Pinching Pennies AND Counting Calories?

As the school year approaches, you may be feeling the money crunch more than ever. Most everyone we know is trying to keep their budget tight! As your dietitians, we also want you to be careful about your calorie budget. We want you to put nutrition first, and stay on track!

Check out one of our new favorite handout, designed with YOU in mind! This handout is based on 24 items found at Wal-mart that can be plugged into a weekly meal plan which is LOW in both CALORIES and COST! Check out the 16 QUICK RECIPES too! Finally, there are some great tips for stretching your food dollars while sticking to your healthy lifestyle after surgery.

Start with THIS, your shopping list with 24 items: Info about servings per package, serving size (for you post-surgery), calories per serving, grams of protein per serving, cost per package, and cost per serving.

Then move on to THIS, your weekly meal plan with cost per day (average is $5.00-$6.50), calories, and grams of protein per day (avg 60-75 grams).

Finally, end with the Recipe Section! Recipes include: Asian lettuce wraps, black bean dip, black bean no-yolk deviled egg, breakfast bowl, breakfast wrap, cheese toast, chicken sausage with peppers/onions, chipotle ranch black beans, cinnamon yogurt, crab cakes, frozen yogurt treats, overnight oats, pizza night, southwestern tilapia, and tilapia/veggies in foil pouch!

Find it under ‘Nutrition Resources, All surgery types’ at: [http://tinyurl.com/kes8sx6](http://tinyurl.com/kes8sx6)

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Virtual Support Group "A Post Op & A Doc on Building a Better Body Image" – November 19th at 6 PM with Connie Stapleton PhD (the Doc) and Cari DeLaCruz (the Post Op)

This Support Group Presentation will be available to watch LIVE from home if you cannot make it in person. You can register for a free SpreeCast account (just need an email address), then click this link on the same date/time as we have the session in person!

[www.spreecast.com/events/apodmusc-building-a-better-body-image](http://www.spreecast.com/events/apodmusc-building-a-better-body-image)

Follow on Facebook: [https://www.facebook.com/APostOpandADoc](https://www.facebook.com/APostOpandADoc)

Check our facebook page for other free virtual groups offered by Post op and a Doc!

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Our support group topics, information on classes and nutrition tips can be found at [www.muschealth.com/weightlosssurgery](http://www.muschealth.com/weightlosssurgery)
**Dip This, Nøt That**

While the summertime is coming to a close, we hope you are still crunching on lots of raw summer veggies! As we always preach, try to combine your protein-rich foods (like Greek yogurt) with your produce (like crunchy raw cucumbers, carrots, celery, bell peppers, cherry tomatoes, broccoli) so that you can Dip This, Not That! Buyer Beware - just because it says ‘Yogurt’ does NOT mean it is always healthy! Full-fat yogurt is not on your meal plans!

**Eat This**

**Dannon OIKOS Dips: Cucumber Dill**

Made with milk, water, and cucumber puree!

Serving size = 2 Tbsp

25 calories

1 g fat (0.5 g saturated)

2 g pro

2 g carb (1 g sugar)

Look for other flavors – French onion, roasted red pepper, vegetable and herb! Another option, make your OWN greek yogurt dips, check out our ‘ranch dip’ and ‘greek onion dip’ recipes at: [http://www.muschealth.com/weightlosssurgery/nutrition/Handouts/GreekYo](http://www.muschealth.com/weightlosssurgery/nutrition/Handouts/GreekYo)

**Lisa’s Cucumber Salad**

Try this simple recipe - just mix together and enjoy!

Ingredients:

- 1 large cucumber
- 2 tsp. coarse sea salt
- 1 Tbsp plain greek yogurt
- 1 tsp chopped onion
- 1 tsp chopped fresh dill
- 1 tsp vinegar
- 1 tsp Splenda

**Fran’s Seaside Tomato Gazpacho**

Ingredients:

- 3 c. low sodium vegetable juice
- 1 orange bell pepper, diced
- 1.5 c. diced fennel bulb (or celery)
- ¼ cup of the leaves of fennel/celery
- 1 c. tomato, diced
- 1/3 c. red onion, finely diced
- 2 Tbsp. extra virgin olive oil
- 1 tsp. Old Bay seasoning
- ½ tsp. pepper, ½ tsp. salt
- 2 c. peeled, cooked, chopped shrimp
- 1 avocado, chopped

Combine vegetable juice, fennel (or celery), tomato, onion, vinegar, oil, old bay, pepper, and salt in large bowl. Cover and refrigerate until chilled (2 hrs, up to 3 days). Top each serving of gazpacho with ½ cup shrimp. Garnish with avocado and leaves from the fennel (or celery).

**Meet… Sandra**

I began my weight loss journey in April of 2011. I chose gastric bypass because at over 340 lbs I knew that if I didn't make a radical change I would not live to see my own grandchildren. I knew that I needed to have strict rules to be successful and limits I couldn't challenge. My surgery was not a textbook and just a few months post op I returned to have my gall bladder removed. After healing fully from the second surgery I got down to business.

My goal was to follow all of Nina and Debbie's rules to the extreme and lose all the weight I could in the first 12 months. I complained at every support group meeting that it was just not falling off the way I had hoped. In 6 mos I was already down over 100 lbs (from a size 34/36 to an 18). At 1 yr, 190 lbs and felt amazing at a size 14. At 15 mos post op I had a tummy tuck to remove a lot of excess skin. At 18 mos - when statistically weight loss rate declines, I was already well past Dr. Byrne’s expectations. I have been lucky enough so far to maintain that weight and continue to follow Debbie and Nina’s diet suggestions. At 135 lbs and a size 6 I have never felt so good. My energy level and zest for life is off the charts! Thank you MUSC for helping me LIVE life to its fullest!