



## METABOLIC AND WEIGHT LOSS CENTER

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## What's Happening *this Month:*

- \* JUNE SUPPORT GROUP Date & Time: Wednesday, June 24 at 5 PM  
— Location: Capital Health Medical Center – Hopewell, Oncology Conference Room
- \* Don't forget you can swap clothes in the "Capital Closet" from 4:30 to 5 PM before the support group. Bring in your clean clothes that no longer fit and "shop" for clothes that might be your size.
- \* Other 2015 Support Group Dates: July 22, August 19, September 23, October 21, November 11, and December 9— all from 5 to 6 PM
- \* Upcoming free information sessions for those Interested in weight loss surgery  
— Dates & Times: Wednesday, June 10, June 24, July 8 and July 22 — all at 6 PM  
— Location: NJ PURE Conference Center at Capital Health Medical Center – Hopewell
- \* Our Meal Prep Monday Raffle is coming back in July! Motivate others and share your delicious summer recipes. All patients who submit a meal prep photo with recipe and description gets entered into our summer raffle.
- \* Don't forget to "Like" us on Facebook to see this month's Meal Prep Monday photos as well other tips and information.



## Recap of "Runway to Health"

We want to let our models from our "Runway to Health" Fashion Show know how proud we are of you for being a model and for all of your accomplishments during your weight loss journey! Thank you for all of your kind words and praises about our program. We appreciate you participating in this event with us and look forward to continuing the journey with you.

Thank you to all of our patients who attended the event. We are so proud of you for all of your health achievements and hope you celebrated yourself along with our models...you deserve it and hope you had fun!

And a HUGE thank you to the Capital Health Public Relations/Marketing team, to our fashion consultant and of course to Lord & Taylor. Without your expertise and hard work, we would have never made our event vision possible. It exceeded our expectations and we cannot thank you enough for putting together this event for our patients and for our program.

What an AMAZING night we had! Thank you to all attendees and vendors for supporting our patients and our program. We hope you enjoyed yourself as much as we did!

# SUMMER 2015:

Let's plan to look back at it as a summer that made us proud!

**SUMMER:** the season of sunshine, time-off, vacations and time with family and friends. We also know it as the time when our normal routine and schedules go out the window until September. Are some of your summer weeks already planned for events, barbeques and vacations? Maybe you have children who are out of school for the summer? Or maybe work gets busier with all your co-workers taking vacations. All of this makes us have to change some things about our routine. Since we know all of these things are coming up, we can't use these as excuses and throw our goals for weight loss and better health out the window until September too. So before we find ourselves smack in the middle of the Jersey boardwalk feeling guilty about eating fried Oreos, let's make a plan before we kick off summer!

**1. MAKE MEALS AHEAD**—Stick to your meal prep day of the week or find a new day that works better for you in the summer to make meals ahead of time for the freezer. That way, if you're thrown for a loop in your routine, you have meals ready to take with you or just reheat when you get home. Try to stick to this meal prep day weekly or every other week.

**2. STOCK UP ON PROTEIN TO GRILL**—Grilling is a healthy method of cooking and also easy to do if you always have something at home you can grill. Stock your freezer with seafood, poultry and lean cuts of beef or pork. Throw enough on the grill to use for other meals for the week!

**3. KEEP YOUR REFRIGERATOR STOCKED WITH OTHER "TO-GO" OPTIONS**—Have delicious summer fruit and veggies pre-cut into individual containers, portioned cups of non-fat Greek yogurt

or cottage cheese, Quest bars and even ready-to-drink protein shakes. These are great to pack in a cooler for a baseball game, the beach, or your family road trip to avoid eating low-nutrient "snack food" from the boardwalk, a stadium or convenience stores on the road.

**4. Don't have time to go to the grocery store one week because you got home too late from a weekend activity?** **TRY ONLINE GROCERY SHOPPING.** You can even have a weekly standing order to be delivered to your house on the day and time you need it to meal prep. You can save time and energy by avoiding your grocery shopping trip!

