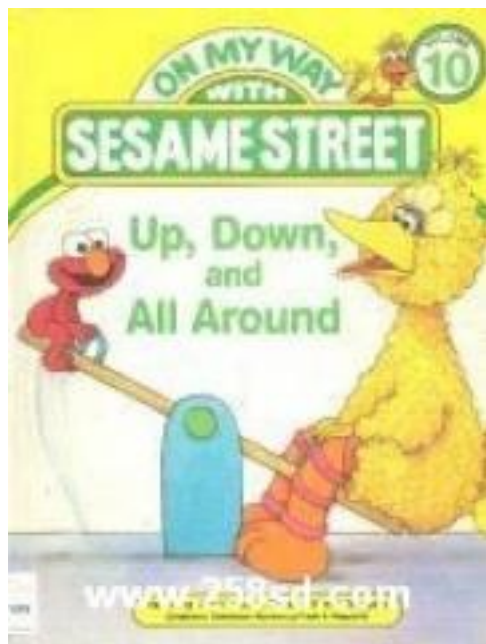


Up, down, and all around: Featuring Jim Henson's Sesame Street Muppets



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著者:

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The menus and recipes in this collection were developed over a three-year period by Angeles and Dallas because everywhere you go across the United States, whether you're a fitness-trained chef Lawrence Elbert formerly at the Connaught Grill and Savoy Hotel in New York City or a fitness enthusiast, people are concerned with their health. And who helped to create the menu at our restaurant in New York City? Jack and Hand in hand with this heightened nutritional awareness goes the fitness movement. And if you're a fitness enthusiast, you know that a regular program of exercise contributes as much to fitness as

does a healtht...
~ot only flavorful and filling but also dazzling to look at. While in Londoni... Chef Elbert was lose weight strictly by limiting your calorie intakei... but it would not nece%~ll ~i :`
ired by the move toward cuisine minceuri... a precursor of low-calorie haute cuissei... and longer. Nor will diet alone tone your body. Because not only does exetc~:.e i
i... of our dishes reflect this influencei... But our nutritionist has taken his innovations one pounds; it replaces fat with musclei... burns calories far more efficientl~ thari... l~t.
furtheri... devising menus that combine the dishes to provide maximum nutrition and a body a firmeri... more youthful appearancei... and improves your cardiovascu.h.u li...~altn Li...
and constant release of energy. All calories are not equal. To achieve optimal healthi... you also increases the flow of oxygen to the braini... cuts your appetitei... r-egulates bk)...J
t not only count calories; you must consider the benefits each food providesi... levelsi... speeds up your metabolism for several hours afterwardi... and reduce~ ctrc...
Based on the healthiest eating habits worldwidei... the Spa regime also conforms to the damaging to your well-being as a bad diet. At the Spa we encourage our guests to be r
>Dietary Guidelines and the latest findings of the American Cancer Society and the activei... both during their visit and after their stay.
:rican Heart Association. It s no small coincidence that the low-fati... low-sodiumi... high- Olivia de Havillandi... for examplei... had to gain twenty-two pounds for her starr~n~ ri...:i~ ~i...
diet that we favor is also the best kind of preventive medicine. The Queen Mother. After filmingi... she came to the Spa for a weeki... stayed for a month. ~ri...
More than a temporary trendi... spa cooking shows signs of achieving a permanent place eventually lost twenty-seven pounds. What she especially loved was the earli... rri...or ri...~i...~
!r national diet. As you look around todayi... even those dining in haute cuisine restaurants mountain hikei... and now she regularly begins her day with a long walk. We consta ~t . i<i...
;ating less saucei... less salti... less sugari... and less red meat. And they are eating more fishi... stories of guests who change their lives in small but ultimately large ways after- e~peri...Eri...:L~i...
~ grillsi... more saladsi... and more vegetables. At Jack si... the low-calorie Spa dishes have the remarkable health benefits and sense of well-being that result from a vi...est to the Sp:i
/s won praise from discriminating dinersi... and within the next two decades I believe
restaurant menu will include spa food. It is happening already in New York and Los
>hen I first mentioned to my father my plans for building the Spai... he pointed out tli... LT
it was inevitablei... given my background. Now my family are frequent .Isltors he
> On occasioni... if my father feels he is getting a coldi... he may come to have ~ serle~i... 1
philosophy of healthful eating is simplei... based on old-fashioned common sense. The herbal wrapsi... which help to eliminate toxrnssi... and after a few days he goes h.on~i...~
r key principles are: feeling rejuvenated. It mayi... of coursei... just be an excuse to wsit.
JALITY Use only the freshesti... besti... and most beautiful ingredientsi... emphasizing Planning the Spa at the Sonoma Mission Innii... I envisioned an emotional and phi... ~i...i...Lkl
-caloriei... low-fat foods... whole grainsi... fresh fruitsi... and vegetablesi... retreat. I wanted to create a total environment--~nsular and self-centered--that .i...~*..c)i ~ci
permit guests to focus on themselvesi... their needsi... and their desires. It is a great luxuri... to bi...
IANTITY Less is more; practice portion control and moderation in everythingi... able to leave the daily responsibilities of work and family behindi... to do something posi...Etji...
>ere are few limitations on the kinds of food you can use in Spa cookingi... if you use just for your health. But it is also enormously beneficial. Guests find that when they feel good.
~all amount. You can occasionally indulge in high-calorie foods if you just have a
e--literally.) that sensation enhances all aspects of life on their return home.
We hope we can convey the supportive environment and peaceful

surrounding of the
RIETY Employ a broad range of foods from all categories. A broader selection of Spa in this booki¼Œ and motivate our readers to treat themselves to a spa program at home If
les i¼Œ/viii make your adjustment to new eating habits enjoyable and interestingi¼Œ the menus and recipes that follow inspire you to modify your eating and exercising habi¼Œts
|/-] * Present food with an artistic eye; set the stage for a pleasurable experience after completing the programi¼Œ all the better. Becausei¼Œ beneficial as a stay at the Spa isi¼Œ a week
 i k~ :* i¼Œi¼Œ~ni¼ŒEse~i¼ŒE ~bv lavJno th~ +~hl ;~k i~ <till mnl~i¼ŒE ~ i¼ŒE^i¼ŒE~b ~A +1~ l~e ~f~+R~i¼ŒE qn= ~r~ r~llv a way of life.

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