

Newsletter

May 17, 2021



Let's Talk About It:

Over the next six (6) weeks I want to talk about **Cognitive Distortions** are irrational thoughts that can influence your emotions.

Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful. Often cognitive distortions present themselves as automatic thoughts. Automatic thoughts can happen so quickly that we fail to notice them and they can affect our emotions and progress when they occur.

Identifying our negative automatic thoughts and replacing them with new rational and positive thoughts can improve both our emotional state and stop us from sabotaging our progress.

Let's start with magnification, minimization, and Catastrophizing.

Magnification: Exaggerating the importance of an event or the negative.

- One may believe that their mistakes are excessively important.

An example may be if you make a small mistake and think you made a really big one.

Can you think of an example in your own life of when you magnified a negative event in your mind and it affected your weight loss efforts?

Minimization: Minimizing the importance of an event or the positive.

- One might believe that their accomplishments are unimportant.

An example may be if you hit a goal but then discount it because you have a bigger long term goal.

Can you think of an example in your own life of when you minimized a weight loss accomplishment?

Catastrophizing: Seeing only the worst possible outcomes of a situation. and how they may make losing weight harder.

- One might believe that because they had one bad day in which they eat things that they shouldn't, that it means they can never stay on their meal plan.

Can you think of an example in your own life of when you gave up trying to lose weight because of this type of thinking?



Task For The Week

As you go through the week ahead, see if you can identify one or more examples of the three cognitive distortions as they are related to your weight loss efforts.

1. Write down the thought(s).
2. Record how each one made you feel.
3. Change the thought to something more positive and realistic.

Example: After eating a bag of chips, I thought, I love chips so much, I can never stop eating them and it's keeping me from losing the weight I want to lose. This made me feel depressed and discouraged, so I ate another bag.

Change to new thought: I love chips and I ate a bag today, I know that it will affect my efforts to lose weight today; it was a mistake and mistakes happen. Going forward I will not eat a whole bag of chips, I will break the bag down into snack bags and only eat one snack bag of chips when I feel the desire to eat chips.

Recipe of the week

Tasty Keto Low Carb Chicken Fried Steak

This Easy Keto Low Carb Chicken Fried Steak is made with tenderized cube steaks, almond flour, grated parmesan cheese, and with no pork rinds. You can substitute those if you wish. This dish is drizzled in white country gravy that can you cook with sausage if you wish.

Prep Time15 minutes

Cook Time10 minutes

Total Time25 minutes

Servings 4

Calories594kcal

Ingredients

- 1 pound cube steaks Cut into 4 steaks
- 1 cup [blanched almond flour](#)
- 1/2 cup [grated parmesan cheese](#)
- 1 teaspoon [paprika](#)
- 1 teaspoon [garlic powder](#)
- 1 teaspoon [onion powder](#)
- salt and pepper to taste
- 1/4 cup heavy whipping cream
- 2 eggs
- 1/4 cup [avocado oil](#)
- 2 tablespoons [unsalted butter](#) Melted and measured solid.

Country Gravy

- 1 cup heavy whipping cream
- salt and pepper to taste
- 1/2 teaspoon [xanthan gum](#)
- 4 ounces ground breakfast sausage Optional if you want sausage gravy. See recipe notes for how to incorporate it.

Instructions

1. Set up a cooking station and add the [almond flour](#), [parmesan cheese](#), and all of the spices and seasonings to a bowl large enough to dredge the steaks. Keep a moist kitchen towel on hand. Your hands will get sticky.

Add the whipping cream and eggs to a separate large bowl and whisk.

1. Dredge the cube steak in the almond flour mixture, and then the cream and eggs, and again in the almond flour mixture.
2. Set each cube steak aside.
3. Heat a [cast iron skillet](#) or [frying pan](#) on medium high heat. Add the [avocado oil](#) and melted butter. Be sure you have enough to fill about 1/4 of inch high. Adjust the amount of oil if necessary.
4. Add the cube steaks. Cook in batches if needed. Do not crowd the pan. Fry each side for about 3 minutes each until crisp.
5. Remove the chicken fried steaks and set aside. Adjust the heat on the pan to medium and add the heavy cream for the gravy along with salt and pepper to taste.
6. Stir continuously for 2 minutes.
7. Add the [xanthan gum](#) to a small bowl. Gather about 2 tablespoons of the gravy mixture from the pan and add it to the bowl with the [xanthan gum](#).
8. It will create a thick and sticky mixture. Add the mixture to the pan and stir continuously for 2-3 minutes.
9. Remove the pan from heat. The gravy will thicken upon standing.

Vitruvian Body Works is now offering Yoga and Pilates classes. Call to sign up and get your first class free. 727 - 273-2030.

Please feel free to email us with topics or ideas that you would like included in this newsletter

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