

FOOD FOR THOUGHT

VOLUME 2, ISSUE 1

SPRING 2009

WINNING RECIPIES

Thank you to all who entered the 1st ever **Holiday Recipe Contest!** We had some delicious entries, and since every diet needs “new flavors” to keep things from getting boring here are the winners divided according to our Diet Plans.

FOR ALL DIETS:

Tiramisu Chocolate Shake

This recipe works with any brewed coffee. -cooled.

14 oz left over brewed (cooled) Tiramisu coffee
1 packet BCS Chocolate Shake mix
Splenda

Pour 14 oz left over Tiramisu coffee into a shaker. Add Splenda to taste. Put on lid and shake to mix. Remove lid and add packet BCS Shake mix. Replace mixer insert and lid. Shake well. Place in freezer for about 2 hours, removing & shaking periodically. Pour into glass and enjoy.

Triple Treat

2 packets BCS Chocolate Shake mix
2 packets BCS Vanilla Shake mix
2 packets BCS Strawberry Shake mix

Mix chocolate packets with 1 cup water, then spoon into 6 clear plastic 8 oz cups. Repeat procedure with the vanilla, then with the strawberry. You will have pudding that resembles Neapolitan you-



Candace, Kati, Dr. Bartels, Sarah, & Patti

know-what!

Treadmill Chili

1 Packet BCS Vegetarian Chili mix
¾ cup water
¼ tsp salt
¼ tsp garlic powder
¼ tsp onion powder
½ tsp Liquid Smoke
½ tsp Texas Pete
½ tsp Silver Spring brand Chipotle Mustard (optional)

Put all ingredients, except mustard, in a microwave safe bowl and stir well to combine. Microwave on high for 2 minutes. Stir again when done. Let set on counter for a full 30 minutes to allow the solids time to absorb the liquid & spices. Thirty minutes coincidentally is the perfect amount of time to do your cardio walk on your treadmill. At the end of 30 minutes add mustard and stir well. Microwave on high for an additional 90 seconds. Stir and enjoy!

Chocolate Mint “Ice Cream”

1 Packet BCS Chocolate Shake mix
2 Listerine “Cool Mint” Breath Strips
½ cup cold water
In a shallow bowl mix BCS mix, breath strips and ¼ cup water until water is completely absorbed. Add the remaining ¼ cup and mix, breaking up any lumps, until smooth. Place in freezer for at least 30 minutes.

MODIFIED FAST OR MONTHLY DIETS

Amazing Hot Salsa

You can also use this as a condiment on salads, as shrimp cocktail, or top fish filets before baking to spice things up!

1 to 2 stalks of celery, diced
½ green pepper, diced
1 jalapeno, minced
1 clove garlic, minced
½ cup cilantro or parsley minced
1 14.5 oz can diced tomatoes

1 tsp cumin
½ tsp white or black pepper

Combine all ingredients in a small pot and simmer over low to medium heat for 30 min. until cooked down into a salsa (makes about 1 ½ cups).

Serving Suggestion: Add a couple of tablespoons to your bowl of Carolina Super Soup with shrimp, 1 or 2 dashes of Colgin Liquid Smoke & the flavor is similar to gumbo.

Spinach Soup

6 cups reduced-sodium chicken broth
1 cup egg substitute
¼ cup fresh basil, minced
2 Tbs lemon juice
1 Tbs fresh parsley, minced
¼ tsp white pepper
1/8 tsp ground nutmeg
8 cups fresh spinach, washed, stems removed, coarsely chopped

In a 4 qt pot, over medium heat, bring broth to a boil. Beat together egg substitute, basil, lemon juice, parsley, white pepper, and nutmeg, set aside. Add spinach to broth and simmer 1 min. Slowly pour egg mixture into broth while whisking constantly so that egg threads form. Simmer 2 to 3 minutes or until egg is cooked. Enjoy!
Serving Suggestion: ½ a grilled skinless, boneless chicken breast, cut into small pieces can be a great way to add protein.

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Winter Weight Gain?

Daffodils are blooming, the trees are starting to bud, the days are getting longer. We have survived a long cold winter and finally...**SPRING IS HERE!**

Have you ever heard someone say they always gain weight in the winter no matter *how much* they try not to? If you doubt their efforts, consider this: Studies show that this isn't just an urban myth, the cause is biological as well as emotional.



"Your body may be working against you to hang on [to fat] so you stay warm," said Lawrence Cheskin, MD., founder of the Johns Hopkins Weight Management Center in Baltimore, in an interview with *Prevention* magazine. There is also less sunlight, so those of us who eat when depressed or bored will most likely gain during the "dark days of winter."

The message from Dr. Bartels, "Don't worry too much about gaining weight over the holidays, and certainly don't feel embarrassed or like you are a failure. Dieting isn't easy, if it was, you wouldn't need us."

So the question is, "How *do* I get back on track?" First of all, pick up the phone, give us a call and make that appointment. We promise you, Dr. Bartels and his staff will *not* fuss at you. We understand - really we do! To help you out before you come in, here are a few tips to get you started...



- Increase your water consumption - yes, you probably get tired of hearing this, but it really is one of the MOST important things you can do for your health, your diet, and even your skin.
- Add steps to your day by parking far away from the door or taking the stairs, take the dog for a walk, or the kids. If you take 2000 steps you have walked a MILE!
- Before the hot days of summer make you feel like "hibernating" again, get out of the house and go bike riding, work in your garden or yard, wash and wax your car (by hand - *not* by driving through the automatic car wash).
- And of course, *everybody's favorite* spring clean your house & attic. Have a yard sale and use the money for YOU!

Dr. Bartels and Staff

SPECIAL POINTS OF INTEREST:

- We will be closed for Good Friday on April 10th and will re-open at 7:00 a.m. on Monday, April 13th.
- We will be closed for Memorial Day on Monday, May 25th and will re-open at 7:00 am Tuesday, May 26th.
- Check out our newly improved website at www.DrBartels.com. Let us know if you have any suggestions.
- Tell your friends!

WE'RE ON THE WEB!
WWW.DRBARTELS.COM
