



## Starting with a Clean Slate

*Dr. Charles Shaffer*

If you made a mistake on the blackboard in elementary school you were able to erase it and wipe it clean. In the modern era however, there are Smartboards. If you make a mistake in your eating habits the mistake then stays with you. Your body will keep an accurate food journal regardless of what you write down or record.

Those who drift from the Weigh Station program gain 3 to 5 pounds or more back. Many of them tend to blame something else for their deviation and do not take responsibility or hold themselves accountable for it. It is difficult to erase 6 pounds in one week when you deviate and do not do as you are instructed. A longtime patient came in for her scheduled appointment this past month.

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She has been a patient of mine for 9 years and has lost over 200 pounds but she has stayed at the same weight for the last year. Her reason for this was that she does not keep appointments because she lives a few hours away.

She states she loses weight every month. One month she loses 3 pounds, another month she loses 5 pounds, and the next month she lost 4 pounds. When she came in for her evaluation this past month she totaled a 12 pound weight loss for the entire year. I questioned her on her eating, sleeping, and exercising habits and asked if she was under an extreme amount of stress lately. She replied that not only does she do the Weigh Station program, but she does about 3 other weight loss programs as well. I explained to her that this is not how the program works and it can not be done this way but she would not listen. She was adamant about doing it her way. I would love to be able to help her wipe the slate clean and start fresh. However, if she wants to do it her way then so be it.

You CAN get the results you want. Everyday is a new beginning with a new set of choices. You are able to start over, start fresh, have a new attitude and have the choice of whether or not you are going to follow the program and do what we ask of you.

An article published in the Obesity Journal showed that individuals with an emotional eating habit or carbohydrate addiction restarted their weight loss program around 6 to 8 times. When asked about the primary reason for their failures the most common answer is they thought they could do it without help.

We want to assist you in losing weight the healthy way. If you listen and understand what we teach you then the weight will be gone forever and you will see the results you wanted. Our staff spends many hours researching recipes with the right ingredients and portions so you are able to achieve the best benefits. As we approach the holidays keep in mind it is not about eating but spending time with those we are close with. Make good choices as well as follow the book and recipes we have laid out for you.

Sometimes it is nice to start with a clean slate. Don't be discouraged if you deviate this week during the holiday, instead, remind yourself that it is okay and you'll start with a clean slate tomorrow or at your next appointment. Happy 4th to all. If you know an active or retired veteran please thank them for their service. They certainly deserve a pat on the back.

Happy 4th and Blessings,  
Chuck Shaffer MD

# Stay on Track During Summer Vacation!

*Tricia Foley, Registered  
Dietitian/Nutritionist*

Summer is here and with it comes vacations. This summer make sure to support your goals and still enjoy your vacation with these travel tips:

## Planning:

When planning for your trip think ahead, are you flying or driving? Driving offers a bit more flexibility with eating but there are certainly options for travel in the sky. Check out the table below for snack options on the go! (\* items indicate a need for a small cooler).

## Staying:

Also consider where you're staying, hotels don't always offer the same amenities. Call ahead and ask if your hotel offers a fridge and microwave. This can make a huge difference when it comes to staying on track. Many find that without healthy snacks available in their hotels, they end up either grabbing junk food or overeating at restaurants because they haven't had anything to snack on. Mary, a frequent traveler makes it a point to book her hotel in an area that is within walking distance of a grocery store and has a room with a fridge. This allows her to have things like baby bell cheese, raw veggies and lunch meat to munch on. When she's ready for dinner she orders a to-go box at the same time she orders her entree and asks the waiting staff to put half her entree away. This shrinks her portion and allows her to take it back to her hotel room for lunch the next day. Easy on the budget and waistline!

