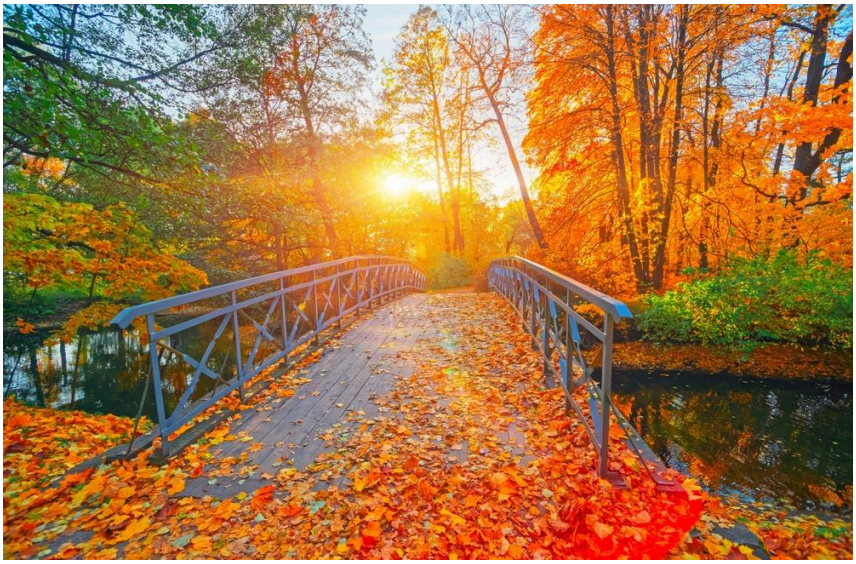
Atlanta Bariatrics

It's Fall Y'all!



Fall Bucket List Post-Bariatric Surgery

Need some activities to stay busy this Fall?

Go to a corn maze

Make healthier smores using dark chocolate and banana

Plant a fall garden

Go for a hike in the North GA Mountains

Go apple picking in Ellijay or Blue Ridge

Build a bonfire

Take a fall foliage drive

Craft with Fall leaves

Family bike ride

Activities do not always have to be indulgent- food based. Focus on spending quality time with your spouse, family, or friends. Try a new activity that is now easier after weight loss surgery. Is there a specific trail that you've always wanted to try? A mountain that you have been wanting to climb? A vacation that you have been wanting to take? Fall is all about exploring while the Georgia weather is comfortable and beautiful.

How to Shop on a Budget

- **Shop produce that is in season.**
  Seasonal produce is much more affordable than produce that is out of season. In the fall, there are many in-season items: apples, brussels sprouts, squash, cabbage, pomegranates, turnips, sweet potatoes, radish, parsnips, etc.

- **Make a shopping list before heading to the grocery store**. With a shopping list, you are less tempted to make impulse purchases. If you are tempted by impulse purchases, try a grocery pick-up if your local grocery store offers this option.

- **Plan meals** ahead of time at the beginning of the week. By planning ahead, you are less likely to make poor meal choices during the week. Have quick items on hand, such as ready to eat grilled chicken strips, canned tuna, frozen vegetable medley, boiled eggs, and peeled and cooked shrimp.

- **Check out the weekly ad** at your local grocery store. Choose your recipes for the week based on what protein and produce are on sale.

- **Buy in bulk**. Items like canned or dry beans, grains, canned vegetables, and frozen meat do not expire quickly. These items can be kept on hand for months and even years without expiring.

- **Use your leftovers!** Leftovers get a bad rap, but they are a great way to save money. You can repurpose meals so that you aren't having the same meal back to back. For example, leftover taco meat can be used for a taco salad or quesadilla. Leftover chicken or seafood can be thrown on top of a salad kit or used in a hearty grain bowl.

- **Shop alone**. When taking your kids or spouse to the grocery store, it is easy to say yes to items that are not on your grocery list.

- **Shop store-brand items.** Oftentimes, name brand items are placed front and center at eye-level. Store brand products are normally very close if not almost exactly the same taste-wise compared to name brand items.

- **Check unit prices** to see which brand and variety is cheapest. Every little bit of savings adds up!