

November 2022



Thankful for our Community...

By Dr. Justin Lindsey

Since beginning this journey at TWS...each of you have touched my heart with your stories, success and love. I am so thankful for the opportunity you have generously given me and the trust you have placed in me to help this community on its metabolic wellness journey. Everyday at TWS is a joyful, fun day filled with your great success and again I am thankful to be apart of it.

As we move toward winter and look forward to the fellowship Thanksgiving brings, let's celebrate your progress, and determination, but be aware of the cravings, the addictions, and the old habits that will try to sneak past.

At The Weigh Station we see yokes of bondage to a host of various items. Some of you have a yoke of sugar, carbohydrates, alcohol or overeating. All of these yokes of bondage need to be broken for you to be successful. -Dr. Shaffer.

This time of year is wonderful and perhaps my favorite. Parades, Dance performances, softball open gyms, family photos, Christmas shopping, birthdays, Christmas parties, and many other events begin to fill the calendar. While wonderful and exciting we can easily become victims to “I’m just too busy” and stress can open the door for failures, and abandon. Meal preparation is the key during the Holiday season. Consider sitting down at the kitchen table and writing out your menu for the week, meal prep, and grab & go when you have to meet all your commitments. That being said, remember there is no greater commitment than to one you made to yourself to seek a better, healthier lifestyle.

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Time for Giving – Focus on thanks and giving. Have each member of the family write some- thing they are thankful for and keep it in a jar. Keep it until the following Thanksgiving as re- membrance. Take time the following year and read these notes, then create new ones. Also, consider giving back to your community. Donating food to a homeless shelter or food pantry is a great way to give. Shifting the focus of the day to serving others will result in a grateful attitude and better appreciation for what we have.

Remember too that there will inevitably be food on Thanksgiving and that is okay. Make good choices..and if something gets past your defenses, don’t beat yourself up. Move on from it and move forward. Tomorrow is another day.



Recipe of the Month!

Crispy Parmesan Nuggets

* serves 6-12 depending on oz.... ;-)

- ½ Cup olive oil based Mayonnaise
- ½ Cup parmesan cheese, Freshly grated
- 1/2 tsp salt & pepper
- 1/2 tsp ancho chili powder
- 2 Chicken Breasts (boneless, skinless)

Directions

Preheat Oven to 400 or 350 convection. Cube the chicken breast into ¼-½ inch pieces. Mix the Olive Oil Mayonnaise with the parmesan cheese, salt, pepper and ancho chili powder (if desired). Add in the cubed chicken breast and stir until well coated. Place on Sheet pan and sprinkle with remaining cheese. Place in the oven and bake for 20 minutes or until the internal temperature is 160. Let rest 3-5 minutes and enjoy.