

WINNING INFORMATION

April, May and June 2021

Upcoming events: - Please note that due to the coronavirus these groups are subject to time and day changes. Please call 527-2946 for the most up-to-date information.

Bariatric Support Group: 6:00-7:00pm, by Zoom meeting, April 15th topic: Breaking Down the New Food Label; May 20th topic: Changing Negative Self Talk; and June 17th Behavior Modification

Non-Surgical Weight Loss Information Sessions: April 6th, April 20th & June 1st at 8:30-9:30am or May 4th, May 18th & June 15th at 3:45-4:45pm. Call to register.

Surgical Weight Loss Informational Session: April 14th at 5:00pm or May 5th and June 9th at 3:00pm
Please call to register.

If you are interested in any of the programs offered at the Weight Institute please contact our office at **603-527-2946**

*“You have to believe in yourself when no one else does— that’s what makes you a winner right there”
~Venus Williams*



BRAELYNNE’S BALANCED BITES

Instead of “Spring-cleaning” your diet with the latest detox or cleanse (celery-juice, green powders, teas, pills, etc.) that can get expensive and potentially harm your health, try the following nutrition tips that support the body’s natural detoxification pathways:

1. Stay hydrated: water helps the body eliminate waste products from cellular function.
2. Consume 5-9 servings of vegetables & fruits daily
One serving of vegetables is equal to 1 cup raw, ½ cup cooked, or 2 cups raw leafy greens
3. Consume dietary fiber daily for regularity
Women aim for 25g fiber
Men aim for 38g fiber
Some great fiber sources include beans (black, garbanzo, navy, etc.), lentils, berries, apples, kiwi, oats, cruciferous vegetables, leafy greens, and avocados.
4. Include cruciferous vegetables & alliums (these foods provided fiber and sulfur, which aids secretion of heavy metals): broccoli, brussels sprouts, cabbage, cauliflower, onions, garlic, leeks, etc.
5. Consume antioxidant-rich foods & beverages (antioxidants decrease free-radical damage and reduce risk of diseases that affect natural detoxification): berries, beets, green tea, sweet potatoes, extra virgin olive oil, leafy greens, avocados, green apples, grapes, herbs and spices, and dark chocolate.
6. Consume adequate protein (needed to maintain adequate glutathione levels, the body’s master detoxification enzyme): fish (also great source of omega-3 fats), poultry, eggs, dairy, beef, pork, soy (tofu, tempeh, and edamame), beans, and lentils.
7. Consume naturally fermented foods for healthy gut function: kimchi, kefir, kombucha, yogurt, and sauerkraut.

BELL PEPPER EGGS (GREAT BREAKFAST IDEA FOR MOTHER’S DAY MAY 9TH)

Ingredients:

- 1 bell pepper sliced into 1/4 inch rings
- 6 eggs
- 2 tablespoons chopped chives
- 2 tablespoons chopped parsley
- Salt and pepper to taste

INSTRUCTIONS

1. Heat a non stick skillet over medium heat and grease lightly with cooking spray.
2. Place a bell pepper ring in the skillet, then sauté for 2 minutes. Flip the ring, then crack an egg in the middle. Season with salt and pepper, then cook until the egg is cooked to your liking, 2-4 minutes.
3. Repeat with other eggs and garnish with chives and parsley.

Source: <https://www.delish.com/cooking/recipe-ideas/a19425431/bell-pepper-eggs-recipe/>



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ELIZABETH'S 2 CENTS

For Earth Day (and beyond) consider stopping at a Farmer's Market to get some local produce. Use this chart from www.pickyourown.org to know what to expect to find and when:

Fruit/Veg	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	December
apples								x	x	x	x	
apricots							x	x				
Asian pears								x	x	x	x	
asparagus					x	x	x					
artichokes					x	x						
beans							x	x	x			
blackberries							x	x	x			
beets							x	x	x	x	x	
blueberries							x	x				
boysenberries						x	x	x				
broccoli						x	x	x	x	x		
Brussels sprouts									x	x	x	
cabbage							x	x	x	x		
cantaloupes							x	x	x			
celery							x	x	x			
carrots							x	x	x	x	x	
cherries						x	x	x				
Christmas trees												x
cranberries											x	
cucumbers							x	x	x	x		
eggplant							x	x	x			
gooseberries							x	x	x			
grapes										x	x	
greens						x	x	x	x	x	x	
Fruit/Veg	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	December
herbs					x	x	x	x	x	x	x	
kale							x	x	x	x	x	
nectarines							x	x	x			
peaches							x	x				
pears									x	x	x	
peas						x	x	x				
peppers							x	x	x	x		
plums									x			
potatoes						x	x	x	x	x	x	
raspberries									x	x		
rhubarb					x	x						
pumpkins										x	x	x
summer squash							x	x	x	x		
winter squash									x	x	x	
saskatoons							x	x				
strawberries						x	x	x				
sweet corn							x	x	x	x		
sweet potatoes									x	x		
tomatoes							x	x	x	x		
watermelons								x	x	x		

PESTO CHICKEN KABOBS— GREAT FOR FATHER'S DAY JUNE 20TH

Ingredients:

Marinade:

- 1/4 cup vegetable oil
- 2 tablespoons cooking sherry
- 2 tablespoons prepared pesto
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Kabobs::

- 1 1/2 lbs boneless skinless chicken breast, cut into inch chunks
- 1 (8oz) package mushrooms
- 1 small zucchini, cut into chunks
- 1 med red onion, cut into chunks
- 12 grape tomatoes
- 6 metal skewers

Directions:

1. Whisk oil, sherry, pesto, lemon juice, salt and pepper together in a glass bowl. Add chicken pieces and stir to coat. Cover and refrigerate for 4 hours to overnight.
2. Preheat an outdoor grill to medium-high heat and lightly oil the grate.
3. Thread marinate chicken, mushrooms, zucchini, red onion and tomatoes alternately onto skewers. Reserve remaining marinade.
4. Place kabobs onto the preheated grill and cook, turning occasionally and brushing with the reserved marinade until chicken is cooked and juices run clear, 10-15 minutes.