

BMI UTAH NEWSLETTER

April 2026 801-746-2885

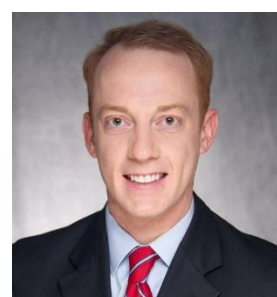
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Support Groups

Dr. Mooers will do a Facebook Live Support Group on **Wednesday, April 8 @ 12:30 PM MST**. He will discuss healthy lifestyle choices.

Andrea will do a Facebook Live Support Group on **Monday, April 20 @ 1:00 PM MST**.

If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for “**BMI Online Support Group**” in Facebook groups and answer the questions and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, celebrate successes, and help others who are on your same journey.



Let Us Celebrate You!

Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Weight Loss Tips



Prioritizing protein is important because it is essential for nearly every part of your body, including muscles, bones, skin, hair, and organs. Your body does not store protein, so you must consume it daily to support essential functions like hormone and enzyme production. Protein will increase your satiety and lower blood sugars, which will help you eat less.

Ask for help when you're struggling on your weight-loss journey. That help could come from a friend who could become your exercising partner or a family member who might want to change eating habits with you. It can also come from BMI Utah and meeting with our nutritionist, our PA's or our doctors to help you reset and look for ways to continue to progress on your weight loss journey.

**ASK FOR
HELP!**



Focus on sleeping enough each night (7 to 9 hours). Sleep helps regulate appetite hormones, increasing leptin and reducing ghrelin. Leptin helps you feel fuller, and ghrelin is hunger inducing. Sleep also helps lower stress related cortisol and prevents cravings for sugary foods.

High-Protein Lemon Chicken Orzo with Cabbage

from eatingwell.com

INGREDIENTS

- 4 chicken cutlets (4 ounces each), patted dry
- ½ teaspoon ground pepper
- ½ teaspoon salt, divided
- 2 teaspoons grated lemon zest
- 3 tablespoons extra-virgin olive oil, divided
- 1 small head green cabbage
(1 pound), very thinly sliced (about 6 cups)
- 2 large shallots, finely chopped (about ⅓ cup)
- 6 medium cloves garlic, minced (about 2 tablespoons)
- 1½ cups whole-wheat orzo
- ¼ cup lemon juice
- 3 cups lower-sodium chicken broth
- ½ cup grated Pecorino Romano cheese, plus more for garnish
- ¼ cup half-and-half
- 2 tablespoons unsalted butter
- 2 tablespoons sliced fresh chives



DIRECTIONS

1. Season 4 chicken cutlets with ½ teaspoon pepper, ¼ teaspoon salt and 1 teaspoon lemon zest. Heat 2 tablespoons oil in a large skillet over medium-high heat until shimmering, about 30 seconds. Add the chicken; cook, undisturbed, until golden brown and cooked through (an instant-read thermometer inserted in the thickest part registers 165°F), about 5 minutes per side. Transfer to a clean cutting board. Do not wipe the skillet clean.
2. Add sliced cabbage, chopped shallots, and the remaining 1 teaspoon lemon zest to the skillet. Cover and cook over medium-high heat stirring occasionally, until the cabbage is tender, 12-15 minutes. Transfer the mixture to a plate. Do not wipe the skillet clean.
3. Add the remaining 1 tablespoon oil to the skillet: heat over medium heat. Add minced garlic; cook, stirring constantly, until fragrant, about 30 seconds. Add 1½ cups orzo; cook, stirring often, until lightly toasted, about 1 minute. Stir in ¼ cup lemon juice and the remaining ¼ teaspoon salt; cook, stirring constantly, until the liquid has almost evaporated, about 1 minute. Add 3 cups broth; bring to a lively simmer. Reduce heat to maintain a gentle simmer; cook, stirring occasionally, until the orzo is tender, about 10 minutes. Remove from heat. Add ½ cup Pecorino, ¼ cup half-and-half and 2 tablespoons butter; stir until creamy and the butter is melted, about 1 minute.
4. Slice the chicken. Fold the cabbage mixture into the orzo and arrange the sliced chicken on top. Cover the skillet and let stand until the chicken is warmed through, about 3 minutes. Sprinkle with 2 tablespoons chives. Garnish with additional Pecorino, if desired.