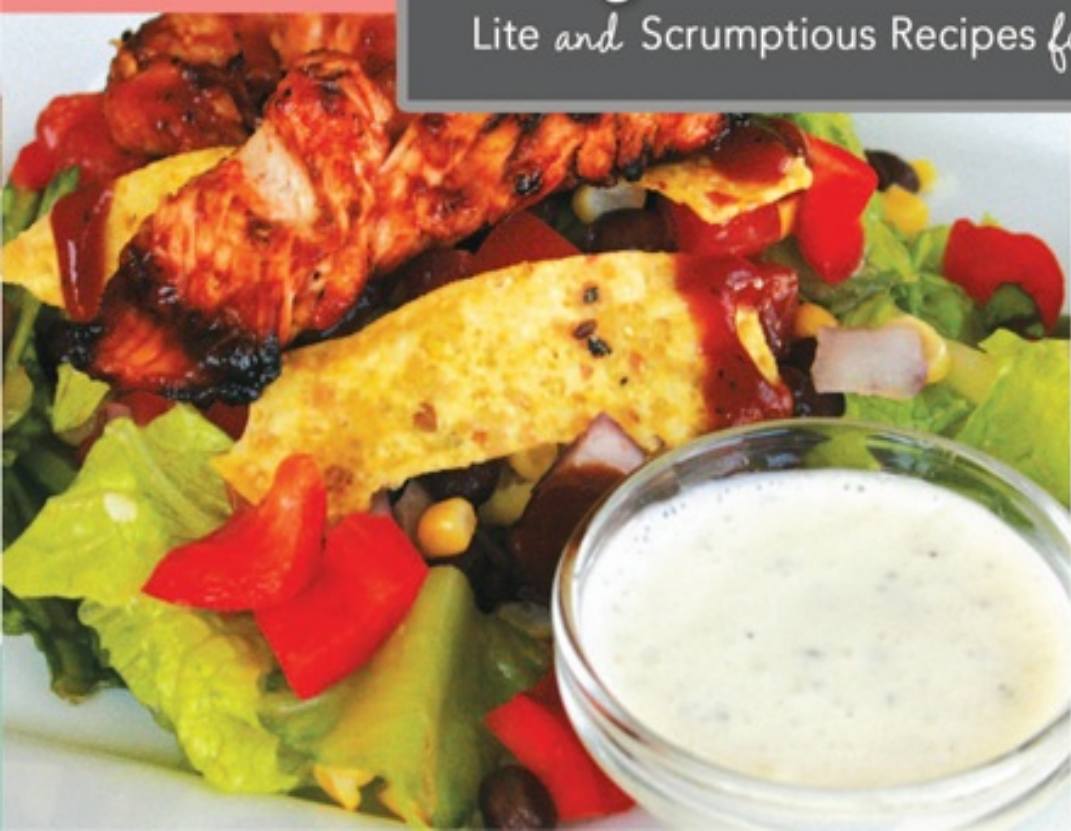


Shauna Evans, RN



skinny-licious

Lite and Scrumptious Recipes for a **SLIMMER YOU**





skinny-licious



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My Story

Fortunately, on December 5, 2006, the epinephrine, prednisone, and other antiinflammatory medications employed to reverse my severe body swelling and life-threatening anaphylaxis was effective in saving my life. Unfortunately, after surviving an emergency allergic reaction, I was faced with a new and surprising challenge—weight gain and an altered, slower metabolism without any lifestyle changes on my part. I exercised and ate as I did before, but I could *not* keep from tipping the scales. Life dealt me a double blow: not only did I reach the age of thirty-five—when women’s metabolism and hormones change, making weight control more difficult—but I was also dealing with the negative side effects of prednisone, including a higher set point, sluggish metabolism, and extra pounds.

At the onset of my weight-loss journey, I felt defeated and frustrated. Life gave me a hand that was incredibly unfair. It was not my fault. The first fifteen pounds was largely due to circumstances, and I did nothing of my own accord to deserve it. I did not stuff my face full of cookies and cakes. I still exercised six days a week, but the weight would not budge. I knew it was not my lifestyle or bad habits that got me to this pathetic point.

