



Checking In

These past few months have been difficult and stressful for us all. Our lives have been impacted in ways we never could have imagined. We've experienced changes in living situations, work environments, our ability to get groceries and household items, and even our support system. Despite these crazy changes, we continue to require food to nourish our bodies. Whether trying to lose weight, maintain a healthy weight, or consume a well-balanced diet for overall health, this unique time at home can be a good time to reflect and focus on eating patterns. While keeping a food journal can be burdensome and tedious, we strongly recommend starting to keep track. Journaling is a great way to objectively learn more about hunger and fullness cues, reasons for eating, likes and dislikes, emotional and physical connections to eating, and ultimately build healthier habits.

Stir Fry Tofu and Spinach

Prep time: 10 min; Total time: 25 min; Servings: 4
Per serving: ~172 cal, 11 g fat, 500 mg sodium, 4 g carbs,
2.5 g fiber, 12 g protein, 0.5 g sugar

We know you may have mixed feelings about tofu. But, especially during the pandemic, tofu is a wonderful protein to keep at home. It's inexpensive, versatile, easy to prepare, and nutritious. Give it a try!

Ingredients:

2 14-oz packages extra-firm tofu
1 Tbsp canola oil
3 Tbsp low-sodium soy sauce
1 Tbsp minced garlic
¼ tsp ground ginger
¼ - ½ tsp red pepper flakes
1 10-oz package frozen spinach, steamed according to directions
2 tsp sesame oil

Directions:

1. Drain tofu by wrapping blocks in paper towels and patting dry, squeezing out moisture. Cut into small cubes.

2. In a large nonstick skillet, heat oil over medium-high heat. Add tofu and 1 Tbsp of soy sauce. Sauté and stir until tofu is colored on all sides, ~8-10 min.
3. Add garlic, ginger, red pepper flakes, and remaining 2 Tbsp soy sauce. Stir and cook for about 1 min. Stir in cooked spinach and sesame oil. Remove from heat.
4. Optional: serve with brown or cauliflower rice.



Adapted from "Well Plated"

A Simple, Calorie-Controlled Quarantine Menu

	Meals and Snacks	Calories
Breakfast	Overnight Oats	
	¼ cup old fashioned oats	75
	½ cup skim milk or unsweetened alternative milk product (or more for desired consistency)	20 - 40
	1 tsp chia seeds	25
	7 walnut halves	90
	1 small banana or ¾ cup frozen berries	60
		270 - 290
Lunch	Egg White Veggie Omelet with Toast	
	½ cup egg substitute or 1 egg	60 - 80
	½ cup chopped peppers (fresh or frozen)	25
	½ cup salsa	50
	1 slice low-fat cheese	70
	1 slice thin-sliced Dave's Killer Bread	70
		275 - 295
Snack	Crackers with Hummus	
	1 serving of whole-grain crackers	80
	2 Tbsp hummus	70
		150
Dinner	Salmon with Veggies and Quinoa	
	4 oz. salmon filet (fresh or frozen)	220
	1 cup steamed green beans (fresh or frozen)	60
	1/3 cup quinoa	80
		360
Snack	Apple with Peanut Butter	
	1 small apple, sliced	80
	1 Tbsp peanut butter	100
		180
Total Calories		1235-1275*

***Note:** Please discuss appropriate calorie goals with your weight-management provider. If you would like to modify this menu for a higher-calorie diet, we suggest slightly increasing portion sizes or adding a third snack. Our dietitian can also help create a personalized menu with you.

At this time, the Metabolic and Weight Control Center is offering telemedicine (i.e. video visits). Please call us for more information about scheduling a visit with one of our endocrinologists or dietitian.