

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Healthy Meals

Save time, eat right and make family meals more enjoyable with a little planning and preparation!



Whether you are eating alone or feeding a crew, there are many opportunities for healthy meals without a lot of fuss, and lots of good reasons to make the effort. Home-prepared meals tend to be more nutritious, with fewer fried foods and more vegetables – they even have about 250 fewer calories than those eaten in a restaurant.

It appears that all of this healthy home eating is good for family dynamics as well. Studies have found that teens who eat at home with their families are less likely to smoke/drink/use drugs, they get better grades, and they eat healthier as adults. Younger children are more likely to eat fruits, vegetables and whole grains.

You might be thinking – sounds great, but who has the time? Well, we're not going to promise you that it will be effort-free – not much that's worthwhile is. But once you get in the groove, it is definitely doable. Just follow these steps and you'll be on your way to happy, healthy meals.

Step 1: Plan

Take a couple of hours to pencil in meals on your calendar, gather up recipes, and make a list of ingredients needed week-by-week for an entire month. Keep meals simple.

Don't feel like every meal needs to be unique. Repeats and leftovers are okay. See how foods are often used more than once in the 7 Day Plan on the next page. For example, slow cooker pot roast one evening leads to roast beef wrap sandwich the next day for lunch.

Purchase ready-made sauces or marinades and add them to sautéed chicken, beef or shrimp for a tasty main course.

Plan for slow cooker meals, leftovers, or pre-prep ingredients for busy evenings.

Do shopping and prep work on the weekends to lighten the load during the week.

Step 2: Set Expectations

Setting expectations for both you and your family will help things to go smoothly. First, discuss the importance of eating home-cooked meals together and then schedule a regular time to eat. Be sure to clear the kitchen or dining room table of homework and bills so you have a place to sit down together. Eliminate distractions during mealtimes by turning off the TV, phones, and other electronic devices. Use this as a time to interact positively with each other.

Let others know what their roles will be. It may be setting the table, shopping, helping to prepare or cleaning up. Let everyone who is able have a role.

Step 3: Shop

Add foods for healthy snacks to the grocery list you made from your meal plan and then stick with that list. Resist the temptation to purchase not-so-healthy snacks. If it's not in the house, chances are you aren't going to go out of your way to eat it – you'll select the healthy snack instead.

Step 4: Prep

The biggest part is done now that you have a plan, buy-in from the family, and food in the house. Use your meal plan to schedule food prep – the night before and on the weekends when possible. Freeze leftovers so you can enjoy meals later without the prep. Don't forget to get help from family members.

Step 5: Enjoy

Enjoy the fact that you are taking good care of yourself (and your family) by making the effort to prepare meals at home and eat them with your family.

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Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

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We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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Sample 7 Day Meal Plan

Cheesy Egg Cup

<http://barixclinics.com/blog/?p=841>

Slow Cooker Pot Roast

<http://barixclinics.com/blog/?p=846>

Cottage Cheese Fluff

<http://barixclinics.com/blog/?p=850>

Chicken Mexicano

<http://barixclinics.com/blog/?p=852>

Breakfast Cookies

<http://barixclinics.com/blog/?p=855>

Breakfast Boost

<http://barixclinics.com/blog/?p=858>

Black Bean Chili

<http://barixclinics.com/blog/?p=860>

Pork Tenderloin

<http://barixclinics.com/blog/?p=863>

High Protein Hot Cocoa

<http://barixclinics.com/blog/?p=867>

Tuna Melt

<http://barixclinics.com/blog/?p=869>

Lasagna

<http://barixclinics.com/blog/?p=871>

High Protein French Toast

<http://barixclinics.com/blog/?p=872>

Southwest Chicken Salad

<http://barixclinics.com/blog/?p=874>

Shrimp Scampi

<http://barixclinics.com/blog/?p=876>

Sitting down to a meal together draws a line around us. It encloses us and, for a brief time, strengthens the bonds that connect us with other members of our self-defined clan, shutting out the rest of the world.