For the first half of my life, much of my identity was based on my athletic ability and trim, young figure. I was a junior varsity and varsity cheerleader and gymnast at two different high schools. In my teens and twenties, I had completed three marathons. As time progressed, I graduated from Brigham Young University in 1994 with a bachelor’s degree in nursing. Even with

the stress and pressure of clinical work in hospitals, papers to write, labs to attend, and tests to study for, I remained a size six.

So how in the world could I be sixty pounds overweight *now*? For Pete's sake, I was a woman who knew how to lose extra pounds; my library is full of a dozen diet books and a tall stack of weight-loss and exercise articles. If you asked, I could rattle off the top antioxidants and omega-3 foods. I know my vitamins, minerals, phytochemicals, lycopenes, and correct portion sizes. If you wanted to know, I could accurately categorize a long list of good and bad proteins, carbohydrates, and fats. Some people are walking dictionaries. I am a human calorie counter. Family and friends still come to me to ask how many calories are in the foods they eat, including restaurant fare, and I am incredibly accurate. (It's a lot of fun. You should try it.) So why was I fat? I knew how to lose weight—or so I thought.

For years, I desperately wanted to shed the pounds. I racked my brain with ways to jump-start the process. Pathetically, I started ordering weight-loss supplements online. I purchased Sensa, hoodia, acai berry, and Jillian Michaels's detox kit—all promising rapid weight loss. I was familiar with most diet plans: South Beach, Mediterranean, diabetic exchange, LA weight loss, Atkins, hCG, Paleo, Weight Watchers, glycemic index, Wheat Belly, Nutrisystem, and so on. I tried a variation of some of these and would lose a few measly pounds, but I inevitably gained them back in a short time frame.

Needless to say, none of those weight-loss supplements or schemes worked. I was still steadily gaining. It was like a cruel joke my body and providence were playing on me.

When supplements did not prove effective, I tried to fight it off. In 2010, I joined a gym and began to exercise at least one to two hours a day. I swam, biked, and used the elliptical machine. In August of that year, I signed up and completed the Tri Utah Sprint Triathlon in Orem, Utah. I lost seven pounds but gained them back and maintained my heavy weight for the next two years of my gym membership even with consistently swimming an hour a day five to six days a week. In July 2012, I trained and successfully

completed the Run through the Lavender Half Marathon in Mona, Utah. I had a decent time and lost ten pounds. Six weeks later, I gained the ten back plus twenty more pounds. I was the heaviest weight I had been in my entire life. I would tease that I was fit and fat. But actually I was mad and miserable.

As a registered nurse, I was taught that exercise would increase my metabolism, make it more efficient. Unfortunately, that was not my experience. I was truly frustrated and felt clueless as to how to lose the pounds and keep them off. I felt like I had left no weight-loss stone unturned.

Not only was I fat, wearing a size-fourteen pant, but I was also faced with serious health concerns. My cholesterol level was 247—higher than my mother's, and she was even heavier and shorter than I was. I was at risk for cardiovascular disease. My maternal great-grandmother had a stroke in her 80s and died from the effects of it within a year. My maternal great-aunt died instantly in her early 60s from what we believe was a blood clot. My paternal aunt has type 2 diabetes. In my 41 years, I have had multiple superficial blood clots, lymphedema (swelling) in my legs, and Raynaud's disease. I live in chronic pain and have had multiple vascular procedures or surgeries—fifteen total. And things were not looking up with my high body mass index. In all actuality, I was adding insult to injury since the extra pounds made my health problems worse.

In August 2012, I saw my all-time highest weight, and it almost stopped my heart. I weighed more than I did in my heaviest pregnancy. I was stunned. After years of being consistently overweight, I could no longer wear my beautiful wedding ring and bands, and the mystery still remained. Why was I fat and growing larger? I was stuck. Stuck in a body that did *not* belong to *me!* This was a fat chick's body—not mine. I was stuck with the notion that it was my middle age, hormones, metabolism, and bad luck that kept me fat.

Most people know how to lose weight. But knowing and doing are quite different animals. It all boils down to a sage line by Yoda from *The Empire*

Strikes Back: “Do or do not. There is no try.”

