

WomenFitness

December 2019

Miss World

**VANESSA
PONCE DE LEÓN**

An Unmatched

Beauty

Ways To
Reduce

300 Calories
/day,

**Don't Worry
Here They
Are!**

What is
**“Push Pull
Legs”
Workout?**



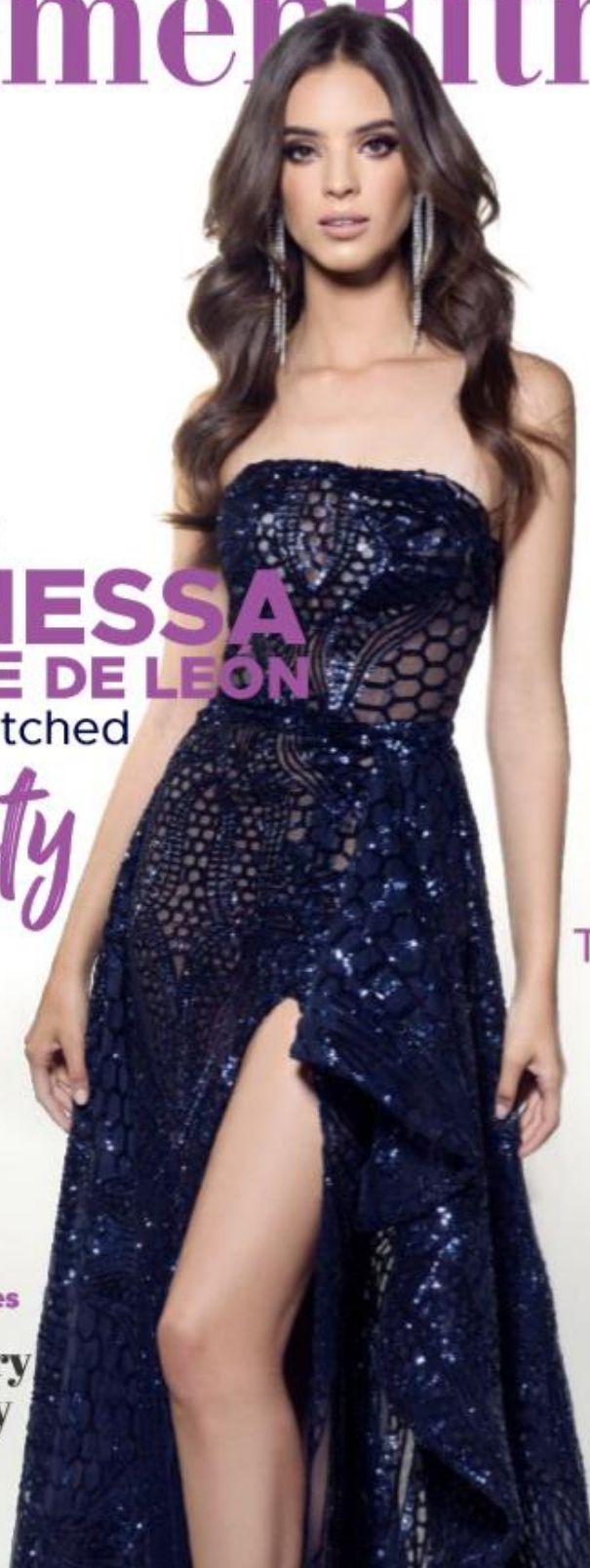
Exercise
In The
**Third
Trimester**



Vegan
Thanksgiving
Recipes
**To Try Out
This Season**



Strike
A Pose
**With The
Colours Of
FALL 2019**



Vegan Thanksgiving Recipes

To Try Out
This Season

Healthy
Eating

This Thanksgiving why not try the latest diet trend and lets go vegan! Who says vegan has to be boring, it can actually be a whole lot of fun and fantastic with just a little meal planning.

4. Lentil Pilaf

By Executive Chef Kevin
Templeton, Barleymash

Ingredients

● 3 tbsp. coconut oil (divided) ● 3 tbsp. minced shallots ● 2 cups chicken or vegetable stock ● 1 cup lentils, any color ● ¼ cup chopped cauliflower ● ¼ cup chopped carrots ● ¼ cup chopped onions ● ¼ cup chopped celery ● Salt and pepper, for taste ● Butter (optional)

Instructions

- Heat 1 tbsp. coconut oil in a saucepan and stir in shallots. Sauté shallots until they are a nice golden brown.
- Add stock (chicken or veggie) and bring to a boil.
- Stir in lentils and reduce heat to a low simmer. Simmer uncovered for 5 minutes or until lentils are tender but not too soft. Be aware: Different types of lentils take less or more time to cook.
- Drain excess liquid and set aside.
- Heat remaining 2 tbsp. coconut oil in a large sauté pan over high heat. Stir in cauliflower, carrots, onions and celery and sauté for 5 minutes or until tender.
- Add lentils and sauté for 2 more minutes.
- Season with salt and pepper.
- Stir in butter (if you like).



5. Yam'amole

By Executive Chef Michael C. Brown of
Jalisco Cantina and Barrel Republic

Ingredients

● 2 cups roasted garnet yams, peeled and smashed ● 1 ½ cup tomatoes, diced ● ¼ cup white onion, diced and rinsed ● 2 to 3 jalapenos, minced ● ½ cup fresh lime juice ● ¼ cup avocado oil ● Sea salt to taste

Instructions

- Mix all ingredients and adjust seasoning.
- Serving suggestions: with chips, yam'amole tostada, on top of carne asada fries or finish off your veggie burger.

