



**MD WEIGHT  
MANAGEMENT**

## MARCH 2019 NEWSLETTER

### Simple & Tasty Recipe of the Month

#### *Hint of Lime Sloppy Joe*

##### **Ingredients:**

1 pkt MDWM Vegetarian Sloppy Joe  
True Lemon or True Lime\*, to taste

##### **Instructions:**

- 1) Heat sloppy joe according to package.
- 2) Add True Lemon or True Lime and mix well.

*\*True Lemon and True Lime are essentially dehydrated zest. They can be found in single packets or in shaker bottles online or in grocery stores. These can easily be added to any sweet or savory meal replacement.*



*With the gloomy weather lately, it can be easy to let the physical activity slip. Remember that 10 minutes bouts here and there can still be helpful! Where can you add a few steps? Try going to a bathroom on another floor or taking a lap around the building when you're early to a meeting. Every steps count. March through the month of March :)*

### Save the Date: Local Events to Get You Out of the House

#### **Ocean Film Festival**

**3/7/19 (Thurs) –  
3/10/19 (Sun)**

Experience independent and global films highlighting marine life and science, ocean adventures, and more at the Cowell Theatre. Visit [intloceanfilmfest.org](http://intloceanfilmfest.org) for more info.

#### **St. Patrick's Day Parade**

**3/16/19 (Sat) @  
11:30am**

A great family event filled with Irish performers, dancers, floats, and more. The parade route beings at 2<sup>nd</sup> Street & Market in downtown SF. Bundle up and go early for a good spot.

#### **Flower Show @ Union Square**

**3/24/19 (Sun) –  
4/7/19 (Sun)**

View elaborate arrangements and displays of flowers from all around the world at the Macy's Flower Show in Union Square. Get steps in shopping while enjoying the décor.



## Easy & Convenient Groceries/Meals

*It's common for healthy groceries and meals to get bumped down on the priority list when life gets hectic. With all the delivery services available, especially in the Bay Area, there are more ways to incorporate healthy meals with less time. Using a delivery service is also a way to implement environmental control and reduce the chances of unhelpful impulse buys. Check out some options below and see if they might be useful in your busy life.*

### Farmstead

**About:** Fresh and local groceries for reasonable prices

**Notes:**

- Free delivery and no minimum purchase
- Can purchase single items (ex. 1 bagel instead of whole bag)
- Discounts when more neighbors from the same community join, reducing the number of driving routes

[www.farmsteadapp.com](http://www.farmsteadapp.com)

### Thistle

**About:** Ready-made meals focused on plant-based ingredients

**Notes:**

- Free delivery and plans can be paused anytime
- While most meals are vegan meals, meats can be added for an extra cost
- Delivers multiple meals 3 times per week. Prices range from \$11-\$16 per meal

[www.thistle.co](http://www.thistle.co) (not .com)

### Good Eggs

**About:** Fresh groceries along with prepared meals and meal kit options

**Notes:**

- Focuses on locally sourced foods
- Free delivery on orders over \$60, \$9.99 on orders under \$60. Minimum order of \$30
- Offers a "lighter fare" option for prepared meals

[www.goodeggs.com](http://www.goodeggs.com)



### Instacart

**About:** Shop from major grocery stores like Safeway, Costco, Sprouts, and Whole Foods all in one place

**Notes:**

- First delivery free, after that delivery starts at \$3.99
- Shop from Costco, even without Costco membership
- Get live updates as your personal shopper shops and delivers to you

[www.instacart.com](http://www.instacart.com)

### Diet-to-Go

**About:** Ready-made calorie conscious meals that fit within a 1200 or 1500 calorie plan

**Notes:**

- Offers diabetes and vegetarian friendly options
- Meals come frozen, simply microwave to eat
- Delivers multiple meals 2 times per week. \$9.99 per delivery. Prices range from \$8-\$12 per meal.

[www.diettogo.com](http://www.diettogo.com)