



## METABOLIC AND WEIGHT LOSS CENTER



## What's Happening this Month:

\* Our support group this month is Wednesday, July 27 from 5 – 6 p.m. in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. Can't make it? Block out your calendar for our upcoming support groups: August 24, September 28, October 26, November 9, and December 7, 2016. Same time, same place each month!

\* If you had surgery and are not a member of our Post-Op Online Support Group, The Capital D.R.E.A.M. Team, please e-mail Caroline ([clazur@capitalhealth.org](mailto:clazur@capitalhealth.org)) so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!

\* Upcoming information sessions for those interested in weight loss surgery with our program: July 13 and July 27, 2016, 6 – 8 p.m. in the Radiation Oncology Conference Room at the Capital Health Medical Center – Hopewell. Call 609.537.6777 or visit [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) to register.

\* Don't forget to "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivations and program updates.

\* Our Capital Health Cooking Competition will be Friday, October 7, 2016! Post-op patients interested in participating should e-mail Caroline ([clazur@capitalhealth.org](mailto:clazur@capitalhealth.org)) or call 609.537.6777 and ask to speak to Jeri or Caroline. Three patient names will be drawn to participate, but we encourage ALL of our patients to attend the event (and support your peers). It's going to be a fun night!

### IN THIS RECIPE EDITION

- Give Your Meals a Fun Theme [we suggest a picnic theme since July is National Picnic Month], including meal and snack ideas
- Product of the Month

## THROW A THEME MEAL PARTY —FOR YOURSELF!

After weight loss surgery, we promote changing your unhealthy relationship with food. Our program often says "food is fuel" or "let food be thy medicine," but that does not mean our meals should be boring.

Changing your ingredients in your meals and getting creative makes you think about that meal or snack a little more than you would if it was your typical Greek yogurt snack while you are eating and sparks your interest in your own cooking. You may also enjoy that meal or snack much more when it has new ingredients, and therefore, you may be less likely to graze later on snacks that taste better than your boring, bland chicken and romaine lettuce.

We suggest giving your meals, for a day or a week, a theme! Thanks to our intern Kristen, for informing us that July is National Picnic Month. This month, we chose recipes to consider for a healthy picnic when we are not really having one! How about a Caribbean theme, a local farm theme or pretend you are dining in Paris on your lunch break with a French theme?

The more appealing our meals are, the more satisfied we will be! Try some of our picnic theme meals from our interns Rebecca and Kristen, and of course from yours truly, Caroline.

## PICNIC THEMED SIDE DISHES & SNACKS

### CAULIFLOWER MOCK POTATO SALAD

#### INGREDIENTS

- 1 whole medium cauliflower 5-6 inch diameter, cut into bite-size pieces
- 1 whole egg cooked, hard-boiled
- 3 egg whites, hard boiled
- 1 tbsp mayonnaise with olive oil (reduced fat)
- 3 tbsp fat free sour cream
- 1 tbsp sweet vidalia onions
- 3 tbsp sweet pickle relish
- 1 tbsp dijon mustard
- Pinch of salt and pepper to taste



#### DIRECTIONS

1. Bring a pot of salted water to a boil over high heat. Add chopped cauliflower; cover and cook for 5 minutes. Drain and rinse under cold water to cool and stop the cooking process.
2. Combine cauliflower and all remaining ingredients. Chill for at least 30 minutes.
3. When ready to serve, taste and adjust salt and pepper as desired.

#### NUTRITION INFO [1/6 OF RECIPE]

72 CALORIES ■ 2g FAT ■ 2g FIBER  
9g CARBOHYDRATES ■ 5g PROTEIN

### WATERMELON AND FETA SALAD

#### INGREDIENTS

- Coarse salt and ground pepper
- 1 cup of arugula (thick stems removed)
- 1 ounce of red onion (thinly sliced)
- 1 cup chilled seedless watermelon 2 ounces of feta cheese (crumbled)
- 1 tbsp of chopped mint
- 2 tbsp vinegar
- Salt and pepper to taste



#### DIRECTIONS

In bowl, season vinegar with salt and pepper. Combine arugula and onions. Toss with dressing to taste. Gently toss in watermelon and feta to serve.

#### NUTRITION INFO

209 CALORIES ■ 12 g FAT  
14g CARBOHYDRATES ■ 8g PROTEIN

### CREAMY AVOCADO DIP



#### INGREDIENTS

- 1 ounce (2 tbsp) ripe avocado (45 calories, 5g fat)
- 4 ounces of fat-free plain Greek yogurt
- 1 garlic clove minced (4 calories, 1g CHO)
- ½ lime – juiced (4 calories, 1g CHO)
- Fresh ground pepper and salt to taste

#### DIRECTIONS

Whip together in a bowl. Serve with 4 ounces of carrots (40 calories, 9g CHO).

