

THE NUTRITION NUDGE

DIGITAL WEIGHT MANAGEMENT NEWSLETTER

FOOD FIND OF THE WEEK

Blue Bunny Mini Cones

Why we love is: Real ice cream and real chocolate, just portioned out

Nutrition Info:

Serving Size: 1 cone

Calories: 140

Fat: 7gm

Carbs: 17 gm

Protein: 1 gm



RECIPE ROUND UP

Smashed Pickle Salad

Yield: 4 servings

INGREDIENTS:

- ½ medium red onion, thinly sliced
- 4 whole pickles (or 16 spears)
- 2 celery stalks, thinly sliced
- ¼ cup sour cream
- ¼ cup chopped dill fronds and stems
- 1 tablespoon mayonnaise
- 1 lemon & zest

PREPARATION:

Step 1

In a medium bowl, stir together the red onion and pickle brine.

Step 2

On your cutting board, whack the pickles with a meat mallet or the back of a wooden spoon, then rip into ½-inch pieces. (If using spears, simply rip them into ½-inch pieces.)

Step 3

Add the smashed pickles to the bowl, along with the celery, sour cream, dill and mayonnaise. Stir vigorously until creamy and combined. This salad is best eaten right away. (It can be refrigerated up to one day, but the dressing will start to get watery.)



UNCOVERING THE TRUTH ABOUT WEIGHT LOSS MEDICATION

Buzz about weight loss medication is everywhere and it is hard to decipher what information is real and what isn't!

"If I don't feel sick is it working? Am I cheating if I take it? Will I gain all the weight back once I stop it?"

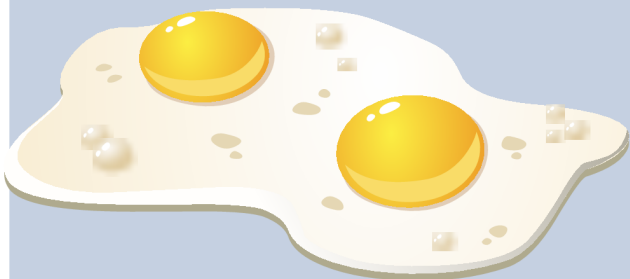
The short answers are NO!!!

The medication is prescribed to you because it will be a helpful tool in successfully reaching your goals.

Diet and lifestyle change are a critical component to being successful and reducing chance of weight gain once the medication is stopped.

Some people experience side effects more than others. One way to minimize this is by eating slower and smaller portions. Allowing time for your brain and stomach to communicate is extremely helpful in preventing you from become overly full.

And remember - if you have questions or concerns about the medication - ask the Digital Weight Management team, not the internet.



QUICK TIP TO STAY ON TRACK

Start your day off with at least 10 grams of protein to help you stay fuller for longer!

2 eggs = 12 gm of protein

6 oz Greek yogurt = 14 gm of protein

Premier Protein Shake = 30gm protein

“JUST ONE SMALL POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY.” — DALAI LAMA