



Healthy Fit Nutrition | Newport Nutrition  
*Balancing Life with Nutrition*

Newsletter

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Hello to all my clients, families and friends.

Happy New Year! It's hard to believe that the first two months of the year are already behind us. I am excited to share some good news on my end. I have a new web site! I figured after 4 years it was time for a new and improved site. I invite you to come take a look – [www.healthyfitnutrition.net](http://www.healthyfitnutrition.net). From my web site, you can also access my blog, which I will be posting to on a regular basis. For those of you not already following me on twitter ([@HealthyFitNutr](https://twitter.com/HealthyFitNutr)) and Facebook (<http://www.facebook.com/healthyfitnutrition>) I invite you to join me there, too.

Since the new year is a time for resolutions, one of mine is to help all of you with yours. By putting out a quarterly newsletter, posting to my blog and Facebook and sending out tweets, my goal is to provide you with a wealth of nutrition information that you can use each and every day.

I encourage you to take charge of your health and fitness in 2012 – I'm here to help in any way that I can.

Eat well and be fit.

Tami

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## Nutrition for a busy lifestyle

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Tami Broderick, RD

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## Dairy-Free Sources of Calcium

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Are you overloaded with work, family and extracurricular demands? Does what you have planned for dinner consist of which fast food drive thru has the shortest line? For many of us, work, kids, homework and sports take up a big chunk of our day but even with a busy lifestyle, you can put nutritious meals on your dinner table with very little effort.

### Plan Ahead

When you know your upcoming week is filled to the brim, remove some stress by spending a little time on the weekend getting ready. An hour or two of weekend prep in the kitchen can make a big dent in your weekday cooking.

- Make double or triple batches of soups, stews, and whole grains.
- Cook once for two or three different meals. For example, marinate and grill enough chicken breasts for dinner tonight and lunch tomorrow.
- Wash and chop fresh vegetables or purchase some already prepared in microwavable bags.

### Shop Smart

Keep a variety of fresh and frozen items on hand for quick, semi-homemade meals. For example:

**Carbohydrates:** Keep boxes of quinoa or cous cous (15 min of cook time), canned black or pinto beans as well as already prepared lentils and frozen brown rice.

**Proteins:** You can purchase a rotisserie chicken from any grocery store, and already cooked chicken, salmon and beef ready to heat and serve from Trader Joes. Lean ground turkey, hard boiled eggs, plain 0% Greek yogurt and low-fat cheeses are other quick and easy protein options.

**Vegetables:** Ready-to-heat vegetables both fresh and frozen are quick additions to any meal.



Many people think that the only way to get your 1000 mg of daily calcium is through milk and other dairy products – this is not true. For the very large percentage of people out there with a dairy allergy, there are many other food sources of calcium that do not involve milk. For example:

- Dark leafy greens (kale, chard, mustard greens, collards)
- Soybeans and tofu
- Blackstrap molasses
- Broccoli, bok choy, chinese cabbage, okra and spinach
- Canned salmon & sardines
- Fortified juice
- Fortified almond and soy milk
- Fortified oatmeal
- Beans and nuts



## Contact

### Healthy Fit Nutrition

436 Heliotrope Ave Ste 2B  
Corona del Mar, CA 92625

5181 Argosy Ave  
Huntington Beach, CA 92649

Phone: (949) 723-9533

Fax: (714) 602-1636

**Fats:** Nuts are a great way to add some healthy fats to any meal. Toast them ahead of time, or purchase already toasted. Store them in the refrigerator for a longer shelf life.

**Sauces:** Have a variety of different salsas, mustard and hummus to add variety.

Email: [info@healthyfit.org](mailto:info@healthyfit.org)

Web: <http://healthyfitnutrition.net>

Read our testimonials [here](#).

Check out our [blog post](#) for more details.

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## Roasted Vegetable Frittata

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Ever have those lazy weekend mornings where you just feel like something different for breakfast? This recipe for my Roasted Vegetable Frittata will definitely do the trick. It's quick and easy to make, tastes great and yet has the potential to taste different every time you make it. It all depends on what vegetables you happen to have in the fridge at the moment. It's very forgiving, so dig out your vegetables and get creative. The recipe includes both the dairy and the non-dairy version, and is naturally gluten free. Pair it with a couple of slices of Applegate Farms uncured turkey bacon, and you'll feel like you're cheating. Enjoy!

### Roasted Vegetable Frittata

#### Ingredients:

- 6-8 cups of vegetables (your choice)\*
- 1 tbsp. olive oil
- 3 large omega-3 eggs
- 6 large egg whites
- 1 cup unsweetened soy milk (or skim milk)
- 3 tbsp. vegan sour cream (or plain, 0% fat Greek yogurt)
- 1 tsp. dried parsley
- Dash fresh nutmeg

1/4 cup daiya (non-dairy cheese) or 1/4 cup Trader Joes Lite 3-Cheese Blend

**Directions:**

1. Preheat oven to 400 degrees.
2. Wash the vegetables well, chop or slice as desired, and toss with the olive oil. Place them into an 8" x 8" glass or ceramic baking dish, sprayed with non-stick spray.
3. Roast vegetables for 30 minutes at 400 degrees, turning half way through. Remove from oven and let cool for 10-15 min.
4. Lower oven temperature to 325 degrees.
5. In a separate bowl, whisk together the eggs, egg whites, milk, sour cream (or yogurt) parsley and nutmeg.
6. Sprinkle cheese over slightly cooled vegetables.
7. Pour egg mixture over vegetables and cheese, making sure all vegetables are submerged.
8. Bake for 50-55 minutes or until egg is set and top is just slightly browned.
9. Let set for 2-3 minutes before cutting into squares.

**Serves 4**

Nutrition Info for Non-Dairy Version: Per Serving: 213 calories, 11g fat, 2g sat fat, 146mg chol, 14g carb, 4g fiber, 15g protein, 255 mg sodium

Nutrition Info for Dairy Version: Per Serving: 199 calories, 8g fat, 2g sat fat, 151mg chol, 13g carb, 2g fiber, 18g protein, 217mg sodium




\* For my frittata, I used 2 small bunches of broccoli, 1 medium zucchini, 1 medium yellow squash, 1 thinly sliced leek, 1 scallion, chopped, 4 garlic cloves, minced and 4 leaves of bok choy (green party only), coarsely sliced.

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