It was not until I happened upon intermittent fasting that I was able to lose weight successfully and consistently. In September 2012, I had a hard time eating on gameday for my son, who was varsity quarterback. I was too nervous for him to swallow, chew, and digest. After four Friday night games, I noticed something remarkable in my weight: I had lost twenty pounds. I could not believe my eyes—I had struggled with losing more than ten pounds at a time. With this wonderful surprise, I tried to figure out what I had done differently during the past month that I had not done before. The answer: I participated in “accidental” mini fasts.

Mulling over this “new” information in my mind, I recalled a time in 2010 when I did a spiritual fast once a week. I would go without food and water for close to twenty-four hours. I lost twelve pounds doing this for about six consecutive weeks, but I realized that I could not adhere to this plan for the rest of my life; it was too miserable. So I abandoned ship, and the weight came flooding back. However, the principle of the diet still lingered in my mind.

What I Did to Lose Weight and Why It Worked

I decided upon a fasting variation to lose weight—I would stop eating between six and eight o'clock at night, and I would skip breakfast. This is what I dubbed a “mini fast.” At the time, I had no knowledge that this was already an “actual” diet. Doing the calculations without much math work, I realized that going without food for that amount of time would inevitably bring my calories down. Skipping breakfast did not break my heart because I wasn't a big breakfast fan in the first place. I determined to begin eating each day when I was close to famished. It became a challenge to see how long I could go before I ate my first meal. My average fast-breaking time is twelve o'clock. Fortunately, I am not ravenous in the early morning hours. The next month of mini fasting resulted in a ten-pound weight loss. The scale was evidence that I was on to something. I was down thirty pounds in two months. I did a little victory dance. No one noticed with the first ten pounds. With twenty pounds, my family began to notice. With thirty pounds, other people started to notice.

After I lost the first thirty pounds, I got a call from my mom. She said that there was a new diet called “the 8-hour diet” by David Zinczenko, which resembles my personally designed diet plan almost identically. Mr. Zinczenko had just been on *Today* discussing this incredible diet and the breakthrough science behind it. Needless to say, I was intrigued. As I read his book, *The 8-Hour Diet*, I grinned through every page. First, the pressure was off because I had lost thirty-five pounds and was no longer overweight.

Second, the motivation to go forward and keep up my healthy new habits was reinforced with the overwhelming and welcome science that substantiated the method I used to lose the weight that so easily beset me and clung to me for five fettered years!

This is what scientists have recently discovered: we are asking the wrong question. Weight gain is not as connected to what we eat as it is to *when* we eat. Dr. Satchidananda Panda of the Salk Institute found that with our increased ability to control light via electricity in the last seventy-five years, our eating patterns are abnormally skewed from what they were when our ancestors rose and retired with the sun. Many of us tend to mindlessly eat from morning until midnight. Not only do we start early, often with a sugar- or fat-laden breakfast, but we also keep eating into the twilight hours, making refrigerator raids before bed.[\[1\]](#)

In essence, I subscribed to the 8:16 eating-to-fasting ratio that David Zinczenko suggests. In his book, the following analogy is used: Our body is like an office building open from nine to five. Ideally, we put in eight hours of work, and then we close up shop, go home, and relax. While we are at home with our pajamas on, feet up, and reclining on the couch, the cleaning crew arrives at the office building where we had put in all that hard work. They are there to wipe up spills, take out the trash, and clean the bathrooms. (You get the picture.) Our body's cells or, more specifically, the mitochondria—the powerhouse portion of the cells—are the “cleaning crew” in our body. If the office is open from seven to midnight, the mitochondria have less time to do their job ridding the body of dangerous free radicals, inflammation, and culprits of cancer and brain, cardiovascular, and heart disease.

This diet is remarkable because I was not only able to finally lose the weight, quickly and almost effortlessly, but I also never felt deprived. The 8-hour diet does not limit calories or any specific food. It simply limits the time of food consumption. David Zinczenko states that people do not have to follow the 8-hour diet plan each day of the week. In fact, he promises weight loss and health benefits following the plan a mere three days of the

week. Of course, your results would be faster and more dramatic the more days of the week you subscribe to the 8:16 eat and fast plan.

