

# Happy New Year!

Happy New Year! It's hard to believe we are into 2018. Looking back over 2017, one of the things that surprised me the most was the number of patients who didn't return until their weight was out of control. They said they were embarrassed to come back.

Please remember, we are here to support you in reaching your health goals. We want to help you extend and have a better quality of life while losing excess weight. All of us have struggled with unwanted pounds at some point in our lives. We understand the ups and downs of life and want to assist you in getting off the roller coaster and back to a healthy lifestyle.

So, if you would like to get back on track, give us a call.

Best wishes for a wonderful New Year!

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Board Certified Family Medicine

Attached: recipes

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## **Chili**

### **Ingredients**

100 grams (3.5 ounces) lean ground beef or cubed chicken (96% or more fat free)  
1 ½ cups tomato, chopped  
½ cup water  
1 tablespoon onion, minced  
2 cloves garlic, crushed and minced  
Pinch of garlic powder  
Pinch of onion powder  
¼ teaspoon chili powder  
Pinch of dried oregano  
Cayenne pepper to taste (optional)  
Salt and pepper to taste

Brown ground beef in small frying pan. Add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks, the more tender and flavorful it will be. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

## **Lettuce Wraps**

### **Ingredients**

100 grams (3.5 ounces) lean ground beef, steak or chicken (96% or more fat free)  
1 tablespoon onion, minced  
1 clove garlic, crushed and minced  
Pinch of garlic powder  
Pinch of onion powder  
Pinch of dried oregano  
Freshly chopped cilantro to taste  
Cayenne pepper to taste (optional)  
Salt and pepper to taste  
Lettuce leaves

Brown beef (or if using chicken, cook thoroughly). Add onion, garlic, and spices and a little water. Simmer gently for 5-10 minutes.  
Serve taco style in butter lettuce or romaine leaf (mock tortillas) or with a side of tomatoes or salsa.