

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.

Upcoming WLS Support Groups

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with Diana Beaton RDN

June 23, 2022

July 28, 2022

1st Thursday of the month at 7:00-8:00 pm with Carmen Diaz-Jusino

June 2, 2022

July 7, 2022

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the call. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care



Shrimp Cauliflower Fried Rice

Ingredients:

- ¼ cup sesame oil, divided
- 2 eggs, lightly beaten
- 3 cups riced cauliflower (see Tip)
- 1 pound large shrimp (31-35 count), peeled and deveined
- 3 cups broccoli florets
- 1 medium red bell pepper, thinly sliced (about 1 cup)
- 3 cloves garlic, sliced
- 3 tablespoons reduced-sodium soy sauce or tamari
- 2 tablespoons water
- 1 tablespoon rice vinegar
- ½ teaspoon ground pepper

Directions:

1. Heat 2 teaspoons oil in a large wok or large, heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.
2. Add 2 teaspoons oil to the pan; heat over high heat. Add cauliflower in an even layer; cook, undisturbed, until lightly browned, 3 to 4 minutes. Transfer to a plate.
3. Add 2 teaspoons oil to the pan; heat over high heat. Add shrimp; cook, stirring often, until just opaque, about 3 minutes. Transfer to the plate with the cauliflower.
4. Add the remaining 2 tablespoons oil to the pan; heat over high heat. Add broccoli, bell pepper and garlic; cook, stirring occasionally, until lightly charred, 4 to 5 minutes. Stir in soy sauce (or tamari), water, vinegar and pepper. Bring to a boil; boil for 30 seconds. Remove from the heat. Stir in the reserved eggs, cauliflower and shrimp.

Tip – Look for prepared cauliflower rice (or cauliflower crumbles) in the markets or to make your own, pulse cauliflower florets in a food processor until broken down into rice-size granules. One 1 1/2-pound head of cauliflower yields about 4 cups of cauliflower rice.

Nutrition Facts

Serving Size: 1 1/2 cups

Per Serving: 309 calories, 30g protein, 9g carbohydrates, 4g fiber, 17g fat

EatingWell.com, Oct 2019

SMART Goals

Setting goals can be helpful to kick start new habits and work towards improvements. Sometimes goals can be too broad or vague. When setting goals, pick goals that are SMART! SMART goals allow you to set specific, measurable, attainable, and relevant goals. They also have a time-component. Be sure to start with only a few goals. Use the template below to create your own goals for the Summer of 2022!



SPECIFIC

- What would you like to accomplish?
- Why do you want to do this now?



MEASURABLE

- How will you know when you accomplish your goal?
- Set numerical value of what you want to accomplish.



ATTAINABLE/ACHIEVABLE

- Can the goal be reached?
- Is it reasonable for your current situation and schedule?
- What are some barriers that will stop you from reaching your goal?



RELEVANT

- Is this something that will meet your current needs?
- Does this fit in with your long-term goals?



TIME-BASED

- In what period of time would you like to complete this?
- Is this a short-term or long-term goal?



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Email Diana.Beaton@chartercare.org