By intermittent fasting at least three days a week, you not only naturally cut out excessive calories, but you also enable your body sufficient time to do a daily and crucial overhaul. Studies have shown that one of the primary benefits of intermittent fasting is successful fat loss. The glycogen or blood sugar stores in the liver are usually depleted during the sixteen-hour fast, which in turn signals the body to target fat as an energy source. This is important because traditional dieting causes muscle loss, which leads to other problems and a high probability of gaining the weight back. Fat loss is the real loss we are all aiming for. Fasting also promotes the increase of the human growth hormone, which is responsible for keeping us from some of the devastating effects of aging, including muscle loss, heart disease, mental slowing, diabetes, cancer, and wrinkles.

Notes

1. Research found in David Zinczenko, *The 8-Hour Diet* (New York: Rodale, 2012).

[\[return\]](#)



Tips and Advice for Successful Weight Loss



8-Hour Eating Schedule

The foundation of this diet is based on fasting for sixteen hours and eating for eight hours for at least three days out of the week. Following this one thing is imperative in order to realize the weight-loss results and health benefits prescribed in this plan. If you make no other change in your dietary or exercise habits and follow an 8:16 schedule, researchers have noted that you will still see improvements in your body and health. Making a lot of lifestyle changes all at once is difficult, so start with baby steps. But put first things first—intermittent fasting is number one on the list.

Diet is 80 Percent of Weight-Loss Results

Research has found that diet makes up as high as 80 percent of weight-loss results with exercise being 20 percent of results. This is unfortunate for exercise and food lovers. This one realization, aside from abiding to the 8:16 eating-to-fasting ratio, is your greatest ally in losing weight. Another helpful nugget of information that saw me through hunger pains and food temptations is this: When you feel hungry, that is your body going into its

fat stores and feeding itself. Rather than wallow in your misery as your stomach churns, repeat this as a mantra in your mind. It is the affirmation I use to push through times when I am tempted to break the fast early or eat late. Also, rest assured that hunger pains usually only last ten minutes. So do something—besides eating—to distract you. Go for a short walk, work on a project, call a friend, run an errand, and so on. Did you know that exercise is an appetite suppressant? A brief workout not only builds muscle and contributes to cardiovascular fitness, but it will also help you stave off hunger and overeating. That is a triple bonus!

Hydrate

The hypothalamus is the center of the brain that controls hunger and thirst. As a result, when our body interprets hunger, it may actually be thirst. So when you think you are hungry, drink first. Liquid also creates volume in our stomach, so we will likely consume less food. Dr. Brenda Davy claims that, in a study, “people who drank two cups of water right before eating a meal ate between 75 and 90 fewer calories during the meal.”^[1] In addition, every function of our body needs water to work properly. Drink approximately ten cups of water per day. Ideally drink water before each meal and begin the day with two glasses of ice water with a few drops of fresh lemon juice. The ice-cold water aids in weight loss because we burn calories trying to warm our body. The lemon juice makes your body more alkaline. An alkaline pH is ideal for weight loss.

Cut-Off Time

Through sad experience and trial and error, I have proved the principle of “eat late, gain weight.” Even when I subscribed to a form of intermittent fasting, I did not see the results when I ate one big meal late into the evening. But two things can be gleaned from my foolery: 1) You can't beat off a bad diet. 2) You can't eat late and lose weight, even if your calories are within a reasonable range. With that said, six o'clock is the ideal cutoff time

and eight o'clock is the latest. My personal eating cut-off time averages around seven o'clock (it's about family logistics).

Exercise in the Morning

You have plenty of good reasons to exercise in the morning, but the most important one is that you are maximizing your weight-loss efforts and tapping into the last of the glycogen stores in your liver for energy. Once those glycogen stores are depleted, your body goes into fat-burning mode. In other words, if you have followed the 8:16 eating plan—if you did not eat a large amount of food late—your body is forced to use fat as fuel. This is exactly what you want. According to David Zinczenko, to be successful on this plan you don't need much more than eight minutes of exercise each morning. However, as an exercise buff, I averaged an hour of exercise each morning. You may ask, "Why in the world would I exercise that much when 80 percent of our weight loss is due to diet?" Even though that statistic is sadly true, exercise still burns calories and increases metabolism, aids in digestion, improves mood and health, distracts from eating, suppresses appetite, and makes you strong and healthy. So if you have the time, exercise more than eight minutes. If not, no worries. A few minutes in the morning is sufficient if your diet is good and is within the eight-hour schedule.

