

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Grocery Store Game Plan

How to Get Organized for a Successful Shopping Trip

Getting the right foods and beverages in your house is key to making great healthy home-cooked meals that you and your family will love. Grocery shopping, like everything else, takes some planning and effort, but the rewards can be significant. A grocery store “game plan” can help you get organized, save time and money, select more nutritious foods, and be in control of the foods and ingredients you are eating.

Start with a Menu. Your game plan starts with a weekly or monthly menu. Use a calendar or the attached Menu Plan to get started.

- Take into consideration your schedule for the week and plan easier meals on busy evenings.
- Batch cooking, repurposing leftovers, and crock pot meals are all ways to keep your time in the kitchen to a minimum.
- Plan meals based on what you already have on hand. Look in your freezer, refrigerator and cabinets.
- Include seasonal fresh fruits and vegetables to accompany meals or for snacks.
- Use the weekly ads, coupons and grocery store rewards programs to take advantage of specials.
- Go to barixclinicsstore.com to find some new nutritious recipes.

Make a List. A grocery shopping list will expedite your time in the store and make sure you have the right foods on hand for the week's menu. Just as important, having and sticking with a shopping list will help you avoid buying items you don't need. When you're organized, you'll shop once for the week and save time since you won't need to make multiple trips to the store for items you forgot. You'll want to:

- Start with your weekly menu and recipes so you'll be sure to buy the necessary ingredients.
- Keep an ongoing list in your kitchen so you can add items as you run out.
- Organize your shopping list by sections or better yet, by the path you travel through the store.
- Stock up on frozen or nonperishable sale items, such as canned fruits packed in juice or water, frozen fruits without added sugar, frozen vegetables, and canned beans.

To Bulk or Not To Bulk. Buying in bulk from membership stores, some grocery stores, or even the internet makes sense for family favorites — those items that you'll consume before they get stale or expire. Purchasing this way can have a big cost savings, but you need to compare the cost per unit — especially to the sales price



at the grocery store — to make sure it is really a good deal. You'll want to be sure to repackage the food into individual or single meal portions. Reclosable plastic bags work great for this and it is a job that kids like to do. The danger of not portioning out the food is the tendency to eat more when more is available.

You'll have to decide — is the price right? Is this a healthy food that we'd like to have more of in our home? Can we (will we) portion it out?

Shopping Section By Section. You've got your list set up by grocery store sections, right? Plan to make the most efficient purchases in each section.

Produce

- Select whole fruits and vegetables rather than juice. It's better to eat your calories than drink them.

Continued on page 2

Continued from page 1



- Pre-cut, pre-washed, and ready-to-eat produce can be a big time saver. Weigh the benefits of with the extra cost to see if these products are a good option for you.
- Buy the produce that is in season:
 - o **Winter Produce:** Brussels sprouts, chicory, collard greens, escarole, fennel, grapefruit, kale, limes, parsnips, radicchio, tangerines and turnips.
 - o **Spring Produce:** Asparagus, artichokes, apricots, fava beans, rhubarb, strawberries, sweet peas and watercress.
 - o **Summer Produce:** Berries, cherries, corn, cucumbers, eggplant, figs, melons, okra, peas, rhubarb, stone fruit, summer squash, tomatillos and tomatoes.
 - o **Fall Produce:** Apples, cranberries, dates, figs, mushrooms, pears, persimmons, pomegranates, sweet potatoes, Swiss chard and winter squash.
- Waste less by using leftover vegetables for soup or casseroles — freeze until you have enough. Overripe fruit is great for smoothies or baking.

Dairy

- Select low-fat dairy options. Consider Fairlife (white milk only — chocolate version has too much added sugar) or Kroger Carb Smart (white or chocolate) low-fat milk to boost protein.
- Look for lower-fat cheese and cottage cheese options.
- Watch for added sugar in yogurt and pre-made smoothies.
- Greek yogurts are significantly higher in protein than regular yogurt. Consider buying yogurt in bulk containers and portion out for cost savings.
- Cartons of liquid egg substitute or egg whites are lower in fat and calories than whole eggs. They work well for egg in a cup, omelets, scrambled eggs and for cooking or baking.
- Whole eggs are a protein-rich low-cost option and despite previous recommendations, can be a regular component in a healthy eating plan.

