

Energy for Your Work Day

5 Productivity Snacks

By Haley Shaw

The three o'clock bewitching hour rolls around and your energy may be running low; however you still have a few more hours of work, a commute home, then your typical after-work activities (errands, running kids around, meeting up with friends, working out, etc.). Snacks that provide us with an endless amount of energy are a must. Below, I will lay out the top five productivity snacks to get you through your day. Whether you're driving to make an appointment, in and out of meetings, or "in-the-zone" at your desk, these snack selections will provide a convenient grab-n-go option no matter where you are.

Snack Choice 1: Rice Cakes with Peanut Butter and Fruit of Choice

Although rice cakes are a great low calorie option, they are a little more than refined carbohydrates (*which are quickly digested and converted into sugar*). That said, timing with rice cakes is key. Solely consuming rice cakes on an empty stomach can actually induce a spike in blood sugar. This might just leave you feeling sluggish and craving more foods. Try to pair rice cakes with a healthy fat and fruit choice. This will quickly switch over to one of the most convenient healthy grab-n-go snack options - especially pre workout. How so? When you pair a low calorie item (rice cakes) with fruit of choice (banana, apple, strawberry slices) and a healthy fat (peanut butter, avocado, hummus), the healthy fat will actually decrease hunger cues over time. This will help keep you full for a longer period of time, allowing you to take on the tasks needed to complete whatever job you are working on.

Remember:

Snack smart. Grab 2 rice cakes and top with 1-2 tbsp. peanut butter and your fruit of choice

Snack Choice 2: Protein Pancakes and Bites

One of my all time favorite snacks...protein pancakes and/or protein bites. Although you do have to make each item ahead, I recommend making a big batch of both, and storing in the refrigerator or freezer.

Trainer Hales Famous Protein Pancakes Recipe: (Yields 1 Serving; 3, 3-inch Pancakes)

Ingredients:

1/4 cup liquid egg whites or 1 whole egg
1 scoop Level-1 or Phormula-1 Protein Powder (any flavor)
Optional: 1 tbsp. coconut/almond or gluten free flour or 1/2 banana splash almond/coconut milk splash coffee (surprisingly really tasty)
cinnamon or pumpkin pie spice, to taste

Directions:

1. Combine all ingredients either in blender or mix by hand.
2. Spray pan with PAM and pour mixture into pan and cover with lid.
3. Flip over and enjoy!

Cinnamon Vanilla Breakfast Protein Bites (Yields 12 Bites)

Ingredients:

3/4 cups oats (gluten free)
1/2 cup PB2
2 Scoops Level-1 Vanilla Protein Powder
1 tsp cinnamon
1/4 cup regular peanut butter, melted
1/4 cup Walden Farms Calorie Free Syrup
1 tsp. vanilla extract

Directions:

1. Add oats, PB2, Vanilla Protein Powder, and cinnamon to a food processor and blend until well combined.
2. Add melted peanut butter, syrup and extract to flour mixture.
3. Using spoon, scoop out 1 oz. mixture and roll into balls. Place on parchment paper and freeze for 20-30 minutes.
4. Dust with additional cinnamon and vanilla protein powder if desired. Keep in fridge or freeze for up to 6 weeks.

Snack Choice 3: Protein Shake

Fizzique, Vital Proteins Collagen Peptides, 1st Phorm Level-1 Protein are few great protein drink options. Recently, I tried the latest craze—sparkling protein water. As a huge La Croix fan, instantly I became a fan for Fizzique Sparkling Protein Water. Time to dive into the importance of each type of protein:

Fizzique is a light and refreshing on-the-go protein drink option to kick-start your energy and satisfy hunger between meals. The 20g of healthy bubbles of protein will reduce cravings for a high carb snack. **1 Can= 80 Calories and 20g Protein**

One of the greatest things about collagen is that it's a simple supplement to integrate into a diet. Vital Proteins Collagen Peptides dissolve into hot or cold beverages, and Vital Proteins has a few options to choose from. Whether you're on-the-go and need the single serving stick packs, or a 32 oz tub to keep at the office, you can mix some up for an afternoon pick-me-up in coffee, BCAA's, hot tea, or flavored water. Individuals can benefit greatly from collagen supplements, as collagen is crucial for the maintenance of healthy bones, joints, cartilage, and other connective tissues.

