

CAS AT HOME

Gabrielle Alexis B.

1. Home Workout

Activity

BENEFITS:

- FREE WORKOUT PROGRAM: (YOUTUBE)

I am currently doing <https://www.chloeting.com/program/2019/hourglass-program.html>. It is cost efficient compared to the high price points of gym memberships.

- WORKOUT ANYTIME

I can workout during the day or night.

- COMFORT

- Working out at home gives me privacy and a peaceful mind. Plus, I can do a workout at my own pace and at my own time.

- STRESS RELIEVER

Since we are in quarantine, working out can be a part of our everyday routine to keep ourselves productive . It is also good to our health; both physically and mentally.

MOTIVATIONAL TIPS:

- Listen to Music

I have created a playlist on Spotify with songs that helps me focus during a workout



- List down your goals

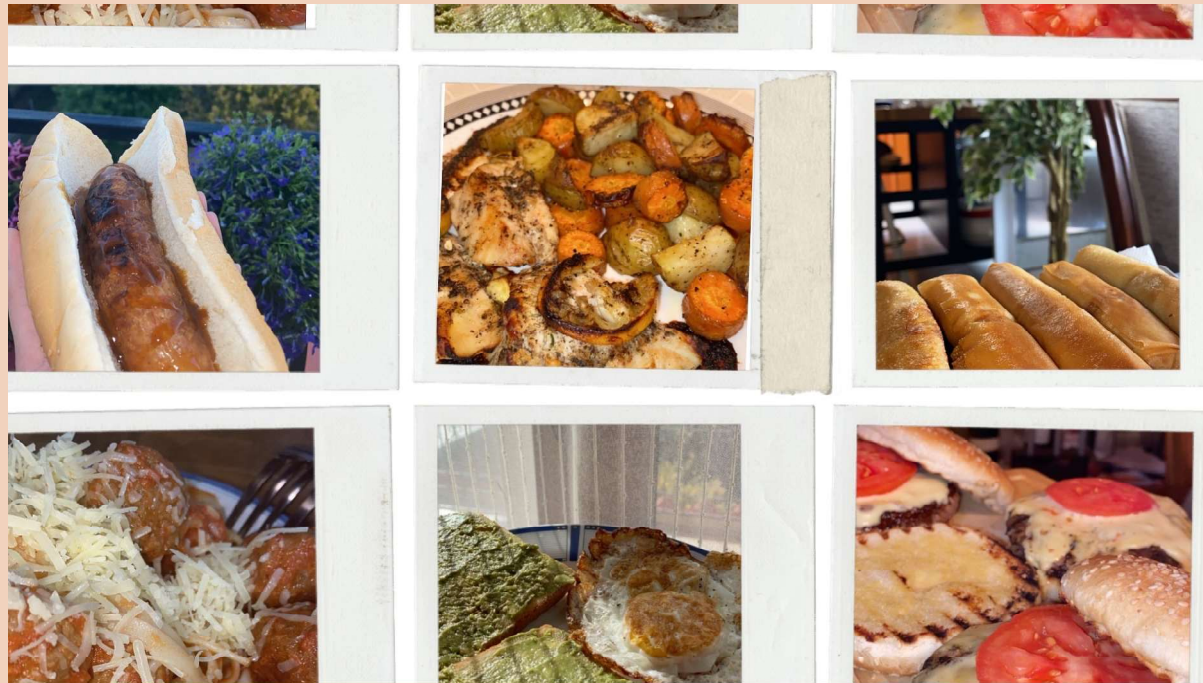
Having a list of goals is very important because it helps you track your progress. Seeing progress makes me motivated.

- Don't forget to have fun!

Listen to your body and don't force a workout. Having a rest day in between a workout program heals the muscles. I often watch movies and series to keep me entertained.

2. Cookbook: Post Workout Meals

Creativity



I always believe that maintaining a fit and healthy body does not mean to starve yourself. Eating healthy is proportioning your food intake while still allowing yourself to eat what you enjoy.

These are my go-to post workout meal recipes:



TOAST: AVOCADO, EGGS, BACON WITH ALMOND MILK

(2 Ways)

1) Ingredients:

- Toasted bread
- 2 hard boiled eggs

How to Make:

- Put your bread in a toaster for about 1-2 minutes
- Boil your eggs (depends on your desired doneness)

2) Ingredients:

- 2 toasted bread
- Freshly mashed avocados
- Egg of your choice
- Salt & pepper to taste
- Add crispy bacons (optional)

How to Make:

- Put your bread in a toaster for about 1-2 minutes
- Mash an avocado
- Fry you eggs & bacons
- Assemble everything together
- Finish off with salt & pepper



SLIDERS/ HOMEMADE BURGERS

Ingredients:

- Burger buns
- Beef Patties
- Salt & pepper to taste
- Cheese of your choice
- A slice of tomato

How to Make:

- Season the beef patties with salt and pepper
- Grill the patties
- Put the buttered buns on a pan till it gets grill marks
- Add and melt the cheese with the patty
- Assemble everything and top it with tomato



HOTDOG/SAUSAGE

Ingredients:

- Hotdog bun
- Sausage of your choice
- Curry Gewürz Ketchup (German Sauce)

How to Make:

- Fry your sausage till cooked
- Put your sausage in the bun
- Top it with your choice of sauce



FRIED LUMPIA / SPRING ROLLS (FILIPINO DISH)

Ingredients:

- Spring roll wrappers
- Ground pork
- Diced carrots
- Diced green beans
- Egg
- Flour
- Salt & pepper to taste

How to Make:

- Mix ground pork, diced carrots, diced beans, egg, flour, salt & pepper into a bowl
- Wrap the mixture using the spring roll wrapper
- Deep fry till golden brown



BAKED HONEY GLAZED CHICKEN WITH POTATOES & CARROTS

Ingredients:

- Chicken breast
- Honey
- Soy sauce
- Lemon
- Rosemary herbs
- Salt & pepper to taste
- Small potatoes
- Sliced carrots

How to Make:

- Placed the chicken breast into a container and add honey soy sauce, lemon, rosemary, salt and pepper.
- Leave the chicken in the fridge over night
- Preheat oven to 325 degrees
- Slice the carrots, add the potatoes and bake it together with the chicken for 15-25 minutes.
- Serve while hot



SPAGHETTI MEATBALLS

Ingredients:

- Pasta of your choice
- Tomato sauce
- Frozen meatballs
- Shredded cheese of your choice
- Salt & pepper to taste

How to Make:

- Boil the pasta until cooked
- Use the strainer to remove the water from the pasta
- Add the tomato sauce in a big pot
- Season it with salt & pepper
- Fry the meatballs till cook then add it to the sauce
- Mix the pasta and the sauce
- Top it with your preferred cheese

REFERENCES:

- <https://www.healthline.com/health/exercise-fitness/strength-training-at-home#strength-training-benefits>
- <https://www.gaiam.com/blogs/discover/5-ways-to-stay-motivated-to-exercise-regularly>
- <https://www.skinnytaste.com/avocado-toast-with-sunny-side-egg/>
- <https://www.kingarthurflour.com/recipes/hamburger-or-hot-dog-buns-recipe>
- <https://www.myrecipes.com/recipe/classic-burger>
- <https://kitchenconfidante.com/lumpiang-shanghai-filipino-spring-rolls-lumpia-recipe>
- <https://natashaskitchen.com/baked-honey-glazed-chicken-recipe/>
- <https://www.foodnetwork.com/recipes/rachael-ray/spaghetti-and-meatballs-recipe-1942620>