



New you...New Chapter!

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01.02.24

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Happy New Year!!



- How were the holidays?
 - Any new holiday gifts you want to share?
 - Any fabulous holiday dishes?
 - What are you most proud of from 2023?
 - What do you want your next chapter to look like?
- 



New chapter?? Anything wrong with the last chapter?

- *A toast to the OLD you/chapter: If you feel inspired to use the new year to help you reset or change habits: great. And yet: The old you has survived every terrible day, every hard thing, every awful circumstance, and every heartbreak you've ever felt. The old you is a fighter and that's worth celebrating.*
- *Emily McDowell*

What do you want to do in your new chapter to be active and cook?

- Time to pull out the Instant pot?
- Use that new air fryer?
- Start using the slow cooker?
- Focus on one pot meals?
- Eat more _____?
- Eat fewer _____?
- Try bowl meals?
- Try new foods/cuisines?
- New ways to find recipes?
- Focus on flexibility? strength? Steps?





What lifestyle changes do you want to focus on in 2024?

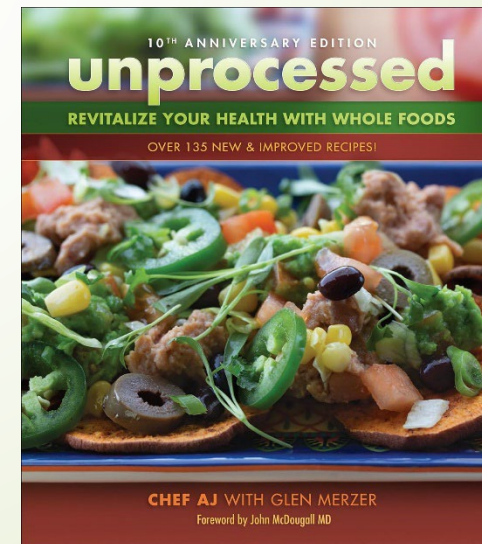
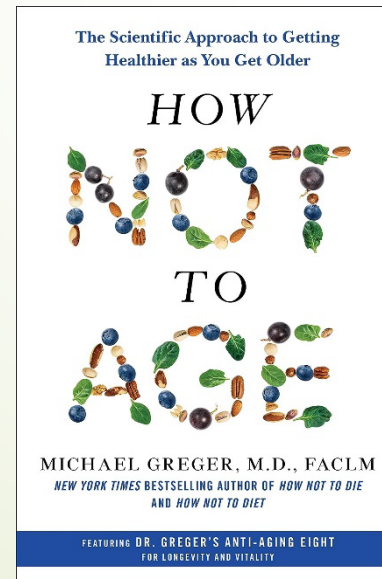
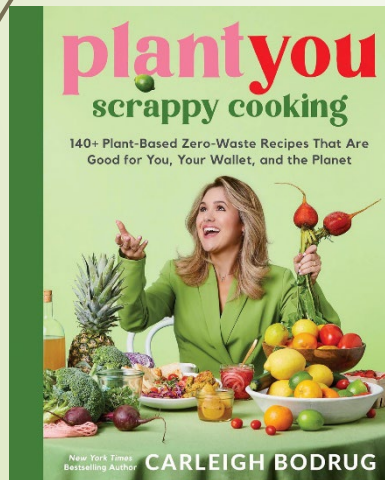
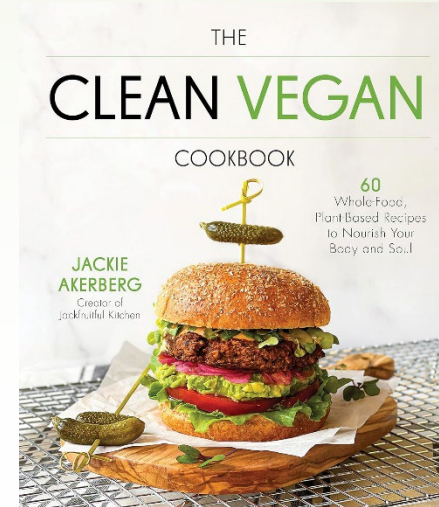
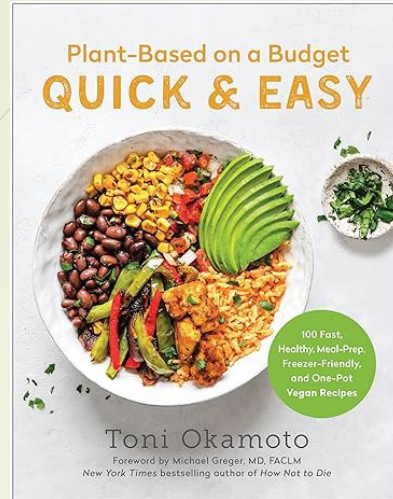
Reflect and take action:

Name one nutrition-related change you want to work on:

Name one activity-related change you want to work on:

What is your 'why'?

Fun books from 2023



Want to prevent, manage or reverse chronic disease?

