



Get Fit. **Life Tip.** Chili on a Chilly Day

As cold weather is slowly approaching we tend to go for comfort foods to keep us warm in the cold months. Chili is a common go to during football season, but the store bought and restaurant versions can be very high in fat and sodium. Making your own chili is a great way to incorporate vegetables into a nutrient rich meal.

Start with your protein of choice: ground turkey, lean ground beef, ground chicken or soy meat

Add in the heat with low sodium spices (paprika, cumin, chili powder, etc), jalapenos, onions and garlic

Kick up the vitamin and mineral value by adding lots of colorful vegetables: celery, peppers (green, yellow, orange, red), carrots, squash and zucchini

Don't forget the staples of chili: canned tomatoes (diced, crushed, sauce, etc) and beans (black beans, kidney beans, etc.)

Leftover chili? Chili can hold in the fridge for several days but you can also freeze leftovers for a quick go to meal.

Remember there is no wrong way to make chili so experiment and share your favorite recipes on the Get Fit with Bill Witte Facebook page!

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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