



Weight Loss Institute of Arizona

5 convenient locations to serve you:  
1855 E Southern Ave—Tempe  
8575 E Princess Drive #215—Scottsdale  
9305 W Thomas Rd #480—Phoenix  
6261 N La Cholla Blvd # 201—Tucson  
4860 E. Baseline Rd #105—Mesa

**Office Hours:**  
Monday—Friday 8:30 am—5:00 pm  
Saturday By Appointment Only  
[wliaz.com](http://wliaz.com)

**Upcoming Support Group Meetings\*:**  
Support group meetings are a vital part of your weight loss journey—we do hope you can join us at one or more meeting!

**Wednesday, March 22nd – 5:00 pm**  
Arrowhead Office in Glendale  
(Also on Facebook live)

See our facebook page for upcoming April support groups!

We look forward to seeing you at a meeting!

*\*Dates are subject to change. Please call the office to verify.*

### WLIA has a Pinterest page along with our Private Facebook Group

Pinterest is a social media website consisting of “pins” of interest that users post. Our patients are “pinning” their favorite recipes, workouts, health tips, etc there. Join the fun and start pinning things you love. To join us, email Mike Murphy at [Mike@wliaz.com](mailto:Mike@wliaz.com) and ask to be added to the Private (no public allowed) page.



**Brand New WLIA LOVE YOUR LIFE Protein Flavors are here!**  
**Our new flavors are :**  
**CREAMY VANILLA**  
**And**  
**UNFLAVORED**  
**\$36.00 (plus tax)**



### Quick Bites:

- Ask the RD
- delicious recipes help you stay on track without feeling deprived!
- PF Changs 1/2 marathon
- Pinterest
- Instagram

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# WLIA Bari-Times

A newsletter from the Weight Loss Institute of Arizona

March/April 2017

## Ask the WLIA Dietitians

**Question: Is it better to eat about 6 small meal/snacks or 3 meals?**

**Answer:** Eating just 3 times per day is the ideal habit to form. You want a low calorie intake to maximize weight loss with daily vitamin/mineral supplementation and good protein intake (and fats). You can veer from this rule if you find that you truly do feel a little hunger between eating times. If that happens, you may eat 4 times per day. Not as ideal as 6 times BUT if you have 1000 calories to play with and eat 6 times a day, you would average about 160 calories per eating time. If you eat 3 times per day, you would average closer to 330 calories per eating time. At the end of the day, the calories will be the same in theory. But most likely if you eat 5-6 times, you will end up eating more calories than you planned. Also, if you are a very active person, you may find your appetite may be a little higher and nutrition needs as well, so eating a few more times a day would be fine.

An example for an active patient would be: Breakfast: 2 scoops WLIA protein mixed with 12 ounces almond milk (280 calories, 46 grams protein). Lunch: 1/2 cup cottage cheese with fruit (150 calories, 15 grams protein). Snack: 1 scoop WLIA protein mixed with 8 ounces almond milk (150 calories, 25 grams protein). Dinner: 3 ounces salmon, 1/4 cup vegetables (250 calories, 21 grams protein).

Don't forget to follow us on INSTAGRAM at "weightlossinstituteofaz"

## PF Changs 1/2 Marathon

January 14th, 2018!

What is the significance of this date? It's the day you can accomplish something you never thought possible.....completing a 1/2 marathon!

Every year, we encourage are patients to participate and this will be our 8th year doing so. Over 50 WLIA patients have successfully completed this great obstacle and you should be next.

What do you have to lose? Go to

<http://runrocknroll.competitor.com/arizona>

To register for this. Cost is only \$69.99 if you register soon. The price increases the closer you get to the race. Also, there is an option for fundraising for St. Jude Hospital if you would like to run for a cause.

If you take the leap and sign up for this, let us know on facebook. You just might get a free gift that will help you complete your goal!

YOU DO NOT HAVE TO RUN IN THIS! Walking is perfectly fine, especially if this is your first 1/2 marathon.

A very popular method is the "walk/run" method where you will walk for 5 minutes followed by a 1 minute jog or run and repeat throughout the 1/2 marathon (which would take between 3 to 4.5 hours). Finishing, no matter your time, is the most important goal.

Give your body at least 3 months to train for this. You should decide by the end of September if this is your year. There are many other 1/2 marathons around the state and elsewhere if you would like to wait. There are also many 5K's and shorter walks/runs that you can do to "warmup".

### Chocolate/Peanut Butter Protein Shake

Serves 1

- 1 scoop WLIA protein powder (unflavored or chocolate)
- 2 T. Chocolate PB2
- 1 cup almond milk
- 5-10 ice cubes

Put everything into a blender and blend, adding as much milk and ice until your desired, creamy consistency is reached. Enjoy!

Note: You can also use Sugar-free Hershey's syrup for extra chocolaty goodness

150 calories, 28 g protein, 6 g carbs



## Patient Spotlight – Clayton C.



Before: 374 lbs      Now: 240 lbs

*Clayton talks about what made him decide to have surgery and how losing 134 # has affected his life.*

1. How has the band changed your life for the better?

"It has gotten me off the couch and active again. Allowing me to participate in new experiences and those I have not done in many many years.

2. Any advice for those just beginning the process?

"Not going out to eat in public places until you get used to eating with your band. Or at least being with people that

understand your situation. Not such a great answer I know, but it worked for us. Can I get another question. LOL!"

3. What major dietary change(s) have you made for the better?

"Portion control, obviously, but eating better in general. Staying away from fried, fatty foods and finding great alternatives to my daily meals. I am now eating things I never would have before and LOVE it such as spaghetti squash and it's amazing that I just don't miss those foods any more. Healthy alternatives are out there. I make a conscience decision now what I choose to put in my body and how much of it.

*Congratulations Clayton!*

## Grilled Salmon with Avocado Salsa



### Ingredients

- 2 lbs salmon, cut into 4 pieces
- 1 tbs olive oil
- 1 tsp salt
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp onion powder
- 1 tsp black pepper

### Avocado salsa

- 1 avocado, peeled, seeded and sliced
- 1 small red onion, sliced

3 mild hot peppers, seeded and deveined, diced or sliced

Juice from 2 limes

3 tbs olive oil

2 tbs finely chopped cilantro

Salt to taste

### Preparation:

1. Mix the salt, coriander, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix, and refrigerate for at least 30 minutes.
2. Pre-heat the grill.
3. Combine the avocado, onion, hot peppers, cilantro, lime juice, olive oil and salt in a bowl and mix well, chill until ready to use.
4. Grill the salmon to desired doneness. Serve the salmon topped with the avocado salsa, and with rice and thick green plantain chips on the side.

Recipe Makes 4 servings!