

Support Group Minutes 9/13/18

- **Dr. Chris Nelson came to the support group as a guest speaker to discuss the topic of “Identifying and Addressing Triggers”**
 - List handed out to each attendee of what their triggers are
 - The top triggers in the group were
 - Time of day
 - Problem food kept in the house
 - Situational
 - Stress/Boredom
 - Time of day discussion
 - Night is the worst
 - Mindless snacking while watching TV
 - After work and hungry/no time to cook
 - Tips: break habits, switch up routines, hydration (drink more water), go to bed earlier, brush your teeth right after dinner
 - Problem food kept in the house discussion
 - Kids/spouse still eat it
 - Tips: don’t bring it in (decide not to keep the things you are most vulnerable to), keep those foods in a separate cabinet or room, have someone else shop for you, try to turn your triggers into a “negative”
 - Situational discussion
 - Holidays, periods, sporting events, vacations, social events
 - Tips: prep ahead, bring your own food along, exercise (walk while waiting at airport on vacations), pick healthy choices at buffets, eat in moderation (conscious effort), don’t bring money along for food/drinks, pack healthy snacks, limit the number of plates or the size of plate, eat before you go out
 - Stress/Boredom discussion
 - Working at home, watching TV, home alone, sitting all day at a computer
 - Tips: move around and make an effort to plan times in the day where you get up and move, don’t keep tempting foods around, use a fidget spinner or stress ball, use an exercise ball
- **Recipe given: “Zucchini Chicken Enchilada Roll Ups”**
 - <https://www.skinnytaste.com/zucchini-chicken-enchilada-roll-ups/>
 - INGREDIENTS:
 - 1 3/4 cups homemade enchilada sauce
 - 2 large (14 oz each) zucchini, cut lengthwise into 12 (1/4-inch thick) slices
 - 1/2 teaspoon kosher salt
 - fresh black pepper, to taste
 - 1 tsp olive oil
 - 8 ounces cooked shredded chicken breast (from rotisserie chicken)
 - 1/2 cup minced onion
 - 2 large clove garlic, minced
 - 1/4 cup chopped cilantro, plus more for garnish
 - 1 tsp cumin
 - 1/2 tsp dried oregano

- 1/4 tsp chipotle chili powder
- 3/4 cup shredded Mexican cheese blend
- sour cream, optional
- DIRECTIONS:
- Preheat the oven to 400F. Spread 1/4 cup of the enchilada sauce on the bottom of a 13 x 9-inch baking dish.
- Cut the zucchini lengthwise, into 1/4-inch thick slices until you have a total of 12 slices about the same size. It's easiest to do this with a mandolin.
- Season both sides of the zucchini with 1/2 tsp salt and pepper, then grill on a grill pan over high heat to help dry out the zucchini, until pliable and grill marks form, but not fully cooked, about 2 minutes on each side.
- Heat the oil in a medium skillet over medium-high heat. Sauté onions and garlic on low until soft, about 2 minutes. Add chicken, salt, cilantro, cumin, oregano, chili powder, 1/4 cup of the enchilada sauce, and cook 4 to 5 minutes. Remove from heat.
- Spread 3 tablespoons chicken on each slice zucchini. Roll up slices and arrange them each seam side down in the prepared dish.
- Top with the remaining enchilada sauce and Mexican cheese blend and tightly cover with foil.
- Bake 20 minutes, or until the cheese is hot and melted.
- Drizzle with sour cream, if desired and garnish with cilantro.

NUTRITION INFORMATION

Yield: 4 servings, Serving Size: 3 roll ups

Amount Per Serving:

Freestyle Points: 5

Points +: 6

Calories: 225 calories

Total Fat: 8g

Saturated Fat: 3g

Cholesterol: 46.5mg

Sodium: 947.5mg

Carbohydrates: 19.5g

Fiber: 5g

Sugar: 7.5g

Protein: 22g

- **Discussion surrounding walks/runs to sign up for as a team- we can discuss more at the October support group**
 - Some upcoming walks/runs in the area:
 - 10/20/18 Africa Hope Run (De Pere, WI)
 - 10/21/18 Making Strides of Green Bay (Lombardi Ave, Green Bay)
 - 10/28/18 Hot Cider Hustle (Downtown Green Bay)** Jessica/Mary will most likely be able to attend this date if others are interested
 - 12/1/18 Jingle Bell Run (Kress Center, Green Bay)** Jessica/Mary will most likely be able to attend this date if others are interested