

Optimist: A person who figured out that taking a step backward after taking a step forward isn't a disaster, but more like a cha-cha.

Support Group

November Meeting

This month, bariatric support group will meet November 9th, 6:30 pm at Eisenhower Medical Center in the Annenburg Classroom in Rancho Mirage. We will be welcoming Nickie Nicolas, our bariatric fitness trainer who will share her story and give exercise tips that everyone can do.

[Dietitian's Blog](#)



Feature



### Lose It App

This app helps you set a daily calorie budget, tracks food and exercise, and provides motivation to keep you on track. Use the camera on your phone to scan the bar code. Foods are then automatically added to your food log! Connect with your friends to share progress and motivate.

[Check out the App](#)

### Pork and Black Bean Verde Stew

This warm comforting stew serves four people. It provides only 308 calories, and 33 grams of protein.

Make it for the whole family. Serve over rice for those with larger appetites. Or, store in the refrigerator for multiple meals to take for lunch.

[Click here for Recipe](#)

### Celebrate Vitamins High Protein Meal Replacement in Vanilla

This product contains 27 grams of protein and 7 grams of fiber.

In a blender, add 2 scoops of vanilla protein powder, 6 oz of water, 4-6 ice cubes and 1 peeled orange for a yummy orange cream-sicle drink.

[Click for Product Info](#)

We love hearing how our patients are going. Click to following link to leave us a review and tell us about your progress. [Review Us on Facebook](#)

Sincerely,

Bobby Bhasker-Rao MD, FACS

Bariatric Surgeon

Lite Life Surgery