WW Weekly

October 11–17, 2020

The truth about willpower

Picture this: There are Friday pizza night leftovers you want to avoid. Sure, you could use willpower to resist it but after a while, that's going to get tough (and exhausting). Why? Studies show that over time our willpower can become depleted, making healthier decisions more challenging.

WHAT TO DO

Try one or two strategies from the list below to make healthier choices easier, so you don't have to rely solely on willpower.

1

Create guidelines.

Deciding in advance how you'll act in specific situations means you won't need to spend energy considering other options. Plan to eat a fruit or veggie with every meal, or take a route home that doesn't pass the bakery. Make sure it's truly doable!

2

Modify your environment.

Sights, sounds, and smells can impact your actions, so set up your space to minimize decision making. If leaving cookies in a jar on your counter has you constantly debating whether to eat them, move them to a harder-to-reach cabinet.

3

Make an active choice.

Create situations where the healthier choice requires less effort. Want to read before bed instead of getting wrapped up in TV? Put the TV remote on a high shelf across the room where you'll need to actively decide to get up and grab it.

4

Use temptation bundling.

Couple your "want-to-do" and "must-do" activities together. Listening to one of your favourite podcasts (something you love) on an evening walk (something you "must" do) reduces how much willpower you'll need to use.

Which strategy will you try this week? Let us know in your Connect Studio group!

Wellness that Works.™

Pulled chicken nachos with avocado and lime cream

Prep 30 min | Cook 15 min
Serves 6

5 4 4

- Nonstick spray
- 500 ml (2 cups) coarsely shredded cooked skinless, boneless chicken breast
- 250 ml (8 oz) tomato sauce
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) chipotle chili powder
- 1 pinch cayenne pepper
- 60 ml (¼ cup) light sour cream
- 15 ml (1 Tbsp) fresh lime juice
- 30 tortilla chips
- 175 ml (¾ cup) shredded 50% reduced-fat sharp cheddar
- 175 ml (¾ cup) salsa sauce
- ½ medium avocado, diced
- 1 small sweet red pepper, diced
- 60 ml (¼ cup) chopped scallions
- 60 ml (¼ cup) pickled jalapeño peppers
- 60 ml (¼ cup) chopped cilantro

1. In small saucepan over medium, cook chicken, tomato sauce, cumin, chili powder, and cayenne until bubbly.

2. In small bowl, stir together sour cream and lime juice; set aside.

3. Preheat broiler. Coat large rimmed sheet pan with nonstick spray.

4. On prepared pan, arrange chips in an even layer; top evenly with chicken mixture and cheese. Heat under broiler (should be 15 cm (6 inches) away from broiler) until cheese melts, 3 to 4 minutes.

5. Drizzle sour cream mixture and salsa over top; sprinkle evenly with avocado, red pepper, scallions, pickled jalapeños, and cilantro. Serve immediately.

SERVING SIZE: 5 topped chips, about 310 ml (1¼ cups)

Nut-free

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