

Christine's weekly report: Week two of my challenge not so good! It really proves to me that eating at home and using the healthier recipes and ingredients can really make a difference. Unfortunately due to my schedule last week, it turned out that I had to eat out 5 of the 7 days of the week. Though healthy choices can be found it seems that for me it's best to stick to my own foods and recipes. I did not lose anything this past week, but I did not gain either! Back to really focusing more on healthy eating this week and keep up with the mindfulness through my journaling. Here is my week three work out challenge and recipe of the week [Click here for workout.](#)



Black bean and guacamole tacos  
10 minutes, 414 calories, 1 serving

#### Ingredients

- 2 corn tortilla (~3 oz)
- 3 tbsp gruyere (grated) (~ $\frac{3}{4}$  oz)
- $\frac{1}{4}$  cups black beans (cooked and drained) (~2 oz)
- 1 onion (medium sized) (~4 oz)
- $\frac{3}{4}$  tsp olive oil (extra virgin)
- 1 tbsp guacamole (ready made) (~ $\frac{2}{3}$  oz)
- optional: 1 cups mixed leaf salad (~1  $\frac{1}{4}$  oz)
- optional:  $\frac{1}{4}$  tsp garlic powder

#### Instructions

1. Peel and slice the onion.
2. Wash the salad and cut it into small pieces.
3. Heat olive oil in a frying pan over medium heat.
4. Cook onions for 5 minutes or until lightly brown.
5. Reduce heat to low. Add the black beans and the garlic powder. Cook for 5 more minutes.
6. If desired to heat tortillas, remove ingredients from pan then add tortilla(s) for about 10 seconds on each side.
7. Once ready, you can use all ingredients inside your taco or prepare however you prefer them. Season if needed.
8. Serve and enjoy!