdles. Short burst duration cardios not only get the heart racing to improve stroke volume (blood flow, heart strength), but improve coordination, agility, hand eye coordination, and balance.
3. **Get Outside!** Go for a walk or hit a park for some hills and terrain.
4. **Intermittently Fast**. I'm not talking about a hunger strike but try not putting anything in your stomach for the first 4-6 hours upon waking up. Give your organs a chance to cleanse, enter [Ketosis](#) and convert stored fat into fuel. Herbal Teas accepted and good for the detoxing and cleansing the body.

#### 10 Day Slim Down Program for Losing Weight and Feeling Great

with **Adi Shamir** Integrative Nutrition Health Coach

- Top Fat Burning Foods
- Top Gut Healing Foods
- Top Anti-Inflammatory Foods
- Top Hormone Balancing Foods



...AND

#### Kirk Johnson

- Conditions that can affect Metabolism
- Proper Nutritional Supplements
- Continuing Lifestyle Changes after the 10-day program

#### FREE FOOD!

Energy balls, smoked chicken, soup, salad, juicing demo

Fitness Alliance offers a full spectrum of lifestyle strategies.



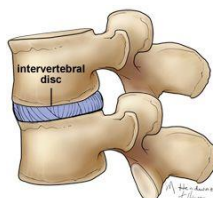
Fitness Alliance 15445 Metcalf

#### FAST FACTS

Fat is not bad but the preferred choice of fuel for the human body. Get your sources from fruits like olive, coconut, avocado and meat sources like wild fish, grass-fed beef, pastured chicken.

Protect those discs! Starting out as nice cushions early in life, their thickness decreases as we age. Choose activities that do not promote harm or premature degeneration. They have three primary functions:

- They act as shock absorbers in the spine, positioned between each bony vertebra.
- They act as tough ligaments that hold the vertebrae of the spine together.
- They are cartilaginous joints that allow for slight mobility in the spine.



#### TRAINER SPOTLIGHT

#### ANGELA STALLINGS

Angela has been with Fitness Alliance since August of 2016. Nicknamed our Rockstar Trainer, her areas of specialty are focused one-on-ones, small groups, and pre/post-natal Yoga.

Always conveying and exuding a healthy lifestyle and sharing nutrition strategies, she is the perfect example of going above and beyond the typical personal training session.

Give her a shout to get on her schedule or refer her to someone you would like to see get started.

417-294-4982

**Meatballs Rock! Most have breadcrumbs in them which do not rock. And, this recipe is on a bed of cauliflower puree, which also rocks! Try it out. Credit, Paleo Magazine**

# Marinara Meatballs with Herbed Cauliflower Purée

SERVES 4-6

## LIST of INGREDIENTS

### *for the meatballs and sauce:*

- 1 lb ground pork
- 1/2 lb ground beef
- 1 large egg
- 1 TBSP parsley, *finely chopped*
- 1 TBSP Italian seasoning
- Sea salt and black pepper, *to taste*
- 2 TBSP coconut oil
- 1/2 medium yellow onion, *finely chopped*
- 2 cloves garlic, *minced or finely grated*
- 1 (28-oz) can crushed tomatoes

### *for the cauliflower puree:*

- 1 cup chicken broth
- 1 tsp sea salt
- 1 large head cauliflower, *cut into florets*
- 1 TBSP olive oil
- 1 TBSP coconut oil
- 1 tsp fresh thyme, *finely chopped*
- 1/2 tsp dried basil

## the METHOD

- 1** Preheat the oven to 400°F. Line a large baking sheet with parchment paper.
- 2** In a large bowl, combine the pork, beef, egg, parsley, Italian seasoning, and a generous pinch of salt and pepper. Form the mixture into 1-1/2 inch balls and place on the baking sheet. Bake for about 20 minutes, or until cooked throughout.
- 3** Meanwhile, make the marinara sauce: Heat the coconut oil in a large pot set over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes. Add the garlic and sauté for 1 minute. Add the tomatoes and bring to a rapid simmer. Reduce heat to low, cover, and simmer for 15-20 minutes. Season to taste with salt and pepper. Remove from heat. Add the cooked meatballs to the sauce after they've baked in the oven. Cover to keep warm.
- 4** Make the cauliflower puree: Bring the broth and salt to a boil in a medium pot set over high heat. Add the cauliflower and bring back to a boil. Reduce heat to low, cover, and cook until tender, 10-15 minutes. Using a slotted spoon, transfer the cauliflower to a food processor. Add 2-3 tablespoons of the cooking liquid. Purée until smooth. Add the olive oil, coconut oil, thyme, and basil. Pulse to combine. Taste and add additional salt, if desired.
- 5** Serve the cauliflower purée topped with the marinara meatballs.

