



MAKING LIVES EASIER, HEALTHIER, HAPPIER.

# Grand Ave Wellness Club

## Apr 2017

IN THIS ISSUE

## Make More, Waste Less

By Lorraine Lorenz, MS RD LD

Do you ever look in your pantry or refrigerator and think: "Where did that come from?" Then you look at the product and notice there is no way you can use that in a meal at your house; there is mold or it's past its best-use-by date.

Did you know that, on average, each American is throwing away 20 pounds of food waste per month? An important way to decrease this would be by creating a meal plan for you and your family to follow. You can start with these three easy steps.

**Long Live Leftovers.** Leftovers are a great way to use foods in your fridge that otherwise would go to waste. Try to plan one meal per week that involves leftovers.

**Freeze Forgotten Foods.** Instead of throwing away foods that you won't be able to use by their best-by-date, put them in the freezer!

**Save Scraps.** Every piece of our foods is something we can make use of. This can include potato peels, carrot and celery ends and even chicken bones. Potato peels can be turned into homemade potato chips that are fun for kids to make and eat. Combining vegetable scraps or chicken bones with water and herbs can create a fantastic vegetable broth that you can use to create soup for your family.

Decreasing food waste can be a fun way for you and your family to get creative with what meals you make for dinner. Take inventory of your fridge every night to make sure you're having the least amount of food waste you can. Leftovers are perfect ingredients for soups.

### Make More, Waste Less

Page 1

### Intro to Performance Inspired

Page 2

### Strawberry Banana Smoothie

Page 2

### Upcoming Events

Page 3

### Fuel Saver Sale

Page 4

### Lorraine Lorenz, MS RD LD

Grand Avenue Hy-Vee Registered Dietitian

515-223-8151

[llorenz@hy-vee.com](mailto:llorenz@hy-vee.com)

1990 Grand Avenue, West Des Moines, IA

# Introducing Performance Inspired Nutrition

Do you want protein from a company that puts its customers' needs first? Then check out newcomer Performance Inspired Nutrition. Performance Inspired Nutrition was started when entrepreneur, actor and producer Mark Wahlberg and former 25-year EBP/CMO/GM at GNC, Tom Dowd, were inspired to supply their loved ones with trustworthy products built on a better, all-natural brand.

They know protein is critical to building and maintaining muscle mass. Athletes, the elderly, those looking to lose fat mass and the ill or injured have increased needs for protein. Because of this increased

need for protein, it's great that Performance Inspired Whey Protein contains 25 grams of protein per serving, plus it has probiotics and fiber to help you digest and keep you from feeling bloated.

The current RDA for protein is .8 grams/kg of body weight. But there are so many people who could benefit from extra protein.

If you've been cutting your calories to lose weight, there is a good chance you are losing muscle along with fat. However, studies show that eating more protein, or at least 1.2 grams/kg of body weight per day, in conjunction with resistance exercise, reduces the amount of muscle lost during dieting.



As we age there is a natural loss of muscle strength and function. Studies show that someone over the age of 65 needs more protein to maintain muscle and protein balance than someone who is younger. This may be because we become more resistant to muscle building as we age. Therefore it is important for the aging population to continue weight training and increase their protein intake to 1.2 to 1.6 grams/kg of body weight per day.

## Strawberry Banana Smoothie Bowl

### All you need:

1 banana, peeled and frozen  
 1 scoop vanilla bean whey protein  
 1 (5.3 oz) Greek yogurt  
 ½ cup sliced strawberries  
 2 tbsp sliced almonds  
 1 tsp chia or hemp seeds  
 Additional toppings, as desired

### All you do:

1. To a blender, add banana, whey protein powder and yogurt. Blend until smooth and pour into two bowls.
2. Top with sliced strawberries, almonds, chia seeds. Add any additional toppings as desired.



Nutrition Facts per serving: (2 servings) 250 calories, 4.5g fat, 0.5g saturated fat, 0g trans fat, 40mg cholesterol, 90mg sodium, 32g carbohydrate, 7g fiber, 18g sugar, 22g protein.

# Grand Avenue April Events



## → Kids Cook!

**Date:** Saturday, April 22  
at 10:00 a.m.

**Location:** Market Grille

**Cost:** \$10 per child

Join dietitian Lorraine for a fun-filled class featuring all things Earth Day! From planting seeds to special crafts, kids will learn about where plants come from and how to love the earth a little more! Suggested age range is 6 to 12 years. Contact Lorraine at [llorenz@hy-vee.com](mailto:llorenz@hy-vee.com) or 515-223-8151 to register.

## → Taste Experiences

**Dates:**

Saturday, April 1 at 10:00 a.m.

Thursday, April 20 at 3:00 p.m.

Thursday, April 27 at 3:00 p.m.

**Location:** in the aisles

**Cost:** FREE

Join dietitian Lorraine to discover new products, great recipes and learn about nutrition tips that will help you be the healthiest version of you! Healthy eating should taste great!

## → Healthy Simple Fix

**Date:**

Tuesday, April 11

at 6:00 p.m.

**Location:** Market Grille

**Cost:** \$110 (cost of groceries)

+ \$10 registration fee

In less than 2 hours, take home 8 freezer meals for your family! We do all the shopping, chopping and cleaning up for you. All you do is assemble your recipe and take home your freezer meals to use at your convenience.

**Menu:**

1. Apricot Glazed Chicken
2. Bacon Spinach Egg Bake
3. Baked Chicken Wings
4. Chicken & Wild Rice Casserole
5. Chipotle Cheddar Burgers
6. Chipotle-Honey Grilled Chicken Tenders
7. Lompoc-Style Beef Roast
8. Very Greek Chicken

**Additional Options:** Organic and free-range meat for an additional \$60. Can't make it to the class? Have your meals prepared and pick them up the next day for an additional \$30.

### REGISTER ONLINE!

Visit <https://www.hy-vee.com/stores/calendar/calendar.aspx?m=12&y=2016&s=180> to register for any of our events online or contact Lorraine!

LORRAINE LORENZ, MS RD LD  
515-223-8151 or [llorenz@hy-vee.com](mailto:llorenz@hy-vee.com)



# Fuel Saver Sale!



When you sign up and pay for any **Individual Nutrition Counseling** with the dietitian this month! Only available at your Grand Avenue Hy-Vee. Cost: Varies. Contact Lorraine for more information.

Grand Ave  
Wellness Club

1990 Grand Avenue  
West Des Moines, IA  
50265

Courtesy of your Grand Avenue Hy-Vee Dietitian:

Lorraine Lorenz, MS RD LD  
515-223-8151  
[llorenz@hy-vee.com](mailto:llorenz@hy-vee.com)

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