If you're planning to stay at a condo, townhouse or rental property, use the kitchen! Make shopping fun and plan to experiment with new recipes you haven't tried before. If you're at the beach consider a seafood option that you don't get to prepare at home. Check out the local grocery or produce stand in town and stock up on seasonal produce. This way you can enjoy the local atmosphere during your vacation but stay on track. Also consider talking with your family about how often you want to go out to eat. Amy and her husband recently took a trip to the beach and agreed beforehand that they'd only eat out 3 times instead of every night. Instead, they enjoyed grilling and trying new recipes at their condo while they enjoyed sitting out on the balcony watching the waves. She was amazed by how fun and relaxing it ended up being.

Be mindful:

Just because you're on vacation doesn't mean your eating plan should be too. Use skills like the hunger scale and the palm of your hand to stay mindful of your portions. The hunger scale is simply a scale from 1 to 10. One is considered starving and ten is "thanksgiving full", five is neutral (or not hungry). Try to stay away from the extremes (1 or 10), check in with your hunger scale throughout the day, are you a 2 or 3, it's time to eat. A 7-8 would indicate that you are comfortably satisfied and it's time to stop eating.

God gave us hands for a reason, your hand is perfect for you and makes a great measuring tool. The palm of your hand is the size of your cooked weight for protein, your fist is the amount of non-starchy veggies you should have at each meal, and your thumb is for oil (about a tablespoon). This is a great tool when eating out to compare your hand with the food on your plate.

With these simple tips you can enjoy your break and move closer to weight loss goals at the same time!

Snacks to Pack while Traveling:

Driving:

Jerky (plain)

\*Boiled Eggs

\*String Cheese

Nuts

Dried apple chips

WS approved fruit

\*Slices of cucumber and hummus

To go olives

Tuna, Salmon or Chicken pouches

Plane:

Nuts

Apple

To go olives

Tuna, salmon or chicken pouches

Dried apple chips

# The Recipe of the Month

## *Cinnamon Pork Chops and Mock Apples Meal Prep*

- 2 tbsp ghee
- 1/2 tsp sea salt
- 4 pork chops boneless
- 2 chayote chopped to 1/2 inch chunks
- 2 tbsp Stevia
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 1 tbsp apple cider vinegar

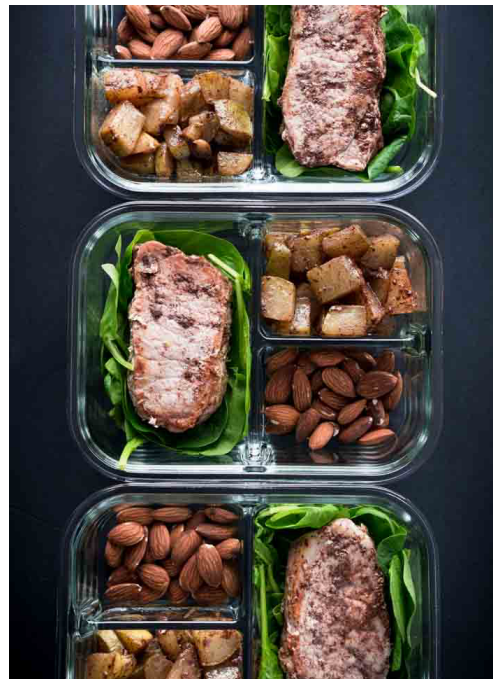
### *Directions*

Melt ghee in a large skillet over medium heat, add pork chops and cook for 5 minutes. Flip the pork chops and add chayote and sprinkle sweetener, cinnamon, nutmeg, and apple cider vinegar over the top. Cook for an additional 4 - 5 minutes, or until the pork chops reach the appropriate temperature (145 F for medium rare, 160 F for medium).

Remove the pork chops and place in a meal prep container. Bring the chayote mixture to a boil for several minutes. Reduce heat to low medium and simmer with cover.



**Let's Get Cooking!**





# The Recipe of the Month

## *Cinnamon Pork Chops and Mock Apples Meal Prep*

### *Directions (cont.)*

Stir mixture occasionally, for 30 to 40 minutes. When done, the chayote will be fork tender and have a similar texture to a baked apple.

Divide the mock apple mixture between four meal prep containers. Enjoy throughout the week!

