

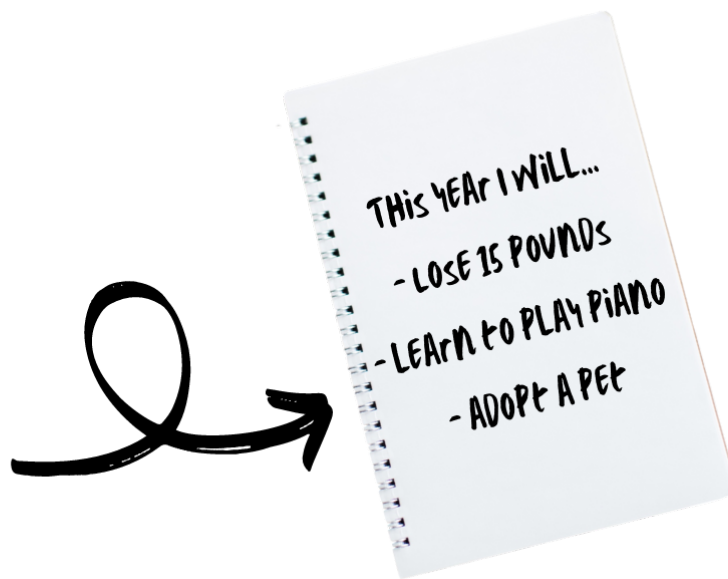
From: Ideal Protein idealproteincaymanislands@gmail.com
Subject: Sooo... Is Time Standing Still?
Date: January 15, 2021 at 5:03 PM
To: madisonkarpan@gmail.com

IP

Welcome to 2021
with Ideal Protein

Reformat Your Resolution Mindset

It's not "this year I will...", it's "today."



You've probably been told that the New Year is a great time to "think about the big picture."

But at Ideal Protein, we believe in taking it day by day.

Consider your New Year's resolution.

It probably seems a little intimidating, right?

Maybe your goal is to lose 20 pounds. Or, maybe you just want to be able to run a mile. Whatever it is, looking at your resolution from ground zero... well, it's kind of scary.

The truth is, **you can't accomplish your New Year's resolution *right now*.** That's why it seems so difficult - it's going to take time!

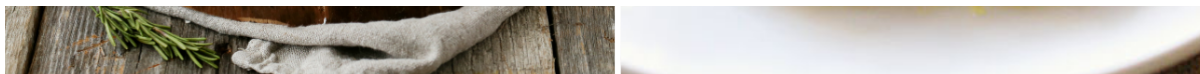
Rather than focusing on the big picture, we encourage you to think small. What **one thing** can you do today that will lead you one step closer to your goal?

A little effort over time leads to big changes.

Find a Substitute and Stick to It

INSTEAD OF CHEESE, TRY...





When you're making a change, your body often goes through withdrawals - be it from alcohol, sugar, fat, or even people! If you can trick your body into thinking it's still receiving these things (even when it isn't) it can make your transition a little easier. Find a substitute and stick to it!

Cheesy Spaghetti Squash Bake

- 1 spaghetti squash
- 1/2 tsp. olive oil
- Salt and pepper, to taste
- 1 IP cheese sauce (dry)
- 1/2 tsp. ground mustard
- 1/8 tsp. onion powder
- 1/8 tsp. garlic powder
- 1 large egg
- 1/4 cup water
- 2 tbsp half and half
- Cooking spray
- Chopped green onions, to taste

Directions:

Preheat the oven to 400 degrees Fahrenheit. Using a large knife, slice the squash in half from tip to root. Using a spoon, remove the stringy pulp and seeds, and discard. Brush with olive oil over the cut side of the squash, season with salt and pepper and place cut side down on the baking sheet. Roast 40 minutes.

Remove the squash from its shell using a fork and transfer to a bowl, let cool. Reduce the oven temp to 350 degrees. Meanwhile, add the remaining ingredients into a mixing bowl. Whisk to blend. Add two cups of cooled squash and stir.

Spray a small casserole dish (about 5"-6" in diameter). Add cheesy squash and bake 25-30 minutes. Season with salt and pepper and top with green onions.

Our Resolution is to Help You

A Message from Coach Javana - Seven Mile Clinic



The New Year is a time for reflection. During Covid-19 many families have lost loved ones which have weighed heavily on those in mourning. Many are still trying to lose the 'Lockdown' weight and find a healthy balance in their life.

It is more important than ever before that we get in shape, stay healthy & live well. I often tell my dieters; weight loss is not a race; it is not a one size fits all. Set realistic goals and try to embrace the IP Diet motto of a 'Lifestyle Change'.

My daily advice to my dieters is to:

- Nourish your body to lose weight without crash diets & grueling workouts
- Make yourself/health a priority
- Drink 2 litres of water daily
- Take baby steps & if you eat outside the IP protocol, try & recognize what triggered you to do so
- For those lucky enough to still work from home, enforce boundaries between work time, home time, change rooms, turn off your laptop, etc
- Find a small daily routine that works for you
- Move your body each day, even for 5 minutes (especially those at a desk)

- Do not rely on willpower to change your eating habits, work on changing your mindset & take small micro steps
- Focus on the daily process, then the long-term goals will start to take care of itself, try not to focus on the end goal or a quick result

"Do the best you can, until you know better. Then when you know better do better" - Maya Angelou

Talk to Coach Javana

Savour the Small Things



These Ideal Protein Mango Sunrise popsicles are SO easy.

Simply mix the I.P. raspberry gelatin and the I.P. peach mango drink in a bowl, using specified amounts of water for each respectively. Pour them into small, freezer-safe cups and place a popsicle stick in each one. Freeze until solid. It will separate into 3 "Sunrise" colors. It's delicious enough to serve to guests!

Sweat is Just Fat Crying!

Want to get your body moving? Don't forget your first class is always free at Body Alive. Join Erika or Janet for weekly classes and discover what you're capable of in 2021! You're stronger than you think.



[See the Schedule](#)





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