

What to do when that mid-day Slump hits you hard?

Here is what I shared with a friend . . .

Got a sweet note from a dear friend and she asked for ideas for **how to have a snack to perk her up mid-afternoon**. She said, "It seems like I need a nap every day around 2 or 3. I was so pattered out that the other day I almost bought one of those 5-hour energy things. Those don't seem safe to me though. I am too scared of having a stroke! Someone suggested a piece of fruit, but I have to make myself eat it. I am learning to love fruit, but it's not easy for me. Any suggestions?"

My response, "You sound just like everyone else who has that daily mid-afternoon slump. So glad you listened to your instincts and passed on the artificial stimulant. They are NOT safe and can cause serious irreversible damage to your body. I love fruit but it is NOT enough substance when you need a real ENERGY boost. I would suggest you find fruits you REALLY - REALLY like and treat yourself to those for your mid-morning snack. I am assuming you eat a **protein rich breakfast** EVERY morning?". No? Here

are some ideas? You'll find the ABC's of Eggs on page 10 of **Cooking With Judy**. And you'll find everything from the **3-Minute Scramble** page **39** in **Volume 6** to **Festival of Eggs** page **13** in **Volume 5** plus **Steak and Eggs** page **22** in this **Volume 2**

SO here is my answer to the mid-day blues as I call them. -- **Pack a lunch** -- even if you are going out to eat that day. If you plan to eat in -- pack two lunches + your fruit for your mid-morning snack.

Pack cheese, celery, Jicama and carrot sticks (See Why Peel your Own Carrots page **53** in **Volume 4**), a hard boiled egg (I peel it at home and wrap in clear wrap with a pinch of salt & pepper). And don't forget the **protein** -- see my **Lemony Turkey Burgers** page **60** in **Volume 4**.

I just made them yesterday slider size, which are just right for the lunch box or snack tray. The recipe made 28 sliders and I wrap them COOKED and cooled,



two to a package in aluminum foil and freeze.

Toss the pack in your lunch box frozen than they are PERFECT by lunchtime or mid-afternoon slump.

YOU have to eat enough to FILL you up so you can keep going another 3-5 hours till suppertime. You know what they say NEVER go to the grocery store hungry -- Well guess what NEVER drive home from work hungry either. A full and happy tummy makes it lot easier to cook a healthy supper for your family. No need to go thru the drive-thru. Ha-ha

Soups make great snacks too and when you want cool and crunchy remember **salad**.

Another tip for avoiding that afternoon slump -- start your day with 15-minutes of deep aerobic laughter. It is a great exercise and does wonders for you attitude. Just 15-minutes of laughing for NO reason, NO jokes or humor needed -- just a willingness to breath deeply and let the laughter flow. You can even do it in your car while driving to work.