

FitnessNRG INFO

23rd July 2012



NO, YUM CHA IS NOT HEALTHY

While a trainer is unlikely to be a fan of anything but an all you can eat salad it has to be said that there is not much that can be said in favour of the popular Yum Cha. Not only does it encourage overeating but with the average serve of Yum Cha likely to equate to as many as 800 calories and a massive 150-200g of total carbohydrate, to go to Yum Cha and expect to be losing weight is delusional. If you do not believe me, you can check out some the nutritional properties of Yum Cha and see for yourself.

Food	Calories	Carbs (g)	Fat (g)
Prawn Dumplings (4)	140	10	4
Pork Bun	230	38	5
Pancake	310	36	6
Money Bag	40	7	1
Bowl of steamed rice	250	60	0
Steamed broccoli	20	3	0
Mini spring roll	80	10	5

RECIPE

Sesame Chicken

Ingredients

- 2 cups cooked brown rice
- 2 tbsp. honey
- 2 tbsp. sesame seeds
- 2 tbsp. salt reduced soy sauce
- 1 clove garlic, finely chopped
- 750g chicken breast, skin removed
- 1 tbsp. sunflower oil
- 2 spring onion, finely chopped
- 1 small red capsicum, finely chopped
- 2 cups broccoli florets, chopped into pieces

1. Combine honey, sesame seeds, soy and garlic and set aside.
2. Cook chicken breast in fry pan over medium heat using a small amount of oil. Once chicken is cooked through, add honey and soy sauce with spring onions. Once heated through add broccoli and red capsicum and cook until broccoli is soft. Serve with ½ cup brown rice.

TERM 3 GROUP CLASSES

TUES	5.00PM	POWERBAR
TUES	7.00PM	POWERBAR
WED	4.00PM	DANCE CLASSES
THURS	9.30AM	STEP/ABS/BUTTS
THURS	6.00PM	"EXTREME CORE"
THURS	7.00PM	"EXTREME CORE"