Don't Drink Your Calories

If you are looking for a surefire way to sabotage your weight-loss results, then drink your calories. The last thing you want to do is put down extra calories in the form of liquid. Soda pop, fruit juice, punch, sugary smoothies made from sherbet and "juice" are all bad choices. Even 100 percent juices are too calorie dense. You are better off eating the real fruit. Eat the apple; skip the juice. If you do this, you will get all the nutrients, vitamins, water, and fiber you need, and you'll skip the concentrates and extra calories your body does not need.

Another reason to get your calories from solid food is because it helps you feel sated or full. When we chew, swallow, and release gastric juices we are participating in the digestive process. We are putting forth some effort, and there are chemical responses or processes that are triggered in the brain that helps us feel satisfied and full quicker, and we actually burn more calories with all that hard work. Chew more; burn more.

Adequate Sleep

Our circadian or sleep rhythms are connected to weight loss. Studies have shown that lack of sleep may contribute to less weight loss. When we are sleeping, our body is not only doing a tremendous and important repair work, it is also aiding our bodies in weight loss. So go ahead and indulge in a daily afternoon nap. Set your timer for a fifteen- to twenty-minute refresher and you will not only speed weight loss, but you will also have more energy and stamina during your day without causing sleeping problems at night. Good news.

Mix It Up

You've heard this tip before, but it bears repeating: mix up your diet and exercise every now and then. If you eat the same foods, at the same time each day, your body will get accustomed to that and won't be as efficient in burning calories. When we mix it up with either caloric intake or varying types of activities, then we keep our body guessing without halting progress. It will continue to burn calories instead of storing them and will build muscles. This is especially important if you hit a plateau. Ask any athlete—they will tell you that cross-training or changing their usual workout helps them improve their performance. When we mix up exercise, we use different muscles and create “muscle confusion.”

We don't want to get in a weight rut either. When weight loss seems to have slowed to a stall, it is time to evaluate your diet and mix it up. This may mean refraining from intermittent fasting two to three days out of the

week or adding a few more complex carbohydrates or lean proteins in your meals. If you have a week or two where you are not following the 8:16 prescribed plan, it's fine; you are mixing it up, not sabotaging your diet. We all need a break sometimes. Just get back on the plan, and you will see results again.

Slow and Steady

Not only am I a tortoise-type runner, but I am also a tortoise-like weight-loss champion, yet that is okay. Actually, it is more than okay. It is A-okay. Slow and steady wins the race. I know this firsthand. By continually putting one foot in front of the other, you will eventually make it to the finish line, in road races as well as weight loss. Like me, you have probably read that losing two to three pounds a week is desirable, doable, and healthy weight loss. Any faster and you are looking at something radical, dangerous, or scary. Scientific studies show that slow weight loss is *real* and often permanent weight loss. Who doesn't want that? Temporary weight loss is not on the agenda now or ever. Slow, sustained weight reduction and subsequent weight management is vital. Be consistent in your efforts, no matter how small, and you will consistently shrink in size.

Notes

1. Bill Hendrick, "Water May Be Secret Weapon in Weight Loss," WebMD, August 23, 2010, <http://www.webmd.com/diet/news/20100823/water-may-be-a-secret-weapon-in-weight-loss>.
[return]

Skinny-licious Recipes

Eating the food in this book will speed up weight-loss results by leaps and bounds without sacrificing taste and family appeal. The recipes are quick, easy, and family-friendly. One-dish meals are particularly helpful in getting the most nutrition with the least amount of calories and investment of time. You might notice that I have included several soup, salad, and sandwich recipes in this cookbook. This is not because it is necessary to eat like a rabbit on the 8-hour diet but because they are tasty and effective in shedding unwanted weight. Eating plenty of soups, salads, and sandwiches with lean meats and a variety of vegetables ensures vitamins, minerals, and nutrients are included and consumed while on this diet.

You might also note the lack of breakfast or bread sections. First, breakfast will typically be skipped while subscribing to the 8-hour diet, but that does not mean that breakfast foods should be avoided while on this eating plan. Breakfast burritos, oatmeal, and eggs are excellent foods to consume within the eight-hour eating period. Second, bread, though permissible, is not helpful in losing extra pounds efficiently and quickly. So recipes for these foods will be limited.