Research shows that the only way to reverse some diseases is with:

Whole food, plant-based diet

=Green light: Unprocessed plant foods

=Yellow light: Processed plant foods

=Red light: Ultra processed plant foods, animal foods



The Benefits of a Plant-Based Diet (1)

- ▶ Whole intact plant foods are:
 - Low in saturated fat
 - Low in caloric density
 - High in fiber
 - Low in glycemic response
 - High in **phytonutrients** that reduce risk of chronic disease.



The Benefits of a Plant-Based Diet (2)

- Whole, intact plant foods associated with:
 - Easier weight management
 - Disease prevention
 - Less inflammation
 - Better mental clarity
 - Lower cholesterol
 - Lighter environmental footprint

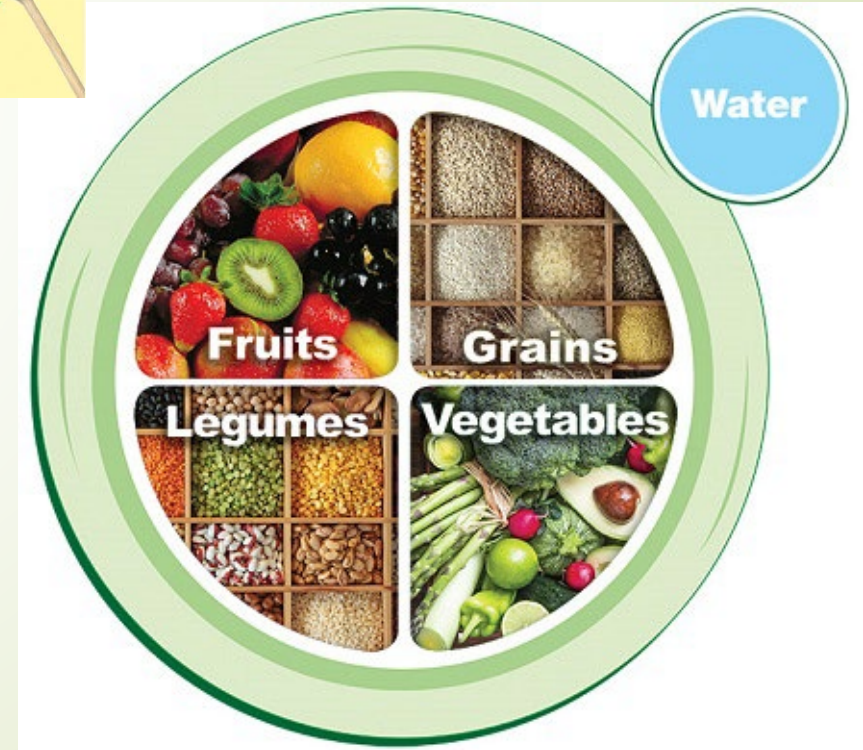
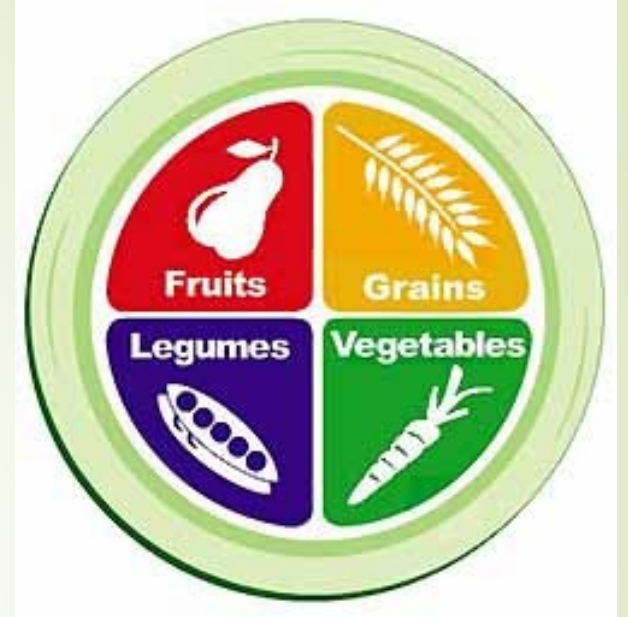


The Benefits of a Plant-Based Diet (3)

- Reduced risk of:
 - Obesity
 - Heart Disease
 - Diabetes
 - High blood pressure
 - Erectile dysfunction
- More:
 - Energy, good mood, happy animals



Power Plate



Plant-Based Diet Tips (Forks over Knives)

Load up:

Fruits

Veggies

Starchy veggies

Intact whole grains

Legumes



Enjoy in moderation:

Plant milks

Tofu & tempeh

Whole grain flours and breads

Whole nuts, seeds, nut/seed butters

Avoid/Limit:

