



capitalhealth

METABOLIC AND  
WEIGHT LOSS CENTER

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609.537.6777

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## MEAL PREP FOR SUCCESS!

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March is National Nutrition Month, and this year's theme is "Beyond the Table." This topic encourages us to consider our health and environment when choosing what to eat. Our daily food choices can have a large impact, both in the present and the future! For more information National Nutrition Month, go to [www.eatright.org/national-nutrition-month](https://www.eatright.org/national-nutrition-month).

When life becomes busy, it can be easy to push healthy eating aside. Meal prepping is a great way to prioritize healthy eating and prepare for a busy week ahead. There's nothing better than having a healthy, nutrient-dense meal prepped and ready to eat during a busy day. This month's newsletter contains tips, tricks, and recipe ideas for meal preparation.

## What's Happening this Month:

- \* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!
- \* Our Bariatric Support Group for post-weight loss surgery patients is **March 26 from 6 – 7 p.m.** All support groups are held virtually, so please check the Baritastic app, our online support group, or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.
- \* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please send an email to [esantora@capitalhealth.org](mailto:esantora@capitalhealth.org) so Emily can send 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, 24/7!
- \* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on **March 5 at 7 p.m.** To register, visit [capitalhealth.org/weightloss](https://capitalhealth.org/weightloss) or call our office to speak to Brelynn, our coordinator, at 609.537.6777.
- \* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program! This program features Robard's great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.



# MEAL PREP FOR SUCCESS!

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## The Benefits of Meal Prep

- ... **Save time:** Preparing ingredients ahead of time can save hours during the week. By setting aside one or two hours on a free day to do meal prep, you won't have to worry about putting a meal together in the middle of a busy day or resorting to takeout. You'll need just a few minutes to heat up your prepared healthy meal.
- ... **Save money:** When you have meals and/or snacks already prepared, you aren't as likely to purchase less healthy options like take out, fast food, or something from the cafeteria at work. Pantry and freezer items can also be bought in bulk, which can lead to cost savings.
- ... **Avoid stress:** We all need to alleviate stress in our lives where we can. Meal prep can help with this by alleviating the anxiety that can come with meal and snack times. Giving your mind a break like this helps you to focus on other things or just relax!

## It All Starts With a Plan!

The first step in meal prepping is creating a plan. Take a look at your schedule and see what meals are the best candidates. It could be breakfast and lunch at work, dinner for the whole family, or balanced snacks to have during the day. Whichever you choose, take a few minutes to create your menu and make a shopping list of the ingredients you'll need.

When designing your meals, keep the MyPlate nutrition guide in mind. Each meal should contain a protein source, high-fiber starch, a serving of healthy fat, and fruit or non-starchy vegetables.

Snacks should contain both a carbohydrate and protein source. Designing your meals and snacks this way will ensure you receive all of the necessary nutrients and keep you feeling full and satisfied for longer. See below for some healthy ingredients to include in your meals and snacks:

- ... **Protein:** Chicken, ground turkey, lean ground beef, fish, tuna, eggs or egg whites, Greek yogurt, protein powder and shakes, cottage cheese, string cheese.
- ... **High-fiber starches:** Brown rice, quinoa, whole grain bread, whole grain pasta, oatmeal.
- ... **Non-starchy vegetables:** Salad greens, broccoli, zucchini, tomatoes, asparagus, mushrooms, peppers, onions, carrots.
- ... **Healthy fats:** Avocado, nuts, chia seeds, nut butter, olives.

## Tips for Success

- ... **Start small.** Meal prepping can be overwhelming when you're just beginning. Start by preparing just a few meals for the first week. Once you get the hang of it, you can prepare more.
- ... **Be aware of what you are adding during the cooking process.** For example, just 1 tablespoon of olive oil contains about 120 calories. Try using measuring spoons and cups to be mindful of your portion sizes.
- ... **Meal prep doesn't have to be boring.** Add some flavor and try low calorie salad dressings, sauces, or seasonings and herbs. Search the internet for new meal ideas, or try the ones listed at the end of this newsletter.
- ... **Stock up on good quality containers** to keep your meals fresh until you're ready to eat them. See the Product of the Month in this issue for a good example.
- ... To save even more time, **try frozen microwaveable vegetables or meats that require little to no preparation** (canned/pouched tuna or chicken, rotisserie chicken). There are also "no cook" recipes, such as overnight oats (one of this month's recipes) or salads.

