

WELLNESS JOURNEY: KITCHEN ON FIRE COOKING DEMO: SIMPLE SAUCES TO MAKE INDULGENT DISHES HEALTHIER

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OCEAN VIEW NUTRITION – NUTRITION CONSULTING
KITCHEN ON FIRE – COOKING SCHOOL

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WELLNESS JOURNEY: BENEFITS OF KEEPING IT SIMPLE

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We are continuing our wellness journey to make positive changes to help balance our full plate. Today we are focused on making simple sauces to make indulgent dishes healthier.

We will join Chef Olive as he creates a healthy version of classic chicken wings and cauliflower bites. Keep your family coming back for more, even if they know it's good for them!

*Delicious, fun and healthy
go hand in hand! 😊*

BONUS:
Attendees will
be entered into
a raffle for a
prize!

SIMPLE SAUCES CAN TRANSFORM A MEAL

BENEFITS OF KEEPING IT SIMPLE

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Something for everyone!

Let's learn how to incorporate healthy homemade sauces to add nutrients and flavor to weekday meals

We have a plan for 2023 based on what we are hearing from the team!

Sauces can be simple, nutritious and flavorful!
What is your go-to sauce or condiment at home?

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WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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Good Ingredients, Simple Cooking, Better Health

From public cooking classes to corporate events to individual consulting and everything in between (Currently both Virtual and In-Person)

Bringing people together through
Cooking, Good Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible
COOK using healthy cooking techniques
EAT a variety of wholesome foods including herbs and spices
SHARE and enjoy meals with friends and family
AWARENESS of allergies and sensitivities

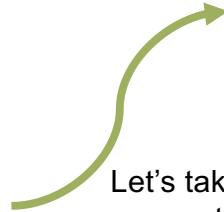
We make healthy cooking a part of daily life 😊

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OBJECTIVES FOR TODAY

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- Elevate nutrition, gut health and flavor
- Benefits of fermented condiments
- Sauces with healthy fats and protein
- Use spices to add nutrients and flavor
- Create SMART Goals!



Let's take it up a notch!



Where nutrition, simplicity and flavor come together

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LET'S GO!



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ELEVATE NUTRITION, GUT HEALTH AND FLAVOR

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- Promotes the inclusion of essential nutrients
 - Natural combination of fats & protein: Full fat dairy, eggs, legumes, nuts & seeds
 - Anti-inflammatory fats & oils: Olive oil, coconut oil, avocado
 - Micronutrients from produce, spices and herbs
- Elevates the flavor of any dish or fresh vegetable
 - Try it once and you'll see how simple it can be
 - You will not go back to store-bought!
- **Avoids** the processed, unnatural ingredients
 - Cheap emulsifying ingredients
 - Added Sugars which camouflage poor quality
 - Damaged or low quality fats
 - Little to no protein



What's not to love when nature is delicious!

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BENEFITS OF FERMENTED CONDIMENTS

What does it mean to be fermented?

- Fermentation is a metabolic process that produces chemical changes in organic substances through the action of enzymes. It is one of the oldest food preparation methods that exists.
- The fermentation process allows for a diverse collection of helpful bacteria to multiply and grow on the foods.
- Fermentation allowed our ancestors to utilize all available produce and provide food sources the year. It also made undigestible foods, like cassava, a nutrient dense food.
- Fermentation alters textures and flavors which differ based on the region, chef and tools used in the process.
- We ferment grains, beans, meat, fish, fruits and vegetables, i.e., yogurt, kimchi, sauerkraut & some pickles.

Don't let the fact that they are traditional foods scare you away!

What fermented food did you grandma make at home?

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BENEFITS OF FERMENTED CONDIMENTS

Boosts immune system

- Stimulates and supports the gut bacteria that produce the food for our intestinal cells that create the immune system.
- Helpful bacteria then begin living in our gut where they help maintain a healthy immune system.
- Improved digestive health
 - Supports your microbiome with increased healthy bacteria
 - Helps you digest and therefore absorb more nutrients
 - Promote bowel regularity and elimination
- Promotes heart health and weight loss
 - Daily consumption of fermented foods have indicated a reduction blood pressure and healthy weight management
 - Blood sugar and cholesterol levels can improve as well.

Fermented foods today are produced through controlled microbial growth and enzymatic activity.

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SAUCES WITH HEALTHY FATS AND PROTEIN

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Sauces can be the downfall of your diet, or boost it to new heights!



What to keep in mind about sauces

- Fats carry flavor, healthy fats are essential and not to be avoided
- Healthy fats cost more. Producers may use poor quality fats or sugars
- Fats and protein help satiate, and avoid the desire to snack
- Changing a sauce can bring enjoyment and diversity to an everyday meal

How to incorporate making sauces into our routine

- Make enough for several uses; freezing may be an option
- Start with one that you enjoy and typically buy
 - Today's dipping sauce, fermented catsup, or pesto

What was the most recent sauce you used at home?

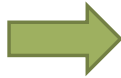
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USE SPICES TO ADD NUTRIENTS AND FLAVOR

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Spices are a powerhouse of nutrients and flavor

Which spices are best?



The ones you will actually use.

- Modify or enhanced any sauce with a pinch of your favor spice.
- Buy a few and keep them out so you see and use them.
- Some go to spices and herbs at my house – black pepper, turmeric, ginger, cinnamon, cayenne, oregano, rosemary, thyme



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SMART GOALS FOR STEPPING UP SAUCES AT HOME

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Start thinking about your goals today!

- 2 goals to step up your simple meals with a healthy sauce.
- Have fun with these goals – go home and talk about it over dinner tonight!

Specific
Measurable
take Action
be Realistic
Time-oriented

What is your first SMART goal? Anything to share?

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WE WILL SEE YOU MONTHLY TO PROVIDE MORE IDEAS AND DEMOS!

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- Nutrition and Lifestyle Discussions + Demos to eat well with a full plate
 - The impact of stress, Revamp your weekly Routine, Benefits of a Zen kitchen, Healthy partially pre-made meals, Making cooking enjoyable – Fun with Food, Simple sauces to change up your meals, Health & financial benefits of home cooking
- Individual Nutrition Consultations
 - A limited number of 1:1 sessions with Lisa – Look out for opportunities to register in 2023
- Recipes Resources and Videos <https://www.kitchenonfire.com/recipes-and-demos>
 - Web page with quick nightly meal videos from Chef Olive
 - Web page with Lisa and Chef Olive's web resource recommendations for how and where find healthy, well-organized, simple recipes
- Health Fair (November 1st) and Happy Hour in December
 - Rounding out the year with the Health Fair & Holiday Happy Hour!
- Want some cool free gifts related to cooking?
 - Look out for raffles and other fun gifts as you attend events!

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ABOUT US

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About Lisa Michelle Miller, BS, NC and Chef Olive Said

- Ocean View Nutrition – Consulting & Public Speaking

Owner & Nutrition Consultant, certified
Consultations, Classes & Presentations
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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas – Herbal Elixirs @drinkRebout

Link to today's presentation, demo info and more
<https://www.kitchenonfire.com/lifestyle-changes-when-our-plate-is-full>

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