

Send in your questions, recipes, comments, or topics of interest!

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Healthy Lunch Ideas

While we all know that dining out can have a serious impact on our wallets, have you ever thought about the impact it can have on your waistline? Preparing a homemade lunch will not only save you money, it can also help you maintain your weight loss. Also, think about how much food you are wasting if you are limited to 1/2 cup serving size. One entree could actually provide 2-3 meals.

The first step in preparing a healthy lunch is to plan ahead. How to ensure a healthy lunch:

1. Plan Ahead: Prepare an extra serving of protein for dinner the night before. You can use the leftover chicken, fish, or beef on a salad.
2. Eat leftovers: Most often you will have leftovers after dinner. Instead of eating an extra serving at night, save it for lunch the next day. This will not only provide you with a healthy lunch, but will save you calories at dinner too.
3. Cook and freeze: Take time out of your busy weekend to prepare 2-3 dishes that you can pre-portion into individual servings and freeze. You could also plan to use a couple of these for quick dinners during the week.
4. Keep convenience foods: Sometimes it is not always possible to eat leftovers and all your freezer meals may be gone. In this case, have a few convenience foods on hand. Lean deli meat and low fat cheese, or frozen meals with lean protein and no pasta, rice, or potatoes are great to keep on hand when you need a quick lunch.

OWLO News:



Jude Thomas Banks is here!

Abby Banks, Registered Dietitian, gave birth to a healthy baby boy on July 8, 2008 at 1:59pm. Jude weighed 7 pounds 4 ounces.

Congrats Abby!



Oklahoma WEIGHT LOSS Options is recognized by the ASMBS as a *Center of Excellence* and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.





Patient Spotlight

Not only do we like to spotlight patients that have been successful in their weight loss journey, but sometimes we enjoy highlighting achievements in their personal lives too. This month we recognize Brenda Jones and her family. Her family was recently featured in the June 2008 issue of **Oklahoma Game and Fish** for their achievements and success in the catfish bait and tackle business.

Brenda Jones has had a successful weight loss journey that began with gastric bypass several years ago. To date, Brenda has lost 140 pounds and is no longer suffering from high blood pressure or knee pain. Her advise for other bariatric patients is to remember “this is a tool—it requires lifelong changes to be successful.”

Fishing with her family provides a great time for bonding and provides a great place for relaxation and peace of mind. For information regarding the Jones’ family business you can check out their websites at www.carljonesfamousjigs.com and www.cjsbait.com.



Brenda at the 2007 Reflections Fashion Show

Congratulations on your success!



Recipe Corner

Cajun Catfish

Ingredients:

- 4 (4 oz.) farm-raised catfish fillets
- 1 Tbsp fresh lemon juice
- 4 tsp Cajun Seasoning
- Vegetable cooking spray
- Lemon wedges (optional)



Directions:

1. Brush both sides of fish with lemon juice.
2. Sprinkle with Cajun Seasoning.
3. Place fish on broiler pan coated with cooking spray.
4. Broil 5 minutes on each side until fish flakes easily.
5. Serve with lemon wedges if desired.



NUTRITION FACTS	
Per 2 oz serving	
Calories—	70
Protein—	10 grams
Fat—	2.5 grams
Carbohydrate—	1 gram

www.cookinglight.com



SAVE THE DATE!

WALK FROM OBESITY

Saturday, September 27th

9:00 am

River West Festival Park

2100 South Jackson Avenue

Tulsa, Oklahoma

\$25 Registration fee

Includes t-shirt to wear for the walk!

Door prizes!

“Dance from Obesity Ball”

Saturday evening, September 27th

Cocktails 6:00 pm Dinner 7:00 pm

Oaks Country Club

4101 West 71st Street

Tulsa, Oklahoma

\$45 per person, \$70 per couple





August

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Norman Band Group 3rd Floor HealthPlex Tecumseh Road 6-7 pm	8	9
10	11 <u>Ada Satellite Group</u> Ada Church of Christ 5:30-6:30	12 <u>Norman Bypass Group</u> 3rd Floor HealthPlex Norman, OK 6-7 pm	13	14 <u>Bethany Support Group:</u> Lake Overholser Church of the Nazarene 6-7pm <u>Lane/Atoka Support Group:</u> Harmony Baptist Church 7-8 pm	15	16 <u>Norman Support Group:</u> Norman Regional Hospital Education Center 11 am **Clothing Exchange
17	18	19 <u>Enid Satellite Group</u> Wesleyan Church 7-8 pm	20	21 <u>Norman Band Group</u> 3rd Floor HealthPlex Tecumseh Road 6-7 pm	22	23
24/31	25 <u>Ardmore Support Group</u> Red Cross Office 6-7pm	26 <u>Norman Bypass Group</u> 3rd Floor HealthPlex Norman, OK 6-7 pm	27	28 <u>Madill Support Group</u> Integriss-Marshall Memorial Hospital 5:30-6:30 pm	29	30

The OWLO office will be closed Monday September, 1 2008 in observance of Labor Day.
Don't Forget: Clothing Exchange August 16