#### NUTRITION INFO [ENTIRE RECIPE 1 IS SERVING]

158 CALORIES ■ 5 g FAT  
14g CARBOHYDRATES ■ 12g PROTEIN

## PICNIC THEMED MEALS

### LEMON BULGUR SALAD WITH SHRIMP AND SPINACH

#### INGREDIENTS

- 3 ounces of coarse bulgur  
(70 calories, 16g carbohydrate, 4.5g fiber)
- 1 tsp finely grated lemon zest (to taste)
- ¼ cup of fresh lemon juice (to taste)
- 1 tbsp chopped dill (0 calories)
- 2 tsp extra-virgin olive oil (80 calories)
- 3.5 ounces large shrimp (shelled/deveined)  
(100 calories, 21g protein)
- 2 cups of baby spinach
- 1 large radish
- 10 pine nuts
- Kosher salt/ ground pepper to taste

#### DIRECTIONS

1. In a bowl, cover the bulgur with warm tap water. Let stand until the grains are tender, about 2 hours. Drain the bulgur well.
2. In a large bowl, whisk the lemon zest with the lemon juice and chopped dill. Whisk in the olive oil. Add the bulgur, shrimp, baby spinach, sliced radishes and pine nuts and toss to coat. Season with salt and pepper and serve. (refrigerate)
3. Add spinach, pine nuts, and radish before serving.



#### NUTRITION INFO [ENTIRE RECIPE 1 SERVING]

275 CALORIES ■ 18 g CARBOHYDRATES  
5g FIBER ■ 21g PROTEIN

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### CITRUS CHICKEN QUINOA SALAD MAKES SIX SERVINGS

#### INGREDIENTS

- 1.5 cups cooked quinoa
- 1 tbsp olive oil
- 1 pound skinless boneless chicken breast, chopped into 1-inch pieces
- 2 cloves roasted garlic, chopped
- ½ tsp smoked paprika
- ¼ tsp salt
- 2 large oranges, peeled and segmented
- ¼ cup fresh lime juice
- 1/3 cup chopped cilantro

#### DRESSING

- ¼ cup fresh lime juice
- 1/3 cup chopped fresh cilantro
- 1 tbsp fresh orange juice
- ½ tbsp olive oil
- 1 tbsp honey



#### DIRECTIONS

1. Cook quinoa according to package directions and let cool.
2. Pour olive oil into large skillet over medium heat and add chicken and garlic, stirring to coat. Sprinkle with smoked paprika and salt and continue to cook until chicken is done (about 8 minutes).
3. Add chicken and oranges to quinoa and stir to combine. Set aside.
4. *For dressing:* whisk all ingredients together and pour over salad, tossing to coat evenly.

#### NUTRITION INFO [1/6 OF RECIPE]

199 CALORIES ■ 6 g FAT ■ 18g PROTEIN  
20 g CARBOHYDRATES ■ 2g FIBER

## PICNIC THEMED MEALS *continued*

### HORSERADISH BURGERS WITH SALSA MAKES FOUR SERVINGS

#### INGREDIENTS

- 1lb extra lean ground beef
- 3 tbsp hot horseradish
- 1 tsp garlic, pureed
- 1 tbsp chopped fresh parsley
- Dash of Worcestershire sauce
- Salt and freshly ground black pepper



#### SALSA

- 1 large tomato, chopped
- 1 tbsp chopped fresh mint or cilantro
- 1/2 green bell pepper, deseeded and finely chopped
- 1/2 red onion, finely chopped
- 1/4 cucumber, finely chopped
- Juice of 1 lime

#### DIRECTIONS

1. Place all the ingredients for the burgers in a large bowl and thoroughly combine together, do not overmix. Divide and shape the meat into 4 burgers. Cover and chill for 10 minutes before placing on a preheated grill and cook for about 10-12 minutes turning occasionally.
2. Meanwhile, mix all the salsa ingredients together and season to taste with salt and pepper.
3. Serve the burgers hot, on a toasted 1/2 whole wheat roll, if desired, top with some salsa or serve on a bed of greens.

#### NUTRITION INFO [1 SERVING]

157 CALORIES ■ 4.7 g FAT  
24.1g PROTEIN ■ 4.7 g CARBOHYDRATES

## WE EVEN THEMED OUR BEVERAGE!

### BASIL MOJITO ICED TEA

#### INGREDIENTS

- 4 cups boiling water
- 2 decaf iced tea brew family size tea bags
- 3 packets Splenda or Stevia—or choose your sugar substitute of choice to taste
- 4 sprigs fresh basil leaves
- 1/4 cup lime juice (fresh or bottled)
- 1-2 cups chilled water (we like this slightly frozen)



#### DIRECTIONS

1. Pour boiling water over tea bags. Brew five minutes. Remove tea bags and squeeze; cool 20 minutes.
2. Add sugar substitute and basil into 2-quart pitcher and thoroughly crush with wooden spoon. Stir in brewed tea and lime juice. Chill until ready to serve. Just before serving, stir in chilled water. Pour into crushed ice-filled glasses and sweeten with additional sweetener if desired



## Products of the Month

### APPLE CORER SLICER

This gadget makes it super easy to slice and core your apples so you can grab them and go. You can find it in a variety of colors for \$10 – 12 at Target, Bed Bath & Beyond, Wal-Mart, Williams Sonoma, and on Amazon. Enjoy apple slices with a cheese stick, plain Greek yogurt enhanced with sugar substitute and cinnamon or some powdered PB2 peanut butter.



### FIT AND FRESH SALAD SHAKER WITH REMOVABLE ICE PACK AND DRESSING DISPENSER

This convenient container puts an end to soggy salads by allowing you to prepare your lunch in the morning and keep your dressing separate until you are ready to eat it. Your lettuce and veggies will stay crisp and you'll have a little fun shaking it all up to get full dressing coverage. It is less than \$10 at Wal-Mart or on Amazon.