Meat/Fish/Poultry

- Include grilled or baked fish in your meal plan twice a week.
- Avoid fried fish.
- Choose cuts of beef and pork labeled loin or round in choice or select grades to lower fat intake.
- Choose ground beef that is 92%-95% lean.
- If you are substituting ground turkey for ground beef, look for 95% or higher lean options.
- Skinless chicken breast is lower in fat than dark meat, but dark meat may be easier to digest after weight loss surgery. Bake, broil or cook in a crock pot.
- Rotisserie chicken is a convenient option—pair it with quick stir-fry veggies. Use leftovers to top salads,

make chicken salad or add to soup.

- Beans, peas, lentils and tofu are cost-effective sources of protein.
- Stock up on canned tuna, packed in water, when it's on sale. Avoid the oil-packed versions.
- Buy larger quantities of meat, divide into meal-sized portions and freeze to save money.

Grains

- Check the ingredient list and select those items which have whole grain listed first. Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- Look for whole grain cereals with 2 grams or less added sugar.
- Plain oatmeal is a good hot cereal option. Add sugar-free maple syrup, a flavored protein powder or a non-nutritive sweetener if you like a sweeter taste.
- Low-carb flour tortillas make great wrap sandwiches. Crisp in a non-stick pan and top with pizza sauce and lean toppings or Mexican toppings for a quick meal.
- In general thin-sliced whole grain breads, wraps, pita bread, toasted bread, bagel thins, and crackers are best tolerated after surgery.

Misc

- Use nonstick pans or vegetable cooking spray to limit the amount of oil or fat you need for cooking. Chicken or vegetable broth can also be a tasty low-fat option for sautéing.
- When you use oils, choose the ones lowest in saturated fats, trans fats and cholesterol. Canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil are good choices.

Continued on page 3

Continued from page 2



- Stay away from palm oil, palm kernel oil, coconut oil and cocoa butter. Even though they are vegetable oils and have no cholesterol, they're high in saturated fats.
- Choose low-fat, light or fat-free salad dressings. Dip your salad into the dressing, rather than pouring the dressing over the salad, to use less.

Snacks

Stock up on your favorite healthy snack foods and avoid bringing snacks with added sugar and high fat into your home. Remember to include some protein with most of your snacks. Be sure to leave 2-3 hours between meals/snacks so you don't get into the habit of grazing.

- Put healthy snacks in plain sight—a bowl on the kitchen counter, at eye level in the refrigerator, or right inside the cupboard or pantry door.
- Portion out snacks into individual servings.
 - o Baggies full of fresh vegetables.
 - o Apple slices and 1 Tbsp of peanut butter.
 - o 100 calorie packs of nuts.
 - o ½ cup of cottage cheese topped with fruit
 - o Make your own P3 packs with low-fat cheese, lean meats, nuts, and fruits—watch calories and keep to 100-150 calories per snack.

- o Tuna, chicken or egg salad.
- o Lean deli meat and a slice of low-fat cheese rolled up.



Beverages

The most economical beverage just happens to be the best one for you—tap water. Filtering systems and reusable water bottles help keep costs in line and are great for the environment. If you'd like a little flavor in your water:

- Infuse tap water with fresh fruits and vegetables for a subtle flavor. Keep a pitcher in your refrigerator to encourage consumption.
- Make your own Kool-Aid buy purchasing unsweetened packages and then adding your own calorie-free sweetener to taste. You can make your own popsicles this way too.
- Use bagged tea to make your own iced tea. Add your own calorie-free sweetener to taste.
- Refrigerate leftover coffee and use for iced coffee drinks. You can also freeze in ice cube trays for frozen concoctions.