I believe in the “Power of the Mom.” Since I have chosen to cook lighter fare and model good exercise habits, my husband has lost twenty-five pounds in three months and my already trim seventeen- and nineteen-year-old children have each lost fifteen pounds while gaining shapely muscle. This has not only been a personal transformation, but a family one as well.

The principles in this simple diet have proven effective for all the people I know who have tried it in addition to people I have read about.

Seeing consistent weight loss is empowering. You finally have hope for a healthier, leaner body and a better, more productive, and longer life. We all want what is best for our families and ourselves. This personal achievement has given me a new lease on life with the health benefits alone. However, vanity played a part too. Feeling good in my clothes, sliding into a size-six pair of jeans and a small top, is exhilarating to say the least. We all want to look *and* feel good. Follow this diet plan and enjoy these recipes, and you too will experience a slimmer you!



lunch

ORANGE BANANA SMOOTHIE

Serves
4

This yummy smoothie is an excellent source of calcium and protein.

16 oz. Greek fruit yogurt

1 cup fresh orange juice (not from concentrate) 1 banana

1 scoop vanilla-flavored whey protein 2 cups fresh fruit

directions

1. In a blender, combine ingredients and pulse until smooth.

MANGO PEACH SMOOTHIE

Mango and peach are complementary fruits. They blend well together and enhance one other. This smoothie is also a great source of vitamin A and tastes like an Orange Julius. It is creamy and refreshing.

Serves

6

1 cup vanilla or peach Greek yogurt 1 cup frozen peaches

1 cup frozen mangoes

8 oz. peach juice

1 cup fresh orange juice (not from concentrate) 1 Tbsp. ground flax seed

directions

1. Puree ingredients in a blender.

GREEN SMOOTHIE

Serves
6

Smoothies are a great way to combine yogurt and fruit into a delicious drink packed with calcium antioxidants.

1 cup strawberry yogurt

1 cup vanilla Greek yogurt

2 cups fresh orange juice (not from concentrate) 1 banana

1 cup frozen peaches

1 cup frozen raspberries

4 frozen strawberries

½ cup fresh spinach leaves, washed

directions

1. Place all ingredients in a blender and puree.

GRANOLA AND YOGURT PARFAITS

Parfaits combine several super foods including yogurt, fresh fruit, nuts, and oats.

Serves
8

4 cups old-fashioned rolled oats ½ cup brown sugar

½ cup sweetened coconut flakes ½ cup chopped pecans

½ cup raw pumpkin seeds

½ cup sesame seeds

½ cup raw sunflower seeds

¼ cup oat bran

1 tsp. cinnamon

1 tsp. real vanilla extract

½ cup canola oil

1 cup honey

6 cups vanilla Greek yogurt

4 cups chunked fresh fruit of choice (mangoes, blackberries, strawberries)

directions

1. In a large bowl, combine all ingredients except yogurt and fruit. Stir to combine.
2. Spread granola mixture onto a greased cookie sheet and bake in 300-degree oven for 20 minutes.
3. Let cool.
4. In a dessert cup, layer $\frac{1}{2}$ cup vanilla Greek yogurt, followed by $\frac{1}{2}$ cup fresh fruit and then $\frac{1}{4}$ cup vanilla yogurt. Top with $\frac{1}{3}$ cup homemade granola.

CLASSIC DEVILED EGGS

Serves
12

Deviled eggs are a wonderful protein snack. Pair this with fruit and you have a lite and healthy lunch.

12 large hard-boiled eggs

¼ cup mayonnaise

¼ cup sour cream

2 Tbsp. apple cider vinegar

2 tsp. Dijon mustard

½ tsp. salt

¼ tsp. pepper

fresh herbs, like dried parsley, for garnish

directions

1. Cut eggs in half lengthwise.
2. Pop out egg yolks and place in a medium bowl.

3. Add mayonnaise, sour cream, vinegar, mustard, salt, and pepper to egg yolks.
4. Mash or puree in a food processor until mixture is smooth.
5. Snip ½ inch from corner of a ziplock bag and spoon egg mixture into bag.
6. Carefully pipe egg mixture into hollow of each egg yolk. Garnish with herbs.
7. Store in refrigerator, covered, until ready to serve.

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