

WELLNESS JOURNEY: ESTABLISH A ZEN-INSPIRED ATMOSPHERE; BENEFITS OF KEEPING IT SIMPLE

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KITCHEN ON FIRE – COOKING SCHOOL

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WELLNESS JOURNEY: BENEFITS OF KEEPING IT SIMPLE

2

We are continuing our wellness journey to make positive changes to help balance our full plate. Today we are focused on creating a Zen-inspired cooking area to reduce stress and add a relaxing element to your experience.

We will join Chef Olive as he creates a colorful one-dish vegetarian meal which is packed with a variety of flavors and nutrients to please they entire family.

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

*Let's create your
Zen space! 😊*

ESTABLISH A ZEN-INSPIRED ATMOSPHERE

BENEFITS OF KEEPING IT SIMPLE

3



Did you realize the significance of your environment on your stress level? Let's learn together!

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

One person's enjoyable chaos
is another's stressor.
Determine what a Zen cooking space looking like for you!

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WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

4

Good health, Good food and Good fun!

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're all
good 😊

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OBJECTIVES FOR TODAY

5

- Clear the clutter to help you focus
- Key elements to create a Zen experience
- Create a 'Mise-en-Place' prep area
- Set realistic expectations for your meal prep
- SMART Goals for your Zen-inspired space

We can also
meet 1:1 –
Check for
openings in
Workday

What does Zen mean to you?

Laid-back

Meditation

Connection

Simplicity

At peace

Relaxed

Easygoing

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Chef Olive,
Are you at
'Ready to
Shop'?



Bonjour!
READY!

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CLEARING THE CLUTTER

7

We can help create YOUR meaningful cooking space

- I've heard it all over the years...
 - The clutter doesn't bother me
 - My kitchen is too small
 - There is no other place for my things
 - I like having everything on the counter

Let's start today!



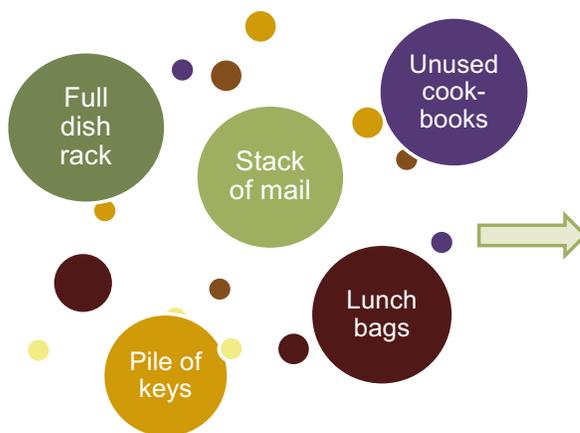
*What are the first two things you would do to help this small space?
(wash dishes & clear countertop appliances)*

Clutter in the kitchen clutters your brain.
Let's focus on preparing a meal
and finding a little peace along the way.

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CLEARING THE CLUTTER

8



Should it be moved?

- Is it for use in the kitchen
- Is it in the way when prepping
- Is it distracting or stressful
- Is there a better place for it

What should you clear from your cooking space?

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KEY ELEMENTS TO CREATE A ZEN EXPERIENCE

9



What to include

- Beverage & healthy snack while cooking
- Prep area
- Music or an entertaining podcast
- Space for a recipe or tablet
- Adequate lighting

What brings you peace? Plants, fresh herbs, open space?

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Let's create healthy meals for your long-term health.

CREATE A 'MISE-EN-PLACE' PREP AREA

10

Ready to Prep

- Cutting board
- Chef's knife
- Bench scrapper
- Towels for easy hand and surface cleaning
- Compost/Scrap bowl
- Prep bowls of various sizes
- Area for washed veggies

Ready to Cook

- Preheat the oven, if needed
- Put away the cutting board, knife, scraps, and wash any dishes
- Gather cooking utensils and pans
- Have a timer handy
- Prepare your eating area

Cook & Enjoy!

- Start cooking
- Gather any containers to store extra servings for another meal
- Share to the storage containers first
- Pro Tip: serve in cooking pans or serve directly to plates from the stove (less dishes!)

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SET REALISTIC EXPECTATIONS FOR YOUR MEAL PREP

11

Some thoughts to get started...

What helps you enjoy cooking?

- Coming home to a clean kitchen
- Preselecting the menu for dinner
- Having the prep done first
- A healthy snack or glass of wine
- Music and good lighting

What's enjoyable about prepping?

- It's organized and not rushed
- I feel a sense of accomplishment
- It's my chance to be creative
- I enjoy tasting and seasoning as I go
- I feel I've done something healthy

Even if any change feels like a lot today, it will come together naturally, and you'll enjoy it!

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SET REALISTIC EXPECTATIONS FOR YOUR MEAL PREP

12

Meaningful change starts today

- Mindset is the first place to start
- Take a look at your kitchen, without your own personal bias (a visitor's perspective)
- Create your short list of items to:
 - Clear, move, give away or recycle
 - Items that are needed to create the useful and Zen atmosphere 😊



Give yourself time to settle in and get comfortable with your Zen atmosphere. Commit to 30 days!

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FIND THE RIGHT BALANCE FOR YOU

13

How do we get from here to a Zen space:

- Set a Zen atmosphere goal
- Create space to achieve your goal by refocusing your full plate
- Establish a POSITIVE incentive
- Daily habits to create positive thoughts – Affirmation; Meditation; Stretch; Cook with others
- Change the channel – redirect with a 10-minute walk, change in location, turning on music, a quick power burst of exercise
- Do something for yourself daily – Enjoy little pleasures; Enjoy the outdoors; Be curious; Exercise; Eat well
- Do something for others – Give and openly receive compliments; Forgive; Share; Volunteer
- Think of a reason to be optimistic, hopeful or happy (dopamine producer)

Giving your mind a break from the stressor will help your long-term health and ability to recuperate

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SMART GOALS FOR YOUR ZEN-INSPIRED SPACE

14

Start thinking about your goals today!

- 2 goals to clear your space
- 2 goals to improve your space
- Commit to creating and using your Zen-space with a new mindset for at least 30 days ~ giving time for new habits to form.

Specific
Measurable
take Action
be Realistic
Time-oriented

What is your first SMART goal? Anything to share?
Who is going to make Chef Olive's vegetarian one-dish recipe?

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

15

- 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 – June 21 & 22 and October 10 & 12
- NEW!** ▪ 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 and Happy Hour
 - 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!

We will
see you
soon! 😊

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ABOUT US

16

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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