

WELLNESS JOURNEY:
KITCHEN ON FIRE COOKING DEMO:
GINGERBREAD AND HEALTHY HOLIDAY HABITS

LISA MICHELLE MILLER BS, NC
NUTRITION CONSULTANT, CERTIFIED

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

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STEP INTO THE HOLIDAYS WITH A PLAN IN MIND
BENEFITS OF KEEPING IT SIMPLE

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Traditions are a big part of the holidays! Let's be choiceful this year

We enjoyed spending time together throughout the year!

You've listened to us all year! Today is about participation and there are PRIZES throughout our session!!

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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A LITTLE ABOUT GINGERBREAD

Gingerbread originated in Greece. Years ago, it was a treat for special occasions because spices were a pricey commodity. These are often a Christmas tradition.

Gingerbread cookies typically have about half the sugar of the average cookie. Spices are so flavorful that they don't need as much sugar. This richness leaves most satisfied with fewer cookies overall which may help with the holiday tendency to overindulge.

Ginger and other cookie spices offer a nutritional boost as well as help with digestion and absorption of nutrients.

Ginger also adds a great pop to blended soups, sauteed vegetables, a morning smoothie, and more!



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KEEP THE HOLIDAYS FESTIVE WITH YOUR FAVORITE TRADITIONS

Let's talk through some ideas to maximize the fun and reduce your stress during the holidays! Time to participate!!

1. Recognize the need to create balance during the holidays
2. Prioritize the holiday activities that bring you joy
3. Keep the traditions you love alive
4. Share your time, values, and traditions with others

Set SMART goals to create
Healthy Holiday Habits!



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Wellness Trivia!

Answer on chat to win!!!

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

lisa@kitchenonfire.com

lisa@oceanviewnutrition.com

- 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 Teas



[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)