



New Year, New Habits

Dr. Charles Shaffer

It is 2022 and the New Year is in full swing! During this time of the year it's common to see patients return, especially those who have been gone for 5 to 10 years. I always ask why they've returned and the answer is always the same: they thought they could do it themselves. So, to close out the holiday season, let's go over some pointers that will help you get back to normal eating habits once the chaos is over.

Multiple studies have shown only 21% of all individuals will continue to follow a diet/lifestyle change, even if the program gave them the best results. Many people have reported the holiday season is what causes their downfall. A simple trigger will send them back to their old eating habits

Let's review what it means to "eat clean". The Weigh Station emphasizes the importance in choosing the right foods along with the correct portion sizes and a consistent exercise routine.

WHAT YOU'LL FIND INSIDE:

- **NEW YEAR, NEW HABITS**
- **THE RECIPE OF THE MONTH**



The Weigh Station is not a total ketogenic diet, nor is it a low carbohydrate diet. In fact, we are not a “diet” at all; we believe in a full lifestyle change.

The goal is to go back to eating clean. This includes fish broiled, baked, and grilled. Once you finish Stage I of our plan, the desire for sugary foods and carbohydrates will dissipate. Portion control is also essential. Taking the time to weigh and measure your meals is a part of the key to success. This method will make managing meals easier, aid in reducing unnecessary calories, and streamline the adjustment to eating normally again. Taking the time to master the basics will only help you in your weight loss journey.

Make an effort to get a good nights rest. In order to properly function, adults need anywhere from 6 to 8 hours of quality sleep each night. Establishing a solid sleep schedule will make it much easier to maintain new eating habits.

Consistent, poor choices will only sabotage your progress and cause old habits to resurface. Some individuals think it is alright to still consume carbohydrates, but only “every now and then”. This can be highly tempting for those with food addiction, especially those who are not aware they are addicted. The best method is to cut out carbohydrates and learn how to read food labels.

As you have learned, you are able to adjust your eating habits throughout time in order to maintain your weight. However, it is still smart to keep track of what you are feeding your body. While on the program, the Weigh Station is always happy to assist and help keep track of your intake. This way, we are able to identify any issues that arises.

Recently, a young man was referred to the Weigh Station by an orthopedic surgeon. He was instructed to get his weight down in order to schedule knee surgery. He was 5’10” and 379 pounds. As we started questioning him on his eating habits, it was evident he lived on granola cereal, Adkins bars, smoothies, hamburgers, and French fries. At the time, his drink of choice was sweet tea and Mountain Dew. We asked him to make a list of what he chose to eat at certain times of the day. It became easy to track his habits. For breakfast, he would eat two bowls of cereal. Then, at 9:30 am, he would eat an Adkins bar.

His weight began to disappear once we guided him on how to eat healthier. By the time he was scheduled for knee surgery, he weighed 210 pounds and had an increase in activity. It was about six years later that he returned, after he gained 48 pounds back. We reviewed his current eating habits and found that he was slipping into his old ways once again.

The young man had lost his ability to feel full because of his change in dietary habits. So, he restarted Stage I. It took him about 4 1/2 days to get into ketosis, and when I saw him again he mentioned how much better he felt.

Some final thoughts: take your time throughout your journey. It is not a sprint! Learn how to navigate stress, anxiety, and depression without falling off the wagon. Additionally, please let us know if any of these emotions arise. We want to help you navigate through difficult times and succeed.

There will be upcoming changes within the Weigh Station so be sure to follow along with our newsletters.

Blessings,
Chuck Shaffer MD

The Recipe of the Month

Chicken Cordon Bleu (12 servings)

Ingredients

- Cooking spray
- 12 thin slices (36 oz total) skinless boneless chicken breasts, 3 oz each
- Salt and fresh pepper
- 1 large egg
- 2 large egg whites
- 1 tbsp water
- 1/2 cup grated Parmesan cheese
- 5 oz (6 slices) thinly slices lean deli ham, slices in half
- 6 slices (44 oz) Swiss cheese, cut in half



Directions

Preheat oven to 450. Spray a large non-stick sheet with cooking spray. Wash and dry the chicken cutlets; lightly pound the chicken to make thinner and season with salt and pepper.

Lay the chicken on a working surface and place a slice of ham on top, then the cheese. Roll and set aside, seam side down. In a medium bowl, whisk egg and egg whites along with water to make an egg wash.

In another medium bowl, combine Parmesan cheese. Dip the chicken into the egg wash, then into the Parmesan. Place chicken onto the baking sheet, seam side down. Lightly spray the chicken with cooking spray and bake for about 25 minutes or until fully cooked.