Now you're ready to put your grocery store game plan in place. It is well worth the time and effort to make sure you have the right foods for you and your family.

Get Rewarded!

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 September 30, 2016. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

It Worked for Me!

Online grocery shopping, although relatively new, could be an excellent addition to your grocery store game plan. By shopping online and picking up at curbside, you can save yourself time, money and stay on track with your menu plans.

Many local grocers, such as Meijer (Curbside), Kroger (Clicklist) and Walmart now offer a way to make selections online and pick up curbside, saving you both time and money (no random additions that just "happen to be on sale"). More stores are launching everyweek as customers have discovered the benefits of online grocery shopping. Many others even provide door to door delivery. Shopping is easy with a favorites lists and order history of previously purchased items. Check it out in your local community and see how it can benefit your nutritional plan — and your wallet!



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Reconstructive SURGERY

To receive a free **Reconstructive Surgery Guide**, call **800-282-0066** or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, and Pennsylvania. **Call us today for more information!**

Share Your SUCCESS

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.

Submit your story online
www.barixclinicsstore.com/share_your_story.html

We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative
800-282-0066

Recipes



Easy Pesto Chicken and Vegetables

2 tablespoons olive oil
1 pound chicken breast, boneless and skinless, sliced into strips
1/2 tsp salt
1/3 cup sun-dried tomatoes, drained of oil, chopped
1 pound asparagus, ends trimmed, cut in half, if large
2 cups fresh spinach
1/4 cup basil pesto
1 cup cherry tomatoes, yellow and red, halved

Heat a large skillet on medium heat, add olive oil and chicken. Season chicken with salt and add in sun-dried tomatoes. Cook on medium heat until the chicken is completely cooked through. Remove the chicken and sun-dried from the skillet—leave oil.

Add asparagus. Cook on medium heat for 5-7 minutes until the asparagus is cooked through. Add spinach during last 1-2 minutes of cooking. Place asparagus/spinach mixture on serving plate and cover to keep warm.

Place chicken back in the skillet, add pesto, and stir to coat. Heat on low-medium until chicken is reheated, 1 or 2 minutes. Remove from heat and stir in cherry tomatoes. Place chicken and tomato mixture to the serving plate. Enjoy. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 170 calories, 20 grams protein, 6 grams fat, 7 grams carbohydrate, 223 mg sodium.

Easy Taco Salad

2 tsp extra virgin olive oil
1 pound 95 percent lean ground beef (or turkey)
1 package taco seasoning
1/4 cup fresh chopped cilantro
2 heads romaine lettuce hearts, chopped
1 cup reduced-fat Mexican blend shredded cheese
1 - 15oz can organic black beans, drained and rinsed
1 red pepper, diced
1 cup frozen corn, thawed
1 cup fresh or bottled salsa
4 green onions, minced
1 cup crumbled baked corn tortilla chips (about 12 chips)
2 limes cut into 8 wedges

Heat 1 teaspoon oil and cook ground beef (or turkey) in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Add taco seasoning and water following instructions on package. Remove from heat and set aside. Preheat oven to 350 degrees Fahrenheit. Combine corn and red peppers and coat with 1 teaspoon oil and season with salt and pepper. Assemble salad by dividing lettuce onto plates and topping with ground beef, salsa, cilantro, black beans, corn and red pepper mixture, cheese, and tortilla chips. Garnish with lime wedge. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 255 calories, 25 grams protein, 10 grams fat, 20 grams carbohydrate, 557 mg sodium.

LC Veggie Dip

8 Wedges Laughing Cow Light Cheese (flavor of your choice)
1/2 cup FairLife fat-free milk
1 tbsp Italian seasoning

Blend all ingredients in blender or food processor. Place in serving bowl or in individual containers. Serve with your choice of fresh veggies. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 83 calories, 6 grams protein, 3 grams fat, 4 grams carbohydrate, 375 mg sodium.



MEAL PLAN

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				