



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.



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!