

Week 4 was a tough one. We are definitely not pregnant this month, so that was hard, and due to the fallout from that I was unable to work out at all during week 4. It was pretty hard. But my up for the week is that I still managed to lose 1 pound, and now we are focusing solely on the weight loss, so that will be awesome! I'm excited to get more into the strength training and I've already upped my cardio... I can totally do this!

On another Plus side, we got to have Pita Pizzas this week! Yum! It really helped because I was craving cheese and pizza, so Hooray! I finally managed to go to Extreme Pita and get a "Create Your Own" Pita Pizza, it was SO NICE not having to cook the meal myself.

Our new meal plan for week 5 looks YUMMY! I'm really looking forward to trying out some recipes on there. My favorite Recipe from last week was the Mexican Chicken Soup.

~ *Jessica*

Here we go again. Another week down. Boot camp was tough this week, but very rewarding. I'm really tired. My up for this week would have to be finally getting to eat at Extreme Pita. I ate there plenty before the challenge, but because of the cleanse, I was craving it, but not able to partake. LOL My down would have to be that I didn't get to the gym as much as I should have. Work just keeps me really tired & my sleep schedule doesn't help matters much. I do have a little bit of time off from work coming to me, so I plan on hitting it a little harder this week. I promise.

My favorite recipe was the Mexican chicken soup... AWESOME. Nice kick. Great Flavor. Just plain all around awesome. The meal plans & recipes that Earl sent us from Simply For Life are quite good. I'm a food lover & I only eat what tastes good. And everything tastes great. Until next week!

~ *Tim*

#### **The Mexican Chicken Soup Recipe: (From Simply For Life)**

1 tsp olive oil  
½ medium onion, chopped  
2 cloves garlic, minced  
1 small carrot, chopped  
2 medium zucchini, diced (I seed them as well)  
1 bunch swiss chard leaves cut into ribbons and chopped (I used whole baby spinach instead.)  
4 ½ cups low sodium chicken broth  
3 large boneless chicken breasts (cut into bite sized pieces)  
2 canned Chipotle peppers; rinsed, seeded and minced  
Salt & Pepper to taste (I found it didn't need salt)  
½ cup chopped cilantro leaves  
1 lime cut into wedges

In a large saucepan or dutch oven over medium-high heat, warm the oil and sauté onions. Cook stirring frequently, until onions are soft, about 4 minutes.  
Add the garlic and stir for 1 minute.  
Add the carrot, zucchini, and chard (or spinach) and cook, stirring for another minute.  
Add the broth, and bring the soup to a boil, then lower to a simmer for 8-10 minutes.  
Add the chicken pieces and the minced chili peppers and cook for another 5 minutes or until the chicken is cooked through.  
Season to taste with Salt and Pepper