1 Stick Packet= 35 Calories and 9g Protein

Whether your goal is weight loss or muscle gain, 1st Phorm Level-1 protein powder makes it easy to increase protein, or number of meals throughout the day. High in protein, low in carbohydrates and fats, makes this the perfect powder to mix into any liquid for a creamy, and delicious option. It is one of the best tasting meal replacement protein powders on the market, and leaves you feeling satisfied with no bloat, gas, burps, or upset stomach. **1 Scoop= 150 Calories, 24g Protein, 6g Carbohydrates, and 3g Fat.**



Snack Choice 4: KIND Bars

When searching for a nut or protein bar: compare protein to sugar content. Right now, grab your typical bar of choice. Check the protein to sugar ratio. Is the protein higher than sugar, or other way around? Commonly, you will find the sugar content higher than protein in bars and yogurt. Make sure to find a good bar where the protein content is higher than the sugar content. For example, KIND bar's new protein Crunchy Peanut Butter bar, contains 12g Protein, and 8g total sugar (includes added), which is a great ratio.

One time when sugars *can be* higher than protein is when purchasing a fruit and nut bar. Check out the ingredients. Make sure the bar states "whole fruit" instead of fruit juices (apple, banana, strawberry, etc.). For example, when you're craving something sweet, opt for PRESSED by KIND Fruit Bar or Fruit and Chocolate Bars. PRESSED By KIND Fruit Bar Mango, Apple, Chia contains 21g sugar and only 1g Protein. This is okay, because the ingredients are: mango, apple, chia seeds. That's it!

Remember:

Protein > Sugar
Natural Sugar > Added Sugar

Snack Choice 5: Turkey Jerky

Thankfully, you can now find turkey jerky everywhere—gas stations, grocery and convenience stores. Yes, it is higher in sodium; however, this is a great "last resort" snack option for a healthy, high protein, low carbohydrate treat.

Take these five productivity snack time choices to keep you full of energy. A little preparation goes a long way. Prepare ahead of time to keep your health on track throughout the workday.

If you had to choose one of the five snack choices outlined in this article, which one would you grab for your workday snack?

Haley Shaw owns Amp Up Fitness and works with MSBA to provide health and fitness content to members. You can contact Haley at haley@AmpUpFitness.com, or check out her website at www.AmpUpFitness.com.

Lee Ogburn, principal at Kramon & Graham, has been named a recipient of the Maryland Legal Aid Equal Justice Council's 2018 Executive Director's Award.

Chris Jeffries, Kramon & Graham trial lawyer, has been named a 2017 - 2018 MVP of the Maryland Defense Counsel for his work on the MDC Deposition Bootcamp Steering Committee.



James M. Dore

James M. Dore has been promoted to partner at Elville and Associates, P.C.



Hanna Sheehan

Hanna Sheehan has joined Maryland Volunteer Lawyers Service (MVLS) as a staff attorney for the organization's Adult Public Guardianship Program.



Vijay Mani

Vijay Mani has been elected as Senior Counsel at Joseph Greenwald & Laake P.A.

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Send your latest news and updates to Lisa Muscara for inclusion in Et Alia:
lisam@msba.org.

Keating Receives 2018 Hjortsberg Award



The MSBA Solo & Small Firm Practice Section presented its 2018 David Hjortsberg Award to Mary T. Keating on June 15 during the MSBA Legal Summit & Annual Meeting in Ocean City, Maryland.

The purpose of the Hjortsberg Award is to acknowledge, com-

mend, and express appreciation for solo and small firm practitioners who raise the bar of professionalism, civility, intelligence, respect, and community commitment for all. With this year's Award, the Section recognized Keating's exemplary 30-year legal career, during which time

she has worked tirelessly on behalf of her clients, as well as mentored both law students and fellow attorneys. Keating is also Immediate Past President of the Maryland Employment Lawyers Association.



The Chesapeake Legal Alliance Seeks Executive Director

The Chesapeake Legal Alliance is a nonprofit organization whose mission is to use the law to protect and restore the Chesapeake Bay. They carry out that mission primarily through a network of volunteer attorneys who provide pro bono legal assistance to individuals, communities and organizations working towards protection and restoration of the

Bay and its watershed, but who cannot afford an attorney.

The Executive Director is the leader of the organization, and is the person primarily responsible for its operations, funding, and management. For a full description of the roles and duties of the Executive Director, please email info@chesapeakelegal.org.

ing role in shaping our profession while we serve our members and our community," he said.

Having laid that groundwork, Truffer turned to the subject of lawyer assistance, an issue "which, if nothing else, will have a lasting impact as a result from my service as President." Citing a pair of recent "groundbreaking" studies that found the legal profession to be roughly three times more susceptible to stress-related alcohol and substance abuse, Truffer emphasized the need for destigmatization of this disease, and the expansion of resources available to those afflicted

by it.