**5. GIVE YOURSELF A PEP TALK BEFORE EVENTS**—Activities and family events you may have attended last year may have been all about the food for you at that time. Change your mind set about your summer activities and events and come up with a list of reasons why you really attend them now or before you go. Try to make them about spending time with others, relaxing, seeing beautiful places, or being active. If the only reason you went somewhere or attended an event was because of the food, question whether you can stick to your healthy eating plan or if there is a healthier activity that can replace it.

**6. STICK TO AN EATING SCHEDULE**—Plan out your new eating schedule for your summer days. Even if you are at your family reunion or barbeque for hours, choose times you plan to eat your meals. Avoid grazing for the entire event. Find ways to keep busy in between those times through conversations, activities, walks with others or helping to clean up....or sip H<sub>2</sub>O!

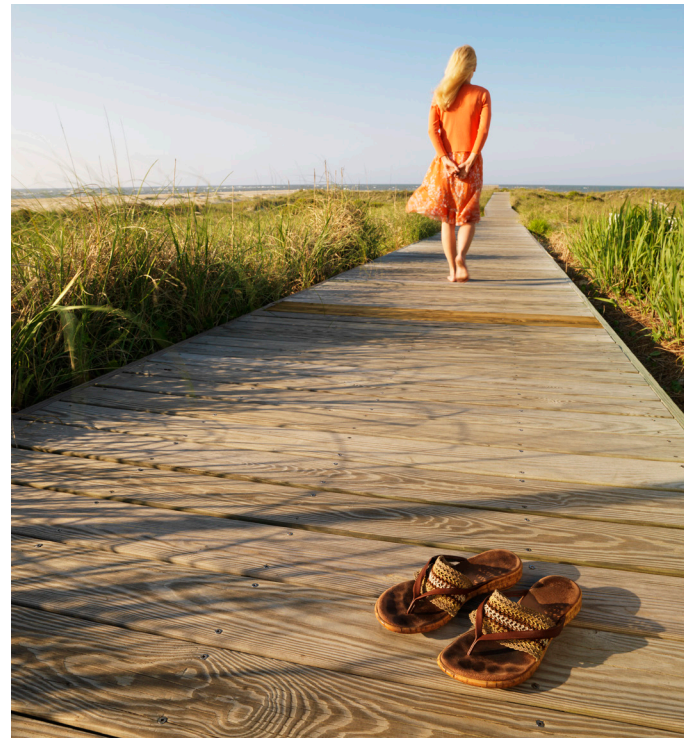
## SUMMER 2015 cont'd

**7. FIND NEW WAYS TO BE ACTIVE**—Walk around and play games at barbecues. Try a water sport or adventure sport, swim, take long walks on the beach or boardwalk. Look up local hiking trails or parks you have never gone to before. Try to walk or bike ride places instead of driving. Stay fit in a nice air-conditioned gym. Write down your exercise plan weekly along with your food plan. Don't forget to stay hydrated.

**8. GO BACK TO YOUR BASIC "SKILLS FOR SUCCESS"**—If you feel you are off track with your eating and exercise, remember your "skills for success" you learned pre-weight loss surgery (or start to practice these now if you are a pre-surgery patient). Example skills are: log what you are eating daily to be more mindful, chew 20-25 times, slow down eating and take at least 20 minutes to eat, find ways to be active, separate fluid from food...or reach out to us for support. Plan ahead to come to our support groups during the summer months or if you can't make it, e-mail us to get information you missed and/or read our current and past newsletters.

**9. BE NICE TO YOURSELF**—Life happens. If you don't follow your plan one day, try not to be hard on yourself. Instead of dwelling on it or giving up, make a small attainable goal you can achieve the next day, such as prep breakfast and lunch ahead of time in the morning. Some days will be smooth sailing and some days just getting out of bed will be a challenge. Allow yourself that day and be persistent the next day. Fighting through those tough days and/or getting up the next day are what make us stronger.

**10. NOW WRITE DOWN YOUR PLAN, PUT IT INTO ACTION AND ENJOY YOUR SUMMER 2015 SEASON!**



### Featured Product of the Month

#### V8-INFUSED WATER

As a refreshing alternative to plain water and if you don't have time to infuse your own water, V8-infused water is lightly flavored water made from real fruits and vegetables to take on the go. Only 30 calories for a whole bottle and 7 grams of carbs. Flavors include cucumber lime, mandarin orange ginger and our favorite, black cherry pomegranate. We spotted them at Target and Walgreens!

