

the
RICHTER
reco.™



JANUARY 2012 | NEW YEAR NEW YOU

Happy New Year!

I am ecstatic for the New Year 2012! The New Year always fills me with healthy thoughts, fresh possibilities and lots of excitement. I have been inspired by the inherent promises of a New Year and to celebrate, I am launching a brand new website. The new website makes it even easier for you to bring my expertise and support right to your home or office. In addition, I will offer phone and Skype sessions, so you never have to miss a beat even when you travel or have that minor emergency. I've also decided to restructure my monthly newsletter. Each month will have a unique theme, which will focus on four areas: My personal Suggestions, Nutrition, Recipes, and Conditioning! January kicks it off and I am excited that one of my dear friends and fitness role models, Keoni Hudoba keonikinetix.com, contributes 12 fantastic stretches to the Conditioning Corner. Also, take a look at this month's volume of [Oprah Magazine](#) where I give my advice on saving money while eating healthy! Don't forget to download one of the 12 healthy recipes and make sure you utilize the 12 tips to get your 20-12 New Year off to a great start! Let's resolve together to make 2012 the BEST year for you, your family, and your body!

[Sharon's Suggestions](#)

[Click here](#) for some practical tips for

[Nutrition News](#)

The Dirty Dozen

beginning the New Year with a Fresh Start!!



The mission of the Environmental Working Group (EWG) is to use the power of public information to protect public health and the environment. EWG is a non-profit organization and was founded in 1993 by Ken Cook and Richard Wiles. I find one of the most useful tools that they provide is the [Shopper's Guide to Pesticides](#). These lists contain the 12 fruits/vegetables that show the most and least amount of residual pesticides. Start with purchasing organic for the "dirty dozen". [Click here](#) for a list of twelve of the most and least contaminated fruits and vegetables!

Richter's Recipes

Each month, a New Recipe!

This month, I give you a bonus of twelve!

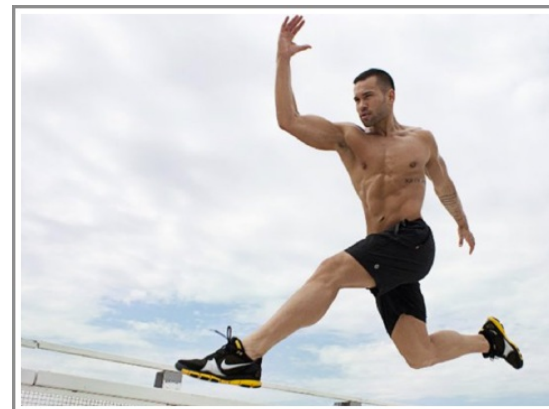
1. Breakfast: [Papaya Ginger Smoothie](#)
2. Soup: [Roasted Vegetable Soup](#)
3. Vegetable Salad: [Fennel and Orange Salad](#)
4. Vegetarian: [Tempeh Ratatouille](#)
5. Side: [Indian Lentils with Coconut](#)
6. Meat: [Ponzu-Glazed Flank Steak](#)
7. Chicken: [Balsamic Chicken & Mushrooms](#)
8. Fish: [Mustard Halibut](#)
9. Pork: [Grilled peaches and pork](#)
10. Dip: [Tzatziki](#)
11. Dressing: [Carrot Ginger](#)
12. Appetizer: [Gluten free Black Bean Cakes](#)

Conditioning Corner

Celebrity trainer & creator of DRENCHED

Trainer Keoni Hudoba details

[12 Super Stretches](#)



Why Sharon?

I am a Registered Dietitian and for the past ten years have based my private practice in New York City. My main objective is to help others achieve a healthier lifestyle by incrementally creating attainable mental and physical goals. [Click here](#) to learn more!

Let's Get Started!

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Richter Reco Blog

Read about Sharon's most recent projects, nutrition advice, and media appearances!

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