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Striving to provide useful tips, gifts & editorials to equip you to Be Your Best You!

This Newsletter Includes:

- Success With Resolutions by Liz Winet, FNP-BC, MSN
- New Years Resolutions Tool Kit
- Foil Dinner Recipe
- Stay Healthy through Safety & Sanitation by Ashlinn Kipp, RDN
- A Clear Outlook, LLC Personal Journey Continued by Leta Nelson



Success With Resolutions:

“Be the change you want to see in your life.”

Liz Winet

Q.: Why make resolutions at the start of a New Year?

A.: Simple... you get to start FRESH! You can clear away the old baggage of guilt and remorse and have a cleared path to your success.

Q.: A path to where?

A.: Exactly! You ‘get to’ ... No... you ‘have to’ decide where you want your life’s path to go or life will decide for you. Did you ever use a GPS and get a map without first deciding the destination? Of course not! But if you knew the destination, was it enough? NO it was not! Did you ever get a map without first knowing where you are starting? NO! So it is with resolutions. First list the successes of 2013...a good ‘here and now’ starting point. Now decide what you want to see in your life at the end of 2014 as your cherished accomplishments...a great destination!

Success With Resolutions Continued



Common mistakes in making resolutions:

1. Start all resolutions January 1st
2. Hold yourself responsible for perfection day one or feel like a failure.
3. Quit if not perfect and believe you are not good enough for the goal.
4. Think you have to make it on your own and miss out on support.



A resolution process that works:

1. Review 2013 and list your accomplishments. This both helps you see what matters to you and reminds you that you can get things done! A starting point for your personal GPS system.
2. Now to “be the change you want to see in your life” you need clarity on your dreams. List them! Remember the GPS system needs a clear destination and so it is with dreams and resolutions. Make your dreams SMART!

SMART Goals are:

- ✓ Specific / Simple
 - ✓ Measurable / Meaningful to you
 - ✓ Achievable / As if now / All Areas
 - ✓ Realistic / Responsible (in harmony with your values)
 - ✓ Timed / Towards what you want
3. Decide when each dream is to start in 2014. Then, on that start date, commit to doing something to start it! Too many start all goals on January 1st, which can be overwhelming. Remember, your dream is a process with a plan that can change as you go along. It is the dream that stays. The plan is flexible.
 4. Get a ‘perseverance’ attitude. There are no failures... only mistakes. You learn from mistakes and grow wiser.
 5. Celebrate your successes along the way and take time to recharge.
 6. Get support as needed. Remember, a successful person is often surrounded by successful people. A wise person gets experts to compliment their strengths in order to boost their dreams forward.
 7. When your dream comes true, celebrate and move to the next one. Avoid the perfectionist trap. If your dream was SMART you will have an end point. This prevents wasting time and energy in the “never good enough” trap.

Your New Years Resolutions Tool Kit

“Learn from the Past, Plan for the Future, Live *NOW*” *Liz Winet*

My Most Valued Accomplishments from 2013: *“Gratitude is joy’s seed.” Liz*

Lessons I learned in 2013 *“Those who do not learn from the past are destined to repeat it.” Unknown*

Dreams I commit to in 2014 *“Live as if it is on its way now.” Liz Winet*

Health: _____

Relationships: _____

Professional: _____

Community: _____

Spiritual: _____

Financial: _____

Fun: _____

Start Clear Outlook™, LLC for your personal plan to success! You too can Lose Weight & Gain Life!



Foil Dinner Recipe

Ingredients

Beef chuck or shoulder, cubed
 8 ounces
 Butter
 1 Tablespoon
 Onion, chopped
 1/2 medium
 Carrot, peeled, chopped
 1 small
 Asparagus, chopped
 6 medium spears
 Garlic, chopped
 1 clove
 Soy Sauce
 1 Tablespoon
 Salt/Pepper/Cayenne
 Pepper
 1 Dash each

Directions

Preheat oven to 375.
 Prepare a large square section of tin foil.
 Spray with non-stick spray. Lay chopped beef, onion, carrot, garlic and asparagus down on tin foil.
 Season with butter, cayenne, salt, pepper and soy sauce. Roll edges of foil together on each side to enclose contents.
 Place in oven for about 1 hour until beef is cooked thoroughly. Makes 2 servings.

