

Atlanta Bariatrics

Health and Wellness Goal Setting for 2026

Jump start 2026 with attainable nutrition and wellness goals to be the best version of yourself.

Hot topics in nutrition continue into the new year, including GLP-1 therapy, which has been life-changing for many people.

While GLP-1 therapy is helping many people, it is not a magic bullet. Lifestyle changes must be made in order to sustain benefits of these medications over time and maximize outcomes. Personalized nutrition therapy, careful tracking of macronutrients, close involvement with one's medical team are all necessary to help the individual meet their health goals.

Use these tactics in order to meet your goals for the new year:

- Use an app on your phone, such as Baritastic, to track food intake, fluids, and exercise.
- Implement good wellness goals, such as sleeping 7-8 hours per night and managing stress with meditation, journaling and exercise.
- Give yourself a break... if you slip up, just get back on track- reach out to your health care team for support and guidance to get back on track.
- Try new things to help mix it up to reach your goals- see Atlantabariatrics.com website or social media pages/Youtube for new recipe ideas, exercise tips and more.
- Work with a registered dietitian nutritionist and health care team in order to set personal and specific nutrition related health goals



*To schedule an appointment with your registered dietitian call 770-232-9252.

Healthy Sheet Pan Eggplant Parmesan

Ingredients:

- 3 medium eggplant, cut into ½ inch wide circles
- 2 eggs, whisked
- 1 cup breadcrumbs
- 2 tsp Italian seasoning
- 8 oz tomato sauce
- 5-6 tomatoes cut into thick slices
- Salt to taste
- 8 ounces fresh mozzarella cheese, sliced
- 1/3 cup Parmesan cheese
- 1/4 cup fresh basil, optional



Directions:

1. Wash hands with soap and warm water.
2. Preheat oven to 425 F.
3. In a small bowl, mix breadcrumbs, Italian seasoning and set aside.
4. Dip the eggplant in egg, then breadcrumb and lay on sheet pan evenly. Bake for 15 minutes. Remove sheet pan and lower heat to 350 F. Flip each eggplant over but don't return to oven yet.
5. Spread a little sauce on each eggplant. Put a tomato slice on top of that. Sprinkle a little salt on top of each tomato. Put a sprinkle of mozzarella on top of each tomato. Return to oven at 350 F for 15 minutes.
6. Once 15 minutes has passed, turn the oven to broil on high. Broil for 3 minutes or until cheese is melty and golden brown. Keep a close watch so the cheese doesn't burn.
7. Remove sheet pan and sprinkle each eggplant with parmesan and add a basil leaf (optional) to the top. Enjoy!

Nutrition information: Serving size: 1/8th recipe

Calories: 230 calories Total fat: 8 g Sat fat: 5 g Protein: 12 g Added sugar: 0 g
Sodium: 315 mg

*Recipe adapted from www.mediterraneanliving.com