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# Premier Medical's The Skinny Minute

July/August 2022

## Summer Salads

Summertime is SO HOT in Savannah. It's when we tend to crave cold and refreshing food and drinks. Salads are an easy go-to, especially because you can prep your ingredients ahead of time so that tossing them together becomes a breeze.

Salads are one of the healthiest meals you can eat. But, beware that all salads are not created equal. A salad you make at home, using your own HEALTHY ingredients will almost always be better for you than a salad you pick out at a restaurant. If you do opt to dine out, be sure to ask for the nutritional information before placing your order. You may be surprised to see that the burger has less calories than the salad topped with croutons, bacon, fatty dressings, etc. It's always a better choice to make your own at home, where YOU control the ingredients, no matter what you're cooking up. This includes your salad dressings, too!

The trick, when it comes to salads, is to mix up your

toppers so that you don't get bored eating salad after salad. Some days, when you're craving something savory, you might top your salad with rotisserie chicken and leftover grilled veggies. Other days you may be craving something lighter and opt for a few fresh berries and/or grapefruit and some slivered almonds on top of your garden greens.

Salads are so versatile. You can literally use anything you have on hand. Try to think outside of the box. Have you ever had shrimp or fish on your salad? Or, what about using beans or roasted chickpeas instead of meat as your protein source? Beets offer lots of nutrition with very few calories. Add a little quinoa or sweet potato if you're craving some carbs. Pickled jalapenos, for when you need a kick!?

You can turn just about any sandwich into a salad by skipping the bread and subbing your favorite lettuce. Not only will you be proud of your healthy decision, you'll also feel MUCH lighter on your feet after your meal.