Nutrition Facts per Serving

Makes 2 servings
 Serving Size Entire Recipe 482g (241 g/serving)

<u>Amount per Serving</u>	<u>% Daily Value</u>
Calories 254	
Calories from Fat 114	
Total Fat 13 g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 79mg	26%
Sodium 352mg	15%
Carbohydrates 9g	3%
Dietary Fiber 2g	0%
Sugars 4g	
Protein 25g	
Vit A 94%	Vit C 13%
Calcium 4%	Iron 20%

www.NutritionData.com

*Percent Daily Values are based on a 2,000 calorie diet.



Stay Healthy through Safety & Sanitation

By Ashlinn Kipp, RDN



Each year it is estimated by the CDC that 1 in 6 Americans become ill due to food borne illnesses. That means 33% of us experience unpleasant intestinal distress because we consumed food contaminated with pathogenic bacteria, viruses or parasites. Food borne illnesses can easily be prevented through wise purchasing, mindful handling, proper cooking techniques and appropriate storing of food.

The U.S. Department of Health and Human Services advises us to reduce the risk of food borne illness by following the four steps: Clean, Separate, Cook and Chill.

Clean- Wash hands with hot, soapy water for 20 seconds.

-Clean surfaces and utensils after each use.

-Wash fresh fruits and vegetables in cool, running water but not raw meats.

Separate- Keep raw meats, poultry and seafood away from ready to eat foods.

-Store raw meats on the bottom shelf of the refrigerator and in sealed containers to prevent raw juices from spreading to ready to eat fruits and vegetables.

Cook- Use a meat thermometer to ensure foods reach the suggested temperature.

-Cook whole meats to 145°F.

-Cook ground meats to 160°F.

-Cook poultry to 165°F.

Chill- Refrigerate or freeze perishable foods within two hours.

-Be sure the refrigerator is at 40°F or lower to maintain food quality and reduce the rate of spoilage.

-Help your foods in the refrigerator stay within a safe temperature by not over filling the refrigerator and not storing those perishable items in the refrigerator door.

The 2013 International Household Germ Study released the five areas of the kitchen harboring the most bacteria known to cause food borne illness (E. Coli, Salmonella, Listeria, etc). These places include:

1. Refrigerator's Water Dispenser
2. Rubber Spatulas
3. Blenders
4. Refrigerator's Vegetable Compartment
5. Refrigerator's Ice Dispenser

Keep a clean kitchen and follow the U.S. Department of Health and Human Service's tips to help reduce you and your family's risk of food borne illness.

A Clear Outlook, LLC Personal Journey Continued

“So about another month has passed since I started my journey with “Clear Outlook”.

I have lost about 1 ½ lbs a week so far and much more fat. Clothes that were tight are loosening up and exercises are getting easier.

Oh, I am not a great example at all because I am human, I ate several cookies I really only needed to smell! They did taste okay, but I was no longer in ketosis and that set me back for a day or two. The Holidays are difficult; to say the least and trying new things when traditions have been part of your life is hard.

I tried the “Cauliflower Mash Potatoes” and I made a spinach dish and that helped with the meal on Christmas. For dessert I made sugar free jell-o and everyone enjoyed that over other desserts I have had after a big meal.

I have found that everyone is different in how their body processes food and with Liz Winet and Ashlenn Kipp’s guidance at the weekly meetings I hope to really nail down what works for me.

It is my hope that I will have lost a pants size by the time I write to you again.

I was told 12 lbs is a magic number for getting into a different size. Of course I was already fooling myself so I might be in the same size, but they will fit me well.

Have a great NEW YEAR.” Leta Nielsen



Liz’s Insight

“Beyond Leta's success of being about 8 pounds lighter is the reality that Leta was able to balance joyful activities with family and friends which included eating meals together. Her comfort with her choices lead others to support her. The meals included low calorie and low carbohydrate options of sides and desserts, provided by Clear Outlook™, LLC along with the meats all

people shared together. Leta made sure she had foods that fit her goals for her body, a powerful success factor she already possesses!

Leta found her lower calorie versions of old favorites were a hit with family and friends. I have also found people often welcome delicious and 'good for you' meal options over high caloric versions. It is a complete myth that unhealthy is more tasty than

'good for you' versions. Think about it: how can adding extra fat, sugar and salt be more delicious than cooking fresh, and seasoning with herbs and spices? Try it out to see for yourself. And yes, to be exact, a patient working in the clothing industry shared with me that every 11 pounds is a new clothes size! Special thanks to Leta for sharing candidly, from her heart.” Liz Winet, FNP