

Support Group Minutes 5/10/18

- Brian from Bode was the guest speaker who provided many tips and tricks; and demonstrated some exercise routines
 - 70-80% of weight loss is all about nutrition; the rest is about movement and mindset
 - Quality workouts are more important than quantity of workout
 - When working out give more fuel to workout smarter
 - Keep it simple and just move
 - Shorter, high intensity exercise is better than lower intensity
 - Brian stated we could possibly hold one of our support group meetings at his gym
 - Brian provided everyone a card and offered 1 free week (Tuesdays and Thursdays are low intensity)
 - He suggested everyone adding something small to their workout that they already do (for example, add squats to a walk outside)
 - Suggestion of taking small steps to working out- such as adding marching in place during commercial breaks while watching a TV show
 - Brian challenged everyone to do a 8 Minute Mission (workout below)
 - Try starting this 3 times a week for 8 minutes (not back to back days) and start with 10-15 reps.
 - If you do not get through it in 8 minutes, just stop where you are. If you get through it in under 8 minutes, start over until the 8 minutes are up.
 - Increase your reps the next week.
 - **8 Minute Mission:**
 - Squats (watch knees- in line with toes, weight on heels, stick cheeks out first and then squat)
 - Progression 1: Chair Squat
 - Progression 2: Bodyweight Squat
 - Progression 3: Resisted Squat (with weight)
 - Push-up
 - Progression 1: Elevated Counter Push-up
 - Progression 2: Bodyweight Push-up
 - Progression 3: Decline Push-up
 - Single Arm Rows
 - Up resistance to increase difficulty (use milk jug, soup can)
 - Thruster/Shoulder Press
 - Progression 1: Overhead Press
 - Progression 2: Chair Squat to Press
 - Progression 3: Bodyweight Squat to Press
 - Lateral Shoulder Raises (seated or standing; shoulder height; if shoulders hurt go to bicep curl)
 - Up resistance to increase difficulty
 - Plank (squeeze cheeks, back flat, head in neutral position)
 - Progression 1: Elevated Plank on forearms
 - Progression 2: Bodyweight Plank
 - Progression 3: Plank to Push-up
- Recipe: **Chicken Tzatziki Bowl**

INGREDIENTS:

For the chicken:

- 1 pound boneless, skinless chicken thighs
- 1/4 cup 1% plain Greek yogurt
- 1 teaspoon olive oil
- 1/2 tablespoon red wine vinegar
- 2 cloves garlic, finely chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground turmeric
- 3/4 teaspoon kosher salt, plus more for sprinkling
- 1/8 teaspoon red pepper flakes (optional)
- Freshly cracked black pepper

For the salad:

- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- Kosher salt and freshly cracked black pepper
- 3 Persian cucumbers, thinly sliced
- 1 cup (145 g) cherry tomatoes, halved
- ¼ red onion, thinly sliced

For the bowls:

- 2 cups cooked quinoa
- 1 cup Skinny [Tzatziki](#) (from my blog)
- 1/4 cup authentic feta (the kind that comes in brine), crumbled
- 12 smashed castelvetrano olives

DIRECTIONS:

To make the chicken:

1. Cut the chicken thighs into 1-inch (2.5-cm) pieces.
2. In a large bowl, whisk together the yogurt, oil, vinegar, garlic, oregano, turmeric, salt, and red pepper flakes.
3. Add the chicken and stir to coat. Cover and marinate in the refrigerator for at least 1 hour and up to 8 hours.
4. Preheat an outdoor grill or grill pan to medium-low heat.
5. Thread the chicken pieces among 4 wooden or metal skewers, discarding the marinade in the bowl.
6. Sprinkle with salt and pepper.
7. Grill the chicken, turning the skewers occasionally, until golden brown and cooked through in the center, about 15 minutes.

To make the salad:

1. In a medium bowl, whisk together the oil and vinegar and season with salt and pepper.
2. Add the cucumbers, cherry tomatoes, and red onion and toss to combine.

To make the bowls:

1. Divide the quinoa among 4 bowls, 1/2 cup each.
2. Top with the cucumber salad, followed by a spoonful of tzatziki, 1 tablespoon crumbled feta, and 3 olives.
3. Top with 1 chicken skewer and serve immediately.

NUTRITION INFORMATION

Yield: 4 servings, Serving Size: 1 bowl

- **Amount Per Serving:**
- Freestyle Points: 9
- Points +: 10
- Calories: 400 calories
- Total Fat: 16g
- Saturated Fat: 3.5g
- Cholesterol: 113mg
- Sodium: 719.5mg
- Carbohydrates: 30g
- Fiber: 3.5g
- Sugar: 4g
- Protein: 33.5g

Read more at <https://www.skinnytaste.com/chicken-tzatziki-bowls/#3lwwUgDTpD7qeVpL.99>