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The Right Tool For The Job

In order to build a house efficiently, we must have the correct tools. This is true for building a healthy lifestyle, too. There are TONS of kitchen tools and gadgets to make cooking effortless and convenient. Two of our favorites are the old trusty Slow-Cooker and the less known, but equally amazing, Sous Vide, which made it's debut into everyday kitchens in recent years, but has been used by chefs across the globe for decades.

The best thing about Slow-Cookers is that they make cooking nearly foolproof. You dump your ingredients in, set the timer, and you can actually leave your house while dinner cooks. It's so wonderful to come home to a well-balanced meal ready and waiting for you. Even better, you only have ONE pot to clean when you're done.

Slow Cooker Shredded Steak

15 oz Crushed Tomatoes
3 Tb Tomato Paste
1 Tb Apple Cider Vinegar
3 Cloves Garlic, minced
1 Tb each: Cumin & Oregano
1 Jalapeno Pepper, sliced
1 1/2 lbs. Flank or Skirt Steak
2 Bell Peppers (1 red/1 green), sliced
1 Onion, sliced
1/2 Cup Pimento-Stuffed Green Olives, chopped (plus 1 Tb Brine from jar)

Directions: Combine first six ingredients in slow-cooker. Add steak, bell peppers and onions and toss to coat. Cover and cook on low (undisturbed) for 8-9 hours. Uncover and skim any excess fat. Shred meat with two forks, then stir in olives and olive brine. Serve over steamed brown rice.

-Recipe Courtesy of Food Network Kitchen

Sous Vide is French for 'Under Vacuum'. This cooking technique uses a water bath to create the most tender and juiciest meats and veggies. This is a total game-changer when it comes to making gourmet meals ultra easily.

Sous Vide Chicken Breast

6 Tb Olive Oil
2 Tb White Wine Vinegar
2 Tb Fresh-Squeezed Orange Juice
1/2 tsp each: salt, pepper, dried basil, parsley & herbs de Provence
4 Boneless Skinless Chicken Breasts
6 Cremini Mushrooms, sliced

Directions: Heat water in your Sous Vide bath to 150 degrees. Whisk together all dressing ingredients. Place chicken and mushrooms in a vacuum sealable bag or Ziploc. Add dressing and massage bag to ensure even coverage. Be sure everything is distributed in one layer. Remove air from bag. Place the bag in the pre-heated water bath making sure that every part of the chicken is under water. Cook at 150F for 90 minutes. Carefully remove the bag from the water bath and transfer the chicken and mushrooms to a platter. Let rest for 5 minutes. Serve with a side of garden greens.

-Recipe Courtesy of Taste of Artisan