

Support Group Minutes 4/12/18

- Kelly Prust (Guest) performed healthy cooking demo and provided samples to the group (recipe below) of Sweet Potato Noodles and Turkey Bacon
- Discussion that the **new location of the support group will be: 1821 S. Webster Ave, Green Bay, WI (at the Prevea on Webster)—park in the parking ramp, enter and go to 1st floor, conference room will be on your right**
- The meeting minutes will now be listed online
- Tips from the group/Kelly:
 - Using an olive oil mister can minimize the amount of oil you use
 - Can buy a spiralizer or purchase pre-cut sweet potatoes (or zucchini, etc) in the produce section and they last about 4-6 days
 - Nutritional yeast flakes (can be found in organic section) can be used as a non-dairy form of parmesan cheese
 - Applegate turkey bacon is nitrate free
 - Costco has pre-made cauliflower pizza
 - Can add veggies, shrimp, or tofu to recipes such as Sweet Potato Noodles and Turkey Bacon to give more nutrition/flavor
 - Some spices that are great at adding flavor to dishes are: smoked paprika, garlic, sea salt, and turmeric
 - Turmeric is a “superfood spice” and you can add just a pinch to smoothies. It is known for its anti-inflammatory properties.
 - “Everything But The Bagel” seasoning can be added to eggs or avocado toast
 - “Gourmet Burger” can be put in ground turkey or Boca crumblers
 - Adding fresh herbs at the end of cooking instead of during the cooking process gives the dish more flavor and keeps the nutrient value
 - If you do not want to use olive oil, you can use a little bit of chicken broth
 - Pureed protein options: add black beans to dishes
 - Follow Kelly for more tips/recipes at kpinthekitchen on Instagram or Facebook
 - Thinner Winner is the Facebook page that the group utilizes outside of Prevea (their online support group)
 - Back on Track is a Facebook page that is geared towards bariatric patients
- Ideas for upcoming meetings
 - Demo and cooking lesson where the class also cooks at the same time
 - Struggles/what is working/what is not working- go around and discuss
 - Send a letter/flyer out to all bariatric patients if we are planning a big event for a better turn out
 - Have an exercise program geared towards only bariatric patients
 - Behavioral Care guest speaker to talk about stress eating and getting back on track
 - Having Plastic Surgery come in to talk about options for skin removal
 - Having Dr. Jassim come to a support group to visit and answer questions

Recipe: Sweet Potato Noodles and Turkey Bacon

-Cooking Spray or 2-3 Tbsp olive/avocado/coconut oil or ghee

-2-3 Tbsp minced garlic

-2 pkg's sweet potato noodles

-3-4 turkey bacon strips

- Pinch red pepper flakes
- Sea salt (1/2 tsp approximately)
- Black pepper (1/2 tsp approximately)
- Nutritional yeast/grated parmesan (1/4 cup approximately)

Cook bacon according to directions. Drain on a paper towel-lined plate. Let cool and then crumble.

Heat pan over medium heat. Add oil and let heat pan. Add garlic and crushed red pepper. Cook until fragrant, about 30 seconds or so. Add in the noodles and toss together to combine. Cook 5-7ish minutes or until noodles are al dente. Add salt, pepper, and nutritional yeast. Stir well. Add bacon and divide onto serving plates. May top with additional seasoning/cheese/chives.

Serves 2.