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25th



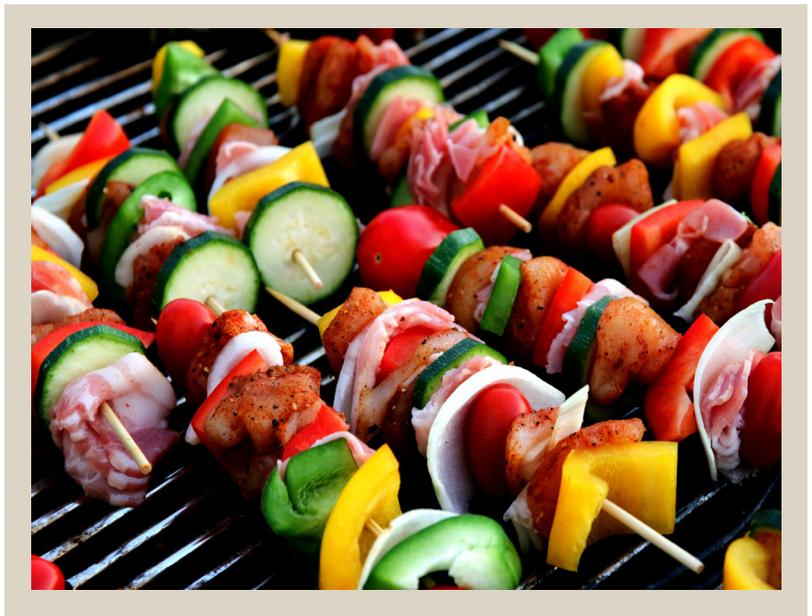
July 24, 2019

Wellness Wednesday

How To Clean Your Grill With Aluminum Foil

Grilling season is here, which means it's time to break out the tongs and refill the propane tank. More than likely, it's also time you give your grill a good scrub. Dirty grills are no good for obvious reasons. Leftover bits of food can get stuck to food you're cooking, ruining the taste, while old grease and fat can spread harmful bacteria.

Beware of cleaning off your grill with a brush — stray metallic bristles have been swallowed by diners, causing all sorts of health problems. Luckily, we've found the easiest — and safest — method to thoroughly clean your grill (though you should always first check if your manufacturer has its own directions or warnings about cleaning). All it takes is a towel, some tongs, a few sheets of aluminum foil and a little hard work.



- Use an old towel or rag (make sure it's dry) to wipe down your grill and remove any large chunks of grit and grime from your last use.
- Tightly cover the top of your grill grates with one or two sheets of aluminum foil and turn the grill on high. Shut your grill and leave it covered for about 25 minutes.
- Turn down the heat and let your grill cool off. Using tongs, remove the foil. Use your old towel to wipe away the grime, which by now should have turned into ash.

And voila! You've got a clean grill, free of health risks and unwanted food bits. And in the future, after using the grill again, The Daily Meal recommends balling up some more aluminum foil and scrubbing each grill grate individually while it's still warm to prevent further buildup. If you don't have any aluminum around, try ultimate grill authority Steven Raichlen's advice:

- "Evict any spiders or other nesting critters and clear out the cobwebs or other debris from the manifolds, burner valves, connectors, etc. Compressed air (available canned if you don't own an air compressor) is an efficient way to do this. Empty and clean the grease trap or drip pan; replace any disposables, such as foil pans, if needed."
- "Use a commercial grill cleaner such as the one made by Green Earth Technologies or a product like Simple Green to clean the interior and any internal parts, such as baffles, flavorizer bars, etc. If your grill is polished stainless steel, use a commercial stainless steel cleaner on the exterior, or wipe it down with a soft cloth using a mixture of water, mild dish soap, and white vinegar. Replace ceramic briquettes as needed." Happy cleaning!

Article source: <http://bit.ly/2JD45an>

This Week's Exercise

DEAD-LIFT TO A HIGH-PULL



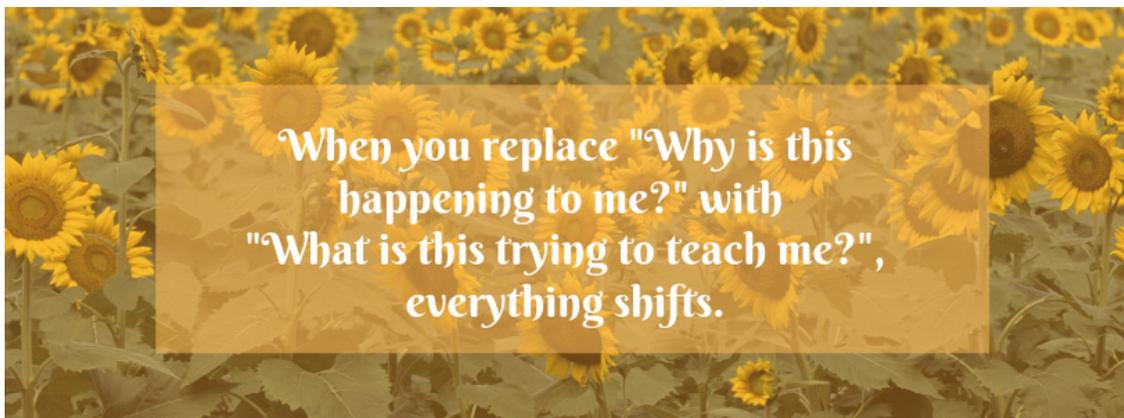
HOW TO DO IT:

THIS IS A GREAT TOTAL BODY MOVEMENT THAT IS A NATURAL PROGRESSION OF THE HIGH-PULL. IT WILL TARGET YOUR LEGS, BICEPS AND SHOULDERS.

1. START OFF IN THE STANDING POSITION WITH YOUR FEET A LITTLE WIDER THAN SHOULDER WIDTH APART AND THE KETTLEBELL BETWEEN YOUR FEET.
2. SQUAT DOWN AND THEN STAND UP AND PULL THE KETTLEBELL HANDLE TO YOUR CHIN WHILE BRINGING YOUR ELBOWS UP HIGH.
3. BRING THE KETTLEBELL BACK TO THE STARTING POSITION AND REPEAT.

Source: <http://bit.ly/2JD5Kwy>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



BREAKFAST BLT



Ingredients

3 slices center cut bacon
1 large egg
2 slices light whole wheat bread
2 to 3 iceberg lettuce leaves
2 thin slices beefsteak tomatoes
1 tablespoon light mayo

Directions

1. Heat a medium nonstick skillet over medium heat. Add the bacon and cook, 5 to 6 minutes, turning halfway until crisp. When cooked, set aside on a paper towel and wipe some of the fat, leaving a little to cook the egg. Crack the egg, cover and cook until the yolk is set.
2. Meanwhile, toast the bread. Assemble the sandwich by putting the mayo on the bottom, then the egg, then the lettuce, bacon and tomatoes. Cut in half and eat right away.

Nutrition Information

Serving: 1 sandwich
Calories: 288kcal
Carbohydrates: 21g
Protein: 21g
Fat: 14.5g
Saturated Fat: 4g
Cholesterol: 193mg
Sodium: 681mg
Fiber: 6g
Sugar: 3g
Freestyle Points: 6
Points +: 8

Recipe source:

<http://bit.ly/2JDj4wI>