Using as a basis an August 2017 report issued by the American Bar Association's National Task Force on Lawyer Well-Being, Truffer noted that he has already initiated dialogue with various "stakeholders" throughout Maryland, including the MSBA Lawyer Assistance Program, the Maryland Judiciary, the Office of Bar Counsel, the Judicial Disabilities Commission, both of the state's law schools, and professional liability insurers.

"Each of these groups has a profound interest in combating the mental health issues of depression

and alcohol and drug abuse which afflict many of Maryland's lawyers, judges, and law students," he said. "It is my goal for the MSBA over the next year, in partnership with these stakeholders, to develop for Maryland a coordinated effort, consistent with the recommendations of the ABA's National Task Force to acknowledge the problems of alcohol addiction and substance abuse and to promote awareness thereof; to expand the availability of treatment for these conditions; to destigmatize and encourage those who need treatment; and to emphasize the confidentiality of

that treatment."

"To meet this challenge is both an act of humanity to those lawyers who need our help and critically necessary to meet our responsibilities to our community and to our profession," he summarized.

Truffer concluded by noting that MSBA has already "had to make many difficult choices as to its future course. In considering those decisions, there are voices among us who insist on looking backward, clutching on to what we have been, rather than looking to what we can be."

"With a full understanding

of our noble history and a deep appreciation for the contributions and sacrifices of so many who have made the MSBA the premier organization that it is, let me eliminate any ambiguity," declared MSBA's new President. "I stand with those who look forward – those who see change as an opportunity, rather than a peril."

Members also elected MSBA Officers for the 2018-2019 Bar Year, including: Dana O. Williams, MSBA President-Elect; Hon. Mark F. Scurti, MSBA Treasurer; and Deborah L. Potter, MSBA Secretary.

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■ **JULY 26, 2018.** *Fiduciary Litigation: Contested Wills, Trusts, Inter Vivos Transfers and Guardianships.* Rockville, MD.

■ **JULY 30, 2018.** *2018 Hot Topics in Elder Law.* Baltimore, MD.

■ **AUGUST 2, 2018.** *2018 Hot Topics in Elder Law.* Rockville, MD.

■ **AUGUST 7, 2018.** *Pesky and Persistent Evidentiary Issues in Estate and Trust Litigation.* Baltimore, MD.

■ **AUGUST 9, 2018.** *Pesky and Persistent Evidentiary Issues in Estate and Trust Litigation.* Rockville, MD.

■ **SEPTEMBER 18, 2018.** *Family Practice Update.* Baltimore, MD.

■ **SEPTEMBER 20, 2018.** *Family Practice Update.* Rockville, MD.

■ **DECEMBER 11, 2018.** *Advanced Real Property Institute.* Baltimore, MD.

■ **DECEMBER 13, 2018.** *Advanced Real Property Institute.* Rockville, MD.

PUBLICATIONS...Page 14

in the Second Edition and

- brings the Second Edition fully up to date with current developments in statutory and case law.
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MSBA Committee on Pattern Jury Instructions

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The Honorable Kevin F. Arthur, Judge, Court of Special Appeals of Maryland

This is the authoritative reference for Maryland attorneys on "when" an order is appealable. Judge Arthur provides essential updated information and advice relating to the timing of appeals. The timely filing of an appeal is critical. Failure to comply with the rules can cause parties delay and expense and, most important, the loss of the right to appeal altogether. To avoid such grave consequences to clients, practitioners need to know and apply the rules correctly.

Updates for the 2018 edition include—

- Analysis of latest rulings from the Court of Appeals and Court of Special Appeals of Maryland
- Discussion of Appeals From Interlocutory Orders, e.g., in Contempt or Child Custody Proceedings
- Guide to Determining Whether an Order is Final and Appealable or an Appeal is Premature
- and more

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Allan J. Gibber, Esq.

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Gibber's new 6th Edition is an indispensable resource for the bar, the bench, and the Registers of Wills of this state, and will guide you to being a better estate attorney.

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UP-TO-DATE—The *Sixth Edition* adds discussions of pertinent court decisions issued since the *Fifth Edition* by the Court of Appeals of Maryland, the Court of Special Appeals of Maryland, and the United States District Court

for the District of Maryland, and is current as of December 31, 2017. While including discussions from prior editions, it picks up where the Fifth Edition left off. It examines and analyzes cases, statutes, treatises and other reference sources on Maryland law and pleading. Included is an updated chart of statutory provisions that provide for the award of attorney's fees. It has been revised to address evolving requirements in various areas of practice, such as claims against government entities under the Maryland Tort Claims Act and Local Government Tort Claims Act, claims for protective orders in domestic cases, claims for workers compensation benefits, and claims under the Maryland Human Rights Act and local county ordinances governing human rights.

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