# RECIPES OF THE MONTH



## HONEY SRIRACHA CHICKEN AND BROCCOLI MEAL PREP BOWLS

Prep Time: 10 minutes ■ Cook Time: 20 minutes

### NUTRITION INFO – PER SERVING

Makes 4 servings / Serving Size: 1 bowl

428 CALORIES ■ 41g CARBS ■ 44g PROTEIN  
9.5g FAT ■ 2g SATURATED FAT ■ 570mg SODIUM  
124mg CHOLESTEROL ■ 4g FIBER ■ 12g SUGAR

*Image and recipe adapted from [SkinnyTaste.com](https://www.skinnytaste.com)*

### INGREDIENTS

- Olive oil spray
- 3 chicken breasts (24 ounces), diced into 1-inch pieces
- 1 egg white, beaten
- 2 tbsp corn starch
- 1 ¼ tsp kosher salt, divided
- 1 head broccoli, cut into small florets
- 2 tsp sesame oil
- 2 cups brown rice, cooked

#### Honey Sriracha Sauce Ingredients:

- 2 tbsp honey
- 2 tbsp sriracha sauce
- 1 tsp seasoned rice vinegar
- 1 tsp sesame oil
- 2 scallions, sliced
- 1 tsp black and white sesame seeds, or as desired

### DIRECTIONS

1. Preheat oven to 425°F. Place the chicken in the egg whites, then in cornstarch and season with ¾ teaspoon salt. Spray a large nonstick sheet pan generously with olive oil spray (so the chicken doesn't stick) then add the chicken pieces, leaving room for the broccoli on one end. Bake in oven for 10 minutes.
2. Remove chicken from oven and flip, then add broccoli on the other half of the pan. Drizzle broccoli with 2 teaspoons sesame oil and season with ½ teaspoon salt and pepper (to taste). Place back in the oven and bake until the chicken is cooked through and broccoli is tender, about 10 minutes.
3. Meanwhile, in a medium bowl whisk honey, Sriracha sauce, rice vinegar, and sesame oil together until smooth. Add the chicken and toss in sauce to coat.
4. Divide all the ingredients to 4 meal prep bowls, top with scallions and sesame seeds.



# RECIPES OF THE MONTH

continued



## OVERNIGHT OATS

Prep Time: 5 minutes ■ Refrigerate Time: 8 hours

### NUTRITION INFO – PER SERVING

Makes 1 serving / Serving Size: 1 jar

236 CALORIES ■ 34.5g CARBS ■ 6g PROTEIN  
10g FAT ■ 0.5g SATURATED FAT ■ 95mg SODIUM  
8.5g FIBER ■ 11.5g SUGAR

Image and recipe adapted from [SkinnyTaste.com](http://SkinnyTaste.com)

### INGREDIENTS

- ¼ cup quick oats
- ½ cup almond milk, or milk of choice
- ½ medium banana, sliced (use other half as a topping)
- ½ tbsp chia seeds
- ½ cup blueberries, divided
- Monk fruit sweetener or stevia, to taste (or use your favorite sweetener)
- Pinch of cinnamon

#### Topping Ingredients:

- 1 tbsp chopped pecans, or any nuts or seeds

### DIRECTIONS

1. Place all the ingredients in a jar, shake, cover, and refrigerate overnight.
2. The next morning, add your favorite crunchy toppings (such as nuts or granola) and enjoy!

**Tip:** Add ½ scoop of protein powder before refrigerating or serve with a source of protein for a complete breakfast.



## Product of the Month

### Glass Food Storage Containers

Glass food containers like the ones pictured here are durable, affordable, and can be stored in the fridge or freezer for use in your microwave or oven. Find them at Walmart, Target, Amazon, and other retailers.

