



## IN THIS ISSUE

We know planning ahead is necessary for a variety of things in our lives whether it is for tomorrow's meeting at work, a large home improvement project, a special family party, or simply the tasks for the day. We do a great job planning the commitments we have but when it comes to taking care of ourselves and nourishing our body the right way, we let it fall by the way side. Planning meals is essential to weight loss and losing/maintaining weight loss post-surgery. Bottom line—those who do not plan meals ahead are not as successful with weight loss as those who do. We all know as soon as the tasks start for the day there is no time to plan our meals. Most days do not go exactly as expected so having our meals accounted for is one less stress we have to think about during the day. We also don't have to deal with the stress of feeling guilty after we eat a less nutritious meal. What we eat is important to fuel our body and take care of our health.

## *BASIC STEPS AND TIPS to meal planning for the week*

**1** Discipline—this is the most important thing to meal planning. As much as we would like to spend the few hours of our meal prep day relaxing on the couch, think about how happy you will be at the end of the week when you are tired and already have a meal cooked for you and lunch prepared! If meal prepping and planning ahead is your goal, really discipline yourself to get it done each week and the time you save the rest of your week is your reward!

## What's Happening *this Month:*

- \***2015 Support Group Dates:** Our next dates are March 18th and April 22nd from 5-6PM. Clear your schedules for those dates if you cannot make this month's!
  - \*\* Sign up online under "Patient Classes" on our website or e-mail Caroline. The groups will be held in the Oncology Conference Room at Capital Health Medical Center – Hopewell.
  - \*\* Don't forget you can swap clothes in the "Capital Closet" from 4:30 – 5 PM before the support group. Bring in your clean clothes that no longer fit and "shop" for clothes that might be your size.
  - \*\* New raffle for our Program! We are starting "Meal Prep Monday" on February 23rd to stress the importance of planning ahead meals pre- and post surgery! Email a picture to Caroline of how you meal prep and plan ahead with a small description and/or recipe and you will be entered into our raffle! Your pictures will then be posted to our Facebook every Monday for ideas and motivation for others! Send in your Photo by March 16th and we will announce our drawing winner!
- \***We now sell Quest chips and Protein Powder** in addition to the Quest Bars. Great to have around as a back-up plan if your day did not go as originally planned!
- \***New bariatric advantage products available:** 500 mg tropical orange flavored Calcium citrate chews, strawberry flavored chewable iron & multivitamin 'crystals' -a powdered Multi-formula.
- \***Check out our website for Nutrition and Diet Resources.** Go to "Educational Materials" and find information on your pre-op diet, post-op diets, protein shake ideas, meal and snack recipes, goals sheets and more.

- 2** Choose what day or days you have time to meal prep. You might choose to do dinners you need for the week Sunday night and lunches Monday. Or maybe you have a day off on Wednesdays and can grocery shop the night before to prepare for your “Meal Prep Wednesday Morning”. Find the day or days and times and make it an appointment with yourself in your calendar weekly.
- 3** Choose what meals you need for the week. You might not need to plan a dinner meal this Thursday because you know you will take a meal you previously froze since you will be at work late. You might need to plan a snack the one day you have to go to your children’s sports games. Count how many dinners, lunches and snacks you need for the week.
- 4** Find recipes for the meals you need! Start with the plate method—choose a lean protein, vegetable or fruit, and whole grain for your meals. If you are a foodie- find healthy recipes where you use that as a base to get your nutrients but get more creative. If you hate cooking, find little or no prep recipes or meal ideas you can throw together that you enjoy (healthy crockpot recipes are usually very easy and can make multiple meals!) Try to choose 2 recipes for dinner, 2 for lunch or use ingredients you can use for the whole week but simply change the flavors of. See our newsletters and Facebook page for meal ideas or websites to research further.
- 5** Make a grocery list of everything you need based on those meals. Decide if you will grocery shop the day before or on your meal prep day. Also try online grocery shopping and delivery to avoid getting things not on your list and if you hate the stress of a grocery store!
- 6** Meal prep right away if you can by chopping ingredients or portioning grains before they are even put inside the refrigerator the day before or day of to make the cooking step easier. It also helps us choose more lean protein, fruits and veggies for snacks if they are already chopped and portioned for us.
- 7** Buy containers—depending on how many meals you make and what helps you with portion control will determine the type and amount you need. (Try [amazon.com](https://www.amazon.com) for bulk reusable containers!)
- 8** Now time to cook! (or throw together if no cooking is needed). Lay out containers and portion out prepared foods into containers for the week. Freeze what you do not need for this week to save for the next. While cooking this week’s meals, have a crockpot meal going to make frozen meals for days we might need a quick option! Make sure to date your meals and use the rule: first in, first-out!





## Featured Product of the Month



### BROCCOLI COLE SLAW—Why we love it? [See recipe below!]

— Not only is this all-natural item low in calories, fat-free, and high in fiber, but each serving is also packed with vitamin A (60% of the recommended daily allowance) and vitamin C (110% of the RDA). Not bad, broc slaw!

— It's a convenient way to get your veggies in. This stuff is pre-washed, pre-shredded, and pre-mixed. Plus, you can steam it in the microwave right in the bag. Just snip a corner to vent, pop it in, and nuke for 3 to 3 1/2 minutes. Great to use for a quick vegetable on your meal prep day!

— It's also versatile:

- Pair it with low-fat or fat-free salad dressing for a quick salad—great if you are craving something crunchy!
- Our favorite way to use it is what Hungry Girl recommends as a pasta alternative—Just cook the slaw until soft (in the microwave or on the stove), and then add chunky tomato sauce. Add a protein if making in a meal like shrimp or chicken (**SEE RECIPE BELOW**). Instant saucy satisfaction, and you can eat a giant bowl of it for hardly any calories.
- Also a great veggie to add to soups and omelets.



## RECIPE of the Month

Skip the pasta—this saucy seafood dish will kick noodle cravings to the curb—for a fraction of the carbs and calories!

Prep: 5 minutes Cook: 15 minutes

MAKES 1 SERVING

ENTIRE RECIPE: 289 calories ■ 3g fat ■ 770mg sodium  
31g carbs ■ 14g fiber ■ 15g sugars ■ 36.5g protein  
PointsPlus® value 6\*

### INGREDIENTS

- ½ 12-oz. bag (2 cups) **BROCCOLI COLE SLAW**
- 1/4 cup low-fat marinara sauce
- 3 to 4 oz. ready-to-eat shrimp  
or cooked chicken breast
- Seasonings: garlic powder, onion powder,  
red pepper flakes

### DIRECTIONS

1. Bring a large skillet sprayed with nonstick spray to medium-high heat.
2. Add broccoli slaw and 1/2 cup water. Cover and cook until fully softened, about 10 minutes. Uncover and, if needed, cook and stir until water has evaporated, 2 to 3 minutes.
3. Add marinara sauce and shrimp. Cook and stir until hot and well mixed, about 2 minutes. Season to taste!

— **HG ALTERNATIVE:** Steam your slaw by microwaving it right in the bag, if the package says it can be done. Then transfer to a microwave-safe bowl. Stir in marinara sauce and shrimp. Microwave for 2 minutes, or until hot and well mixed. Season to taste!