

Weekly Newsletter ~ Week of April 6th, 2020
Honey Garlic Chicken

Lauren's Note: Switching up the recipe type today with a dinner option! Even though most of the recipes I make are desserts or at least sweet eats, I wanted to share some dinner inspo as well (I also can't take credit for making my recipe - my mom made it based on a recipe from someone my dad knows, I'm just sharing it). You probably have most if not all of the seasoning ingredients in your pantry currently, and while I'll include some specific veggies for this recipe, you can mix it up and include other vegetables or these vegetables in different amounts to suit your tastes (my mom switched in and out the veggies in the original recipe based on what we like and had at my house). I'll include the ingredients my mom ended up using for this dish as the main ingredients/directions with the original recipe ingredients in parenthesis (the directions are still from the original recipe).



Ingredients:

- 5 chicken breasts (original recipe said 6 chicken thighs, so you change amount and type of meat for whatever you prefer)
- ½ onion diced (and/or 2 green onions, chopped)
- 1-2 sweet potatoes, sliced into ⅛ inch half-moon slices*
- 3-4 carrots, cut into smaller pieces based on preference**
- 2-3 stalks celery, cut into ⅛ slices
- ⅓ cup honey
- 3 tbsp butter
- 2 tsp rosemary
- 1 tbsp garlic
- sea salt and black pepper to taste

Directions:

1. Preheat the oven to 400F.
2. Place butter in a glass baking dish and melt butter in the oven.
3. Stir in rosemary, garlic, salt, and pepper. warm for a minute or two.
4. Add sweet potatoes, carrots, celery, chicken, and onion/green onion.
5. If desired, add additional seasoning (I'm not sure if or what my mom added).
6. Bake for 40 minutes. If you can cover, do so, because it will retain more moisture. Enjoy!

Notes:

*The sweet potatoes will cook to be soft, not crispy like when you roast them thin—if my mom or I made this again we would probably omit them because we like them crispy, but if you like sweet potatoes and don't mind them being soft when cooked, then I highly recommend including them in the recipe!

**Use the big carrots not baby carrots for this. The bigger you cut the carrot pieces the crispier they will stay.

Emotional & Boredom Eating

Article from freshfitnhealthy.com

Lauren's Note: This article is also from one of my favorite dietitians who I've been following on Instagram for years, and she has tons of great recipes and articles about nutrition, wellness, intuitive eating, etc. She also has started a podcast, and this article is actually notes from one of the podcast episodes so I will link the full article at the bottom of the page if you're interested in listening to the full episode. Her podcasts are also available on Apple's podcasts app and Spotify (I haven't actually checked but I believe they're on there)! I've listened to a few while running or working out (highly recommend podcasts as a workout distraction!) and they're really good! Back to the article itself, it includes some great tips to be mindful while eating and stop boredom eating (if any of you are like me, you find yourself going to the pantry every 20 minutes during this quarantine...)!

Since the quarantine recommendations have gone into effect I've had so many people reaching out to me with the same problem. "I'm overeating or eating when I'm not hungry". It's a big transition switching to working from home, surrounded by the food in your kitchen all day. As a Dietitian and someone who works from home I thought I would share what helps myself and my clients from boredom eating or emotional eating.

Tip 1: When You Go To Eat Stop And Ask Yourself "Am I Actually Physically Hungry?"

Meaning is there a physical emptiness in my stomach; that I am truly feeling hungry. If the answer is yes, then feel free to eat, you should honor your hunger whether it's a meal time or not.

But if the answer is no, then ask yourself "What emotion am I feeling right now that's leading me to want to eat?" The two most common emotions that lead to eating are boredom or stress. If you are tempted to boredom eating, then rather than eat to satisfy this emotion, try and find activities that will help solve this. If you are feeling stressed then ask yourself "What can I do that is going to destress me?" Maybe it's journaling, going on a walk, praying, reading a book. Make a list of 5 or 10 things to do when you're feeling stressed that you can turn to when you feel like stress eating.

Tip 2: Sit Down And Have Regular Meals And Snacks to Prevent Emotional / Boredom Eating

While you're eating your meals make sure to be mindful and present. When you graze all day instead of having a real meal, you're going to end up not mentally feeling full, and continuing to eat. Honor your hunger by eating whenever you are truly hungry, but have

structured meals and sitting down to enjoy the meal. This will increase satiety in general vs grazing all day and not feeling like you ate when you really did. Instead of standing in the kitchen, or snacking while watching tv I want you to sit down when you eat and mindfully enjoy your food. Savor the flavors so it leads to more satisfaction.

Tip 3: Don't Be Around The Kitchen Unless You're Ready To Eat

I naturally tend to grab something to eat just because I see the kitchen and food even though I'm not hungry. Staying away from the kitchen realm unless you're ready to eat will help fight the natural tendency to eat when you're not really hungry!

Tip 4: Find Something To Pour Your Energy Into

We eat because we are bored or simply don't know what else to do. Finding something that gives you purpose in your day or something exciting to do will help stop this. Here is a list of examples of things to do: get together your finances, clean out your closet, begin using essential oils and creating a more non-toxic life, deep clean your home, paint, create or make recipes, make tiktoks, start that business you always wanted to, journal, do at home workouts!!!

Last but not least the basics that'll help you avoid overeating and/or emotional/boredom eating:

Eat enough throughout the day. If you eat too little during the day you'll overeat at night. Make sure you're fittin in good, satisfying meals throughout the day to prevent this.

Drinking enough water. This will keep you feeling full throughout the day. It's so easy to snack and mistake the feeling of thirsty as feeling hungry!

#FRESHFITNFIVE 5 nutrients that'll help you stay satisfied and full and curb those cravings. What is the #FreshFitnFive? A Protein, Healthy fat, Smart carb, Good fiber, and a boost to boost the flavor naturally. Make sure to include all of them for a meal, and 2-3 for a snack.

Move your body in the morning and throughout the day. I'm less tempted to overeat when I start my day on the right note. It sets you up to make better choices throughout the day.

full article with podcast: <https://freshfitnhealthy.com/boredomeating/>