Bleached flours, white flour products

Dairy products

Eggs

Meat, poultry and seafood

Oils

Refined sweets

White rice

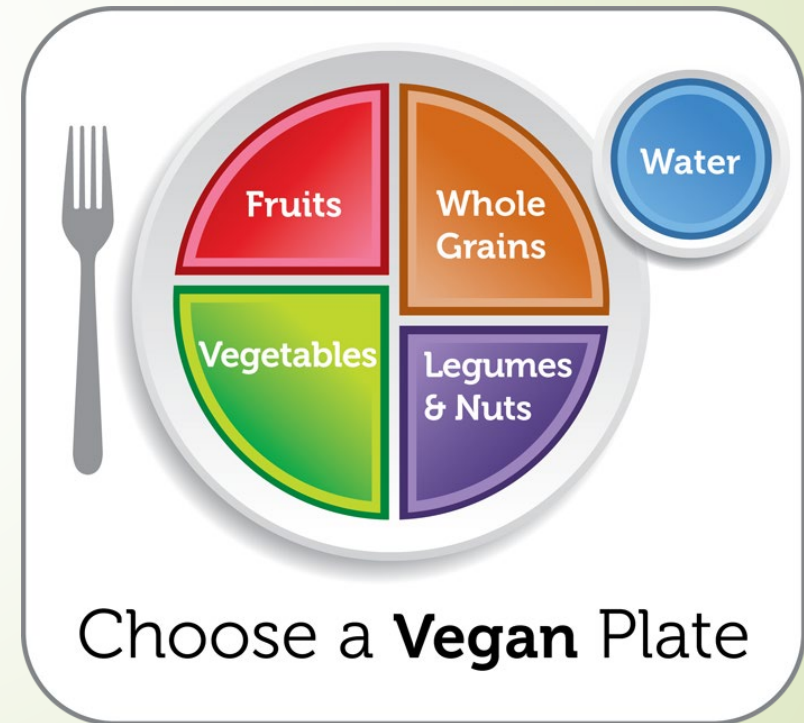
Considerations

- ▶ Vitamin B₁₂ supplementation for vegans:
 - ▶ Below 65: 2000 mcg/week
 - ▶ 65 and up: 1000 mcg/day
- ▶ Eat plenty of green leafy vegetables and legumes for calcium



Meal Planning

- **Fruit** and/or a **vegetable** with every meal
- A **whole grain** or starch with every meal
- A **protein** with every meal





Plant-based breakfasts

➤ Oats + fruit + nuts/seeds:

- Regular oats
- Overnight oats
- Baked oats
- Savory oats

➤ Toast + fruit + protein:

- Avocado toast
- Sweet potato toast
- Peanut butter toast
- French toast

➤ Egg-type dishes

- Scrambled tofu
- Omelet (chickpea flour)
- Breakfast hash (potatoes, veggies, tofu/veggie meat)

➤ Waffles/Pancakes/Crepes

➤ High fiber cereal + fruit

➤ Smoothies

- Fruits + greens + beans

➤ Smoothie bowl

- Less fluid than smoothie
- Top with sliced fruit, nuts/seeds



Plant-based lunch/dinners



- Beans + Veggies + Starch:

- Chili

- Burrito

- Buddha Bowl

- Savory oats

- Starch + veggie + protein:

- Pasta with lentil sauce

- Tacos

- Veggie burger

- Veggie Sandwich

- Tofu + veggies + starch

- Stir fry

- Omelet (chickpea flour)

- Hash (potatoes, veggies, tofu/veggie meat)

- Soups/Stews



Make SMART Goals

- Specific
- Measureable
- Achievable
- Realistic
- Time-bound
- If the ultimate goal (outcome) is to be more flexible, need to set daily goals to reach that
- IE. I will stretch for 10 minutes every day after my walk.
- Ultimate outcome: I will be able to touch my toes by the end of the year.
- Knowledge ≠ behavior change, so need to set small goals continually






How can we help you in 2024?




HOW CAN
WE HELP
YOU?

- What topics do you want to learn about?
 - What foods do you want to learn how to make?
 - What do you need to be successful with your goals?
 - What do you need to stay motivated?
- 



Today's recipe: Black Eyed peas & Greens

- 1 Tbsp olive oil or avocado oil (if subbing water or broth for oil, start with twice this amount and add additional 1 Tbsp as needed to prevent sticking)
- 1 medium yellow or white onion, diced
- 1 medium red bell pepper, diced
- 3 cloves garlic, minced
- 1 ¼ cups dry black eyed peas (no need to soak // see notes if using canned)
- 3 ½ cups [vegetable broth](#) (DIY or we like Pacific brand)
- 2 bay leaves
- 2 tsp smoked paprika
- ¼ tsp cayenne pepper (omit for less heat)
- 2 Tbsp [coconut aminos](#) (or sub tamari but reduce amount by half as its saltier)
- 1 tsp liquid smoke (adds a smoky "bacon" flavor)
- ½ tsp each sea salt and pepper (optional)
- 1 small bundle collard greens, bulky stems removed, leaves chopped into bite-sized pieces (~6 cups chopped // or sub other sturdy green such as kale)



Happy 2024!

- What will you be most proud of by the end of 2024?



HAPPY
NEW YEAR

A festive graphic with the words 'HAPPY' and 'NEW YEAR' in colorful, 3D-style letters. The letters are decorated with various patterns like stars, stripes, and floral motifs. The colors include red, yellow, blue, green, orange, and purple.