### +Motivation Corner

"Stepping onto a brand new path is difficult, but not more difficult than remaining in a situation, which is not nurturing to the whole man or woman." —Paulo Coelho

"You can never gain anything if you do not try – better to fail than miss out on what may be the most beautiful experiences offered to you. Never be fearful of tasting what life has to offer." —Unknown



## RECIPE of the Month

### VIETNAMESE BANH MI SALAD OR WRAP

— Caroline Lazur, RD

If you never had a Banh Mi sandwich, it is a Vietnamese sandwich that is sometimes called a product of French colonialism combining ingredients from the French (baguettes, pâté and mayonnaise) with native Vietnamese ingredients, such as cilantro, cucumber, jalapeño, and pickled carrots and daikon. It usually is made with pork or pâté. I love the flavors of the sandwich: tangy pickled vegetables, fresh, crisp cilantro, and spicy mayo, but the traditional can be 600 calories or more and is very high in fat. For the recipe below, I used a lean cut of pork, low-fat mayo to reduce the calories and fat and make enough so I make it into a salad one day of the week and a wrap or “Banh Mi Taco.” I also have combined the Banh Mi flavors with other proteins such as chicken, fish or tofu. ENJOY!

#### NUTRITIONAL INFO (without salad or wrap)

SERVINGS: 6 ■ Calories: 259 ■ Fat: 8.7 g

Protein: 28 g ■ Carbs: 15 g

### DIRECTIONS

**[1.]** Combine all of the spices and thoroughly rub the pork tenderloin. Place in a crock pot with chopped apples and a few pieces of ginger root and pour in the broth. Set to high and cook 3-4 hours.

**[2.]** Prepare the vegetable topping by chopping the carrot, daikon radish and cucumber julienne style (like long, thin matchsticks) or use a spiralizer like the Vegetti. Combine the daikon, cucumber and carrot in a medium bowl. In a small bowl, whisk together the rice wine vinegar, sugar, and salt. Pour over the veggies and toss to coat. Refrigerate for at least one hour, stirring occasionally.

**[3.]** Mix Siracha with low-fat mayo and refrigerate until ready to serve.

**[4.]** Remove the pork tenderloin from the crock pot. It should be tender and juicy. Shred the meat by hand or using two forks.

**[5.] —For salad:** Place broccoli slaw on plate. Top with pickled veggies followed by pork and 2 tsp of Siracha mayo. Top with chopped fresh cilantro and lime juice.

**—For wrap:** Spread 2 tsp Siracha mayo inside lightly grilled or toasted wrap. Fill with pork, pickled veggies and top with chopped cilantro and fresh lime juice.

**—Add pickled jalapeños to either if desired.**



### INGREDIENTS

#### FOR THE PORK:

- 2 lb. pork tenderloin
- 2 apples
- 16 oz. low-sodium vegetable broth
- 2 bay leaves
- 1 tsp. coriander
- 1 tsp. ground thyme
- 1 tsp. dried basil
- 1 tsp. turmeric
- 1 tsp. garlic
- Fresh ginger root

#### FOR THE PICKLED VEGETABLES:

- 1/3 cup rice wine vinegar
- 1 tsp sugar
- 2 tsp salt
- 1 medium daikon radish, spiralized or julienne cut
- 2 medium carrot, spiralized or julienne cut
- 2 medium cucumber, spiralized or julienne cut

#### YOU WILL ALSO NEED:

- 1 small bunch cilantro, chopped
- Juice of lime
- 1 bag of broccoli slaw for salad  
OR low-carb whole wheat wrap like Tumaro's
- 1/4 cup low-fat mayo
- Siracha to taste
- Pickled jalapeños (optional)

#### OPTIONS FOR RECIPE:

- Lettuce or broccoli slaw
- Rice paper wrap or Low-Carb wrap  
(example: Tumaro's 60-calorie whole wheat wrap)