

SOME FALL FOODS FOR WEIGHT-LOSS

PUMPKIN – Nothing says fall like pumpkin. Bake it, eat it plain or use it in a Slow Cooker to any meal... Delicious

WINTER SQUASH – Fall is the season to begin enjoying squash. Whether it is butternut, spaghetti or acorn, it is packed with nutrients and at its peak during cooler temperature. Maybe try to make some Butternut Squash Soup!

MUSHROOMS – These are available year round, but many varieties are at their peak during the fall and winter months.

CINNAMON – Cinnamon might be fall's most popular spice. Sprinkle it on mostly anything, sweet potatoes, coffee or tea. Cinnamon is great to reduce inflammation.

APPLES – It is that time to go apple picking!

BEETS – Think that you may not like beets? I for sure was one of them.... But I started getting these orange beets at Local Farm stands, and let me tell you, Roast them in the oven at 350-400 for around 30-40 minutes... Absolutely delicious!

BRUSSEL SPROUTS – There is so much nutrition packed in such a little ball. What a powerfood.

SWEET POTATOES – This is such a staple during the fall months. They make such a great substitute for regular potatoes. Sprinkle some cinnamon on these...
SCRUMPTIOUS!

ARTICHOKES – So many things to do with Artichokes... I grill them! One of my favorites!

ARUGULA – What a spicy green this is.. Mix this with regular lettuce, Romaine, Boston, Red Leaf etc. and it adds such a flavor!

BROCCOLI – Steamed or raw, this veggie offers plenty of fiber! Pick up a few heads from the Local Farms, DELICIOUS!

CELERY- Celery is available year round, but it usually tastes best during the cooler months. Dice it, add it to soups, tuna or put some peanut butter on it, that is sooo good. Add it to smoothies!

GREEN BEANS – Green bean season has arrived! Yes you will find them in the supermarkets year round, but the farm stands have them NOW! Eat them raw, steam or roast or add to some soups...

CABBAGE – I know, I know.... Yuck.... Not necessarily... This is so sweet especially during the fall. It is so easy to make and so yummy! I will post a recipe for Dijon Roasted Cabbage... you will definitely change your mind!

CHILES – This definitely revs up your metabolism so this is great for weight loss! They also taste best at the end of summer and during the early fall months. Again, I will post a chili recipe for this... DELICIOUS!

There are sooo many more fruits and vegetables! I will post more so everyone has something to work off of! Good luck with the Fall...