

Atlanta Bariatrics

National Nutrition Month - "Discover the Power of Nutrition."



Power your day today and in the future with healthy eating habits. Here are some tips for a balanced diet to help achieve and maintain your health goals.

- Start by assessing the food you have on hand and plan your meals and snacks for the week.
- Be realistic with your time and schedule when planning ahead for meals.
- A little prep work can lead to a big saving of time later.
 - Cook protein ahead and refrigerate or freeze for the week.
 - Chicken, turkey, fish, lean beef or pork in crockpot
 - Boiled eggs
 - Beans
 - Stock up on canned meats, beans, nut butter, low-sodium vegetables, canned fruit in its own juice.
 - Purchase frozen vegetables, frozen fruit, frozen cooked meats, legumes.
 - Prep snacks:
 - Hummus
 - Chopped and peeled veggies and fruit
 - Pre-portion nuts and cheese
- Research a few new quick and healthy meal ideas.
 - Atlantabariatrics.com
 - Baritastic.com
 - Eatingwell.com
- Track your food intake using an app on your phone, i.e. Baritastic.com, writing down your food intake in a notebook or taking pictures of your meals and snacks.
- Measure your foods and use a smaller plate.
- Put down your fork between bites of food, set a timer, avoid distractions while eating and stop eating when you are full.

Healthy and Easy Salmon Bowl

Ingredients:

Serves 4

Salmon

- 4 (4 ounce) salmon filets
- 2 tablespoons low sodium soy sauce
- 1 tbsp honey
- 2 tsp rice vinegar
- 1 tsp sesame oil
- 2 garlic cloves, minced
- Fresh ginger, peeled and grated
- Cooking spray

Bowl

- 1 cup cauliflower rice or quinoa, cooked
- 1 cucumber
- 1 carrot
- 1 cup edamame
- ½ avocado
- Green onions
- Sesame seeds, optional



Directions:

1. Wash hands with warm water and soap.
2. Remove skin from salmon and cut into 1 inch cubes and wash hands afterwards.
3. Combine next 6 ingredients, add salmon and mix until all pieces are coated evenly. Let sit 10 minutes to 2 hours in refrigerator. Optional, double marinade sauce and keep half aside to use later as a sauce.
4. While salmon is marinating, peel and slice cucumber, peel and shred carrot and peel dice avocado into small cubes. Defrost edamame by placing in colander and running under cold water.
5. Heat a skillet on medium for 2 minutes and add salmon. Cook 3-4 minutes on each side.
6. Assemble bowls with rice/quinoa, veggies, avocado and edamame and salmon. Drizzle with extra marinade sauce (optional) and top with sesame seeds (optional).

Recipe credit: Cooking withayeh.com