WEEK 06 NEWS

25 FITTRIP RX
YEARS OF TRANSFORMATION

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SNACKING STRATEGY

NUTRITION WORKSHOP

CHOCOLATE TRUFFLES

Snacking Strategy

This week, Alissa Palladino, RDN, will share tips on how to snack smart. But how do you know if you need to find new habits? Here are some signs that you might benefit from a new snacking strategy:

1. *You find your energy crashing between meals or even after having a snack. You might not be timing your food intake right to keep your energy up through the day.*
2. *You feel really hungry before bed. You might need to adjust your daytime bites to make sure you're getting enough fuel.*
3. *Even after you eat a snack, you still want more. You might need to get a different mix of macronutrients to keep you feeling full.*
4. *You find yourself munching on auto-pilot. Mindful eating can help you feel more satisfied, and it can even become its own kind of meditation practice – good for your body and your brain!*

If any of these resonate with you, make sure you tune in to Snack Smart this Tuesday at 1:00 pm ET, or watch the recording afterwards!

TRAINER TIP:

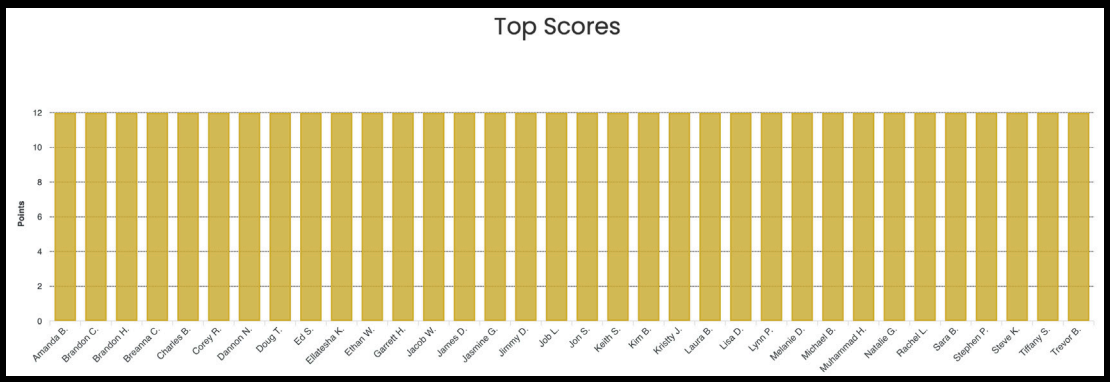
Registered Dietitian Alissa Palladino brings you tips on how to Snack Smart. Learn the role that snacks play in a healthy eating pattern and get to know the 7 steps to make your snack habits work for you and your health goals. We discuss the principles of timing, balance and portion-control, the importance of planning ahead, and considerations for pre and post exercise snacks. You will gain healthy, easy, go-to snack ideas as well as recipes.

You will receive a copy of the recording and slides in your inbox, even if you don't attend live!

Earn your point for this workshop by attending live or watching the recording.

Alissa Palladino
RD, LDN, CPT

LEADERBOARD:



Each week, the scores are updated online! Watch your progress as you earn weekly points. Remember you have until midnight each Monday to log the previous week.

Check out the full scores and see where you stand at www.fittriprx.com/leaderboard

WORKOUT PREVIEW:

Remember to log your workouts in the CHU app! Here's a preview of the moves you'll be doing:

LOWER BODY

- *Squat*
- *Walking Lunge*
- *Romanian Deadlift*
- *Hip Thrust*
- *Step Up*
- *Squat Jump*

UPPER BODY

- *Push Up*
- *Bent Over Row*
- *Standing Shoulder Press*
- *Bench Dip*
- *Renegade Row*
- *Plank to Push Up*
- *Superman*

Remember to reach out to your coach with any questions!

RECIPE OF THE WEEK:

Chocolate Chickpea Truffles

Makes 18 serving

Ingredients:

- *1 13.5 oz can of chickpeas (drained and rinsed)*
- *1/2 cup nut or seed butter*
- *1 cup vegan dark chocolate chips (melted)*

For Coating:

- *1 cup vegan dark chocolate chips (melted)*
- *1 tbsp coconut oil*

Optional toppings

- *Cacao nibs*
- *Goji berries*
- *sprinkles*
- *shredded coconut*
- *nuts/seeds*
- *freeze dried fruits*

Directions:

1. *Drain and rinse one can of chickpeas. Then melt 1 cup of dark chocolate in the microwave or on the stovetop in a double broiler.*
2. *Add the chickpeas, nut butter, and melted chocolate chips to a food processor or blender and blend for about 45-60 seconds or until ingredients are well incorporated.*
3. *Line a baking sheet with parchment paper. Using a cookie scoop, scoop the batter and place onto the lined baking sheet. Place in the freezer for about 15-20 minutes. Remove from the freezer and roll the dough into smooth balls. Place back in the freezer for 10 minutes to harden again.*
4. *While waiting, melt additional dark chocolate with coconut oil for dipping. Remove the truffles from the freezer and coat them well with the chocolate and any other additional toppings. Return them to the lined baking sheet and into the freezer to harden completely.*
5. *Once completely hardened, remove from the freezer and store in the fridge. Enjoy within 7-10 days if kept in the fridge or 30-60 days if kept in the freezer.*

"Take care of your body. It's the only place you have to live."

- Jim Rohn