



ordinary people, extraordinary results

Date: January 25, 2019

NEWSLETTER



Let's Play.



The Open is coming! This is a 5 week event running from February 21, 2019 to March 25, 2019. This event for us at QTown, is a fun time to hit a workout together and focus on giving full effort!

This is a great event for our community to spend time as a family and grow together. The workout will be completed each Friday. We will be having an event, Friday Night Lights, on the first and last Friday of the Open. **We will kick it off at 5:00pm on Friday, February 22, 2019.** After that, we will all be completing the workout on each Friday at the scheduled class times. **We will end the Open with another Friday Night Lights event on March 22, 2019 at 5:00pm.**

QTown will be providing a meat and we just ask that you bring in a side, which we will eat after we calm down from the workout! This is also BYOB.

Don't miss out on this amazing opportunity to grow together and give it your all for a workout!

Embracing Community

My CrossFit experience began in late 2008 CrossFit Fort Bragg in a small town outside of Fayetteville, North Carolina. It was essentially a small maintenance garage with a giant bay door. Many people in my unit couldn't stop talking about CrossFit (which I mostly brushed off as drinking too much of the kool-aid) and they convinced me to give it a try. I was incredibly nervous about the whole experience, but when I walked in I was welcomed with open arms. It's what captivated me initially and what has encouraged me all along my fitness and coaching journey. I wasn't by any means the most fit, but I felt like I belonged and that these people cared about me. I instantly started caring about them.

Many of you would say that is why you come here, to be a part of something bigger. We all are here to better ourselves and our health and fitness while supporting each other daily. If you haven't experienced what this is like, then I just suggest you dive in head first:

Pro Tips:

- Learn your classmates names and cheer them on.
- Happen to finish your workout early? Take that time to help someone else finish theirs.
- Congratulate them for hard work being done
- Discover something you didn't know about them

We all have our individual reasons for being here and our individual lives, but there is something so much more meaningful about giving to another person. You may find out that this aspect of being here is more important than even what you could have wanted for yourself. Give it a shot and you may find out how much you and the person next to you, are in it together.

RECIPE OF THE MONTH

Salisbury Steak Meatballs (Whole30 Approved!)



Recipe Courtesy of Paleo Running Mama

[Check out the recipe on her site here](#)

Ingredients

For the Meatballs:

- 1.5 lbs grass-fed ground beef 85% lean
- 1 egg
- 1/3 cup blanched almond flour
- 3/4 tsp fine grain sea salt
- 1/4 tsp black pepper
- 2 tbsp tomato paste
- 2 tbsp brown mustard
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 tbsp coconut aminos
- 1/4 tsp liquid smoke (optional)
- 1 cup white mushrooms divided SEE NOTE*
- 1/4 cup finely chopped mushroom from the 1 cup
- 1 Tbsp ghee or other cooking fat
- Parsley chopped, for garnish

For the Sauce:

- 12 oz beef bone broth divided (1 cup + 1/2 cup)
- 1 Tbsp ghee
- 1 med onion chopped
- 3 cloves garlic chopped
- 1 tbsp arrowroot powder or tapioca
- 1 tsp mustard
- 2 tsp coconut aminos

Make the meatballs:

1. In a large bowl, mix together with your hands the ground beef, almond flour, salt, pepper, garlic and onion powder, mustard, tomato paste, coconut aminos, finely chopped mushrooms*, egg, and liquid smoke,(if using.)
2. Form into 1.5 inch balls while preheating a large deep skillet over medium heat. Add 1 tbsp ghee to the skillet, then brown the meatballs all around. Transfer browned but not cooked through meatballs to foil lined sheet and lower the heat to low.

Make the sauce:

1. Add second tbsp ghee to the pan, then the onions and cook until translucent. Add the garlic and cook another minute.
2. Add 1 cup of the bone broth, leaving a half cup to mix with arrowroot
3. Add the mustard, aminos, sliced mushrooms* and bring to a simmer, stirring.
4. In a small bowl, whisk arrowroot with the remaining 1/2 cup of broth, add to the pan and stir to combine.
5. Add meatballs back to the pan with the sauce, cover and simmer on low for 5-10 minutes until meatballs are fully cooked and sauce thickens.
6. Spoon sauce over meatballs, sprinkle with parsley and serve with mashed potatoes. Enjoy!

COMMITTED CLUB

QTown's Committed Club recognizes those members who attend the gym 15 or more times a month every month. Below are those members from the month of December who made the Committed Club! Please congratulate them when you see them at the gym. We also select three people each month from the list who win a prize. Highlighted names win this month. Please see a Coach to get a free drink!!

Martinette Douglas	20
Tad Luebbehusen	20
Lizzy McCrudden	19
Rob Gengenbacher	19
Amanda Gabel	17
Vitor Pastorini	17
Abby Rose	16
Adam Peters	16
Tieraney Craig	16
Chris Helsabeck	15
Laura Cook	15