—Miriam Weinstein



DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Cheesy egg cup	Shrimp cocktail or tuna salad	Slow cooker pot roast
TUESDAY	Cottage cheese fluff	Roast beef wrap sandwich	Slow cooker Chicken Mexicano on flour tortilla
WEDNESDAY	Breakfast cookie	Chicken Mexicano topped with tortilla strips	Black bean chili Cornbread
THURSDAY	Breakfast boost	Black bean chili wrap	Slow cooker tenderloin Carrots
FRIDAY	High protein hot cocoa	Garden salad with sliced pork tenderloin	Grilled chicken breast Green beans
SATURDAY	Omelet made with fresh veggies and egg substitute	Tuna melt	Lasagna Garden salad
SUNDAY	High protein French toast	Southwest chicken salad	Shrimp scampi Sautéed asparagus

Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.

— Paul J. Meyer

Salsa Chicken

A Slow Cooker Recipe

- 2 lbs chicken breasts, boneless, skinless, frozen
- 1 pkg taco seasoning, lower sodium
- 1 can 98% fat-free cream of chicken soup
- 1 cup fresh salsa
- ½ cup sour cream

Place chicken breasts in bottom of a slow cooker. Mix together taco seasoning, soup and salsa in a bowl and pour over chicken. Cook on low setting for 8 hours. Stir in sour cream and serve. Makes 8 servings.

Nutrition information per serving: 251 calories, 37 grams protein, 8 grams fat, 7 grams carbohydrate, 528 mg sodium



Chicken Mexicano

- 1 can green chiles, diced
- 12 oz salsa, (mild or spicy to taste)
- 1 tsp ground cumin
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 pounds boneless, skinless chicken breast
- Taco shells, flour or corn tortillas depending on taste

Place chicken in a slow cooker. Top with salsa, diced green chiles, cumin, onion and garlic. Cover and cook on low for 8 hours.

Remove chicken from pot, shred and return to juices. Spoon chicken into taco shells, tortillas or taco chips. Optional toppings: lettuce, shredded cheese, sliced black olives, diced tomato, chopped onion. Makes 8 servings.

Nutrition information (Chicken Mexicano only): 191 calories, 36 grams protein, 4 grams fat, 2 grams carbohydrate, 93 mg sodium.

Breakfast Boost

- ½ cup orange juice, 100%
- 4 strawberries, frozen, no added sugar
- 2 peach slices, frozen, no added sugar
- 1 scoop Matrix 5.0, Simply Vanilla (or equivalent protein supplement)

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

Nutrition information per serving: 232 calories; 25 grams protein; 2 grams fat; 155 mg sodium, 181 mg calcium.

In the News

Aerobic exercise helps maintain muscle tissue during weight loss. That is the finding of a study that put people into two groups – calorie restriction only or calorie restriction with 40 minutes of aerobic exercise daily. Both groups lost just about the same amount of weight, but those who didn't exercise lost twice as much muscle.

Although the study participants were not weight loss surgery patients, the lesson learned is the same – exercise helps you maintain muscle tissue as you lose weight. Maintaining this muscle is important for strength and a healthy metabolism. This study didn't look at adequate protein intake, but that is essential to maintaining that muscle tissue too.

Reward Yourself

This month, you could earn a **SPECIAL GIFT** for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry – make sure your recipes follow Barix nutritional guidelines.

Tips must be submitted by March 31, 2014. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

It Worked for Me

Submitted by Ashley H.

I struggled to find time to exercise regularly. By the time I got home each evening, I didn't have enough energy or motivation. Now, I get up 45 minutes early, walk on the treadmill, and feel great all day. My morning walk energizes me and starts my day off on the right foot. I find it easier to make healthy food choices when I walk in the morning too. Maybe it is because I made all that effort and I want to continue to take good care of myself. I'm not sure why that is, but it works.