

WELLNESS JOURNEY:
KITCHEN ON FIRE COOKING DEMO: GOOD
FOOD AT HOME THAT BALANCES YOUR BUDGET
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OCEAN VIEW NUTRITION – NUTRITION CONSULTING
KITCHEN ON FIRE – COOKING SCHOOL

2023

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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 will focus on rethinking the benefits of frozen foods.

We will join Chef Olive as he makes fajitas in honor of Hispanic Heritage month!

We will demo how to slice, dice and freeze in advance and then defrost and cook when you are ready!

*Did someone say TexMex?
We will come back to this...😊*

Attendees will
be entered into
a raffle for a
prize!

RETHINK THE BENEFITS OF FROZEN FOODS

BENEFITS OF KEEPING IT SIMPLE

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Traditional favorites can be made at home! Save money and time while maximizing flavor and nutrients!

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

Need a quick healthy meal that fits your budget?
And you know we will never skimp on quality!

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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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Rethink the benefits of frozen foods

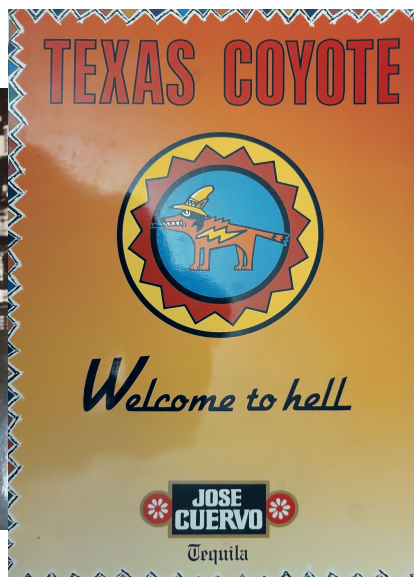
- Financial choices to maximize health
- Save time with a little menu planning
- Freeze and defrost to retain nutrients
- Create SMART Goals!



*Where nutrition,
simplicity and
flavor come
together*

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A THROW BACK OF CHEF OLIVE FOR OUR TEXMEX MENU



Late 80's
Paris, France

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ELEVATE FINANCIAL CHOICES TO MAXIMIZE HEALTH

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- Reducing overall grocery expenses by utilizing frozen food options
 - Longer shelf life
 - Reducing food waste
 - No need to rush to use perishable ingredients
 - Buy bulk or on sale
- Buy local, seasonal fresh produce and freeze them
 - Benefits local growers
 - It is less expensive
 - Preserves nutrients

What items do you currently consider buying frozen?
Any questions for us?

Step up your freezer habits! Maximize nutrients while saving time and \$\$!

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SAVE TIME WITH A LITTLE MENU PLANNING

Always Available: Convenience and Time-Saving

- Avoid resorting to 'fast-food' if you can't make it to the store
- Keep some pre-packaged organic vegetables & quality proteins in the freezer
- Freeze your go-to essentials to be ready for drop-in guests

Out of season? It's okay...

- Freeze in advance -- have your favorites when you want them
- Buy frozen organic fruits and vegetables
 - Great for quick dinners
 - Good way to get extra veggies into your day
 - Smoothies – an easy addition of fruits and veggies

When is frozen better than Fresh?

How many servings of veggies should we generally target each day?

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FREEZE AND DEFROST TO RETAIN NUTRIENTS

What should go into the freezer

- Only freeze items you will take out and use!
- Purge old items periodically
- Label and date everything

Containers

- Leave space for expansion, especially when using glass
- Seal in freshness by adding a little oil on top of condiments
- Zipper freezer bags can save space (remove air before sealing)
- Plastic is fine for freezing if foods are not hot when storing
- Warning: Inexpensive or brittle plastic containers may crack



Frozen foods became a negative concept with 'Hungry Man' TV dinners in the 70's. Let's change that stigma with some good alternatives!

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FREEZE AND DEFROST TO RETAIN NUTRIENTS

Defrosting

- When possible, put frozen items in the fridge the night before when cooking
- If needed immediately
 - Baking -- Toss with oil and salt; place on sheet tray at 400
 - Stove top or grill – Defrost before cooking by running container under cold running water
 - Avoid microwaving to defrost

POP QUIZ!

If you are not sure when you will use your fresh vegetables, is it better to:

- a. Slice and freeze raw
- b. Cook and eat them within a few days
- c. Cook, freeze and defrost when I'm ready
- d. Wait and hope to use them
- e. Call Chef Olive

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SMART GOALS AS WE RETHINK FROZEN FOODS

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Start thinking about your goals today!

- ❑ 2 goals to benefit from using frozen foods as part of your weekly routine.
- ❑ 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](https://www.kitchenonfire.com/lifestyle-changes-when-our-plate-is-full)