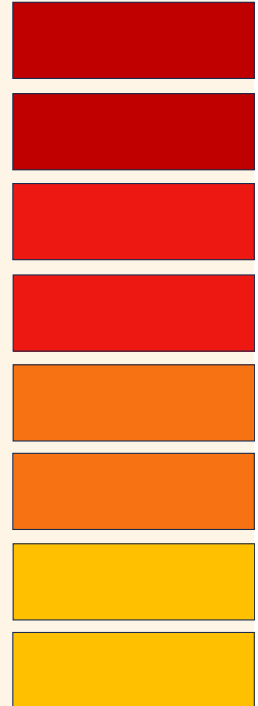


Wellness Journey: Living Your Best Life

On-the-Go Summer Meal Essentials

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Wellness Journey: Living Your Best Life

We continue our focus on making positive changes for living our best life – powered by traditional foods. We will learn about go-to summer meals to keep ourselves ready to hit the beach, mountains or neighborhood park without giving up on our wellness habits.



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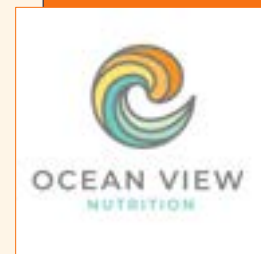


Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

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



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Objectives for Today – Investing in Ourselves!

1. Diverse and delicious sandwiches
2. Balanced and nutrient-dense meals to-go
3. The power of protein
4. Digestion benefits of fermented foods
5. Set SMART goals for summer



Chef Olive will give you some tips on creating your summer meal on the go for all your outdoor adventures!

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

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Let's join Chef Olive to learn a little about bread.

It's important as it holds our sandwich together!



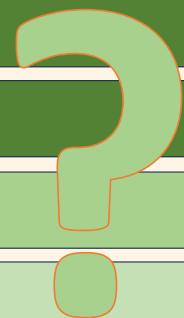
A little sandwich TRIVIA to get us going!

Which country...

1. Created the first sandwich?
2. Has the most 'meat-forward' sandwich?
3. Shows a true combination of its multicultural history in its sandwich?
4. Had an initial goal of an inexpensive meal?
5. Highlights its diverse baked goods as part of the sandwiches?
6. Has the biggest variety of sandwiches?

Your options are:

USA
UK
Italy
Vietnam
Argentina
India



Diverse and delicious sandwiches - Globally

- **USA:** Immigrants bring their favorites and adapt with local produce
- **UK:** Sandwiches filled the need for portable meals in the Industrial Revolution
- **Italy:** The panini and focaccia showcase mastery of bread & cured meats
- **Vietnam:** The French colonial influence introduced the baguette to Vietnam. The Bánh Mì is a crispy baguette filled with meats, pickled veggies, & herbs.
- **Argentina:** a meat centric sandwich is a natural choice with the popularity of Asado(BBQ), high-quality local beef and the distinct flavor of chimichurri.
- **India:** A spicy deep-fried potato dumpling served in a bread bun, accompanied by various chutneys and green chili reflects the need for affordable, filling street food for busy workers

What is your favorite sandwich?

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Diverse and delicious sandwiches - Globally

The goodies inside

Freshness
Quality, seasonality, local if possible

Flavor Balance
A key area for flavor; a primary sauce, herb or dominate protein

Practicality
Consider the moisture, i.e., adding sauces, or tomatoes on site

Holding it all together

Fresh bread, lettuce, tortilla, or nori sheet

Breads can be the star flavor or provide the needed variety of texture

Options: A paper wrap to hold it, toasting, semi-built to add the bread to serve



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The Power of Protein

Supports Muscle Repair and Growth:

Consuming protein during lunch helps in the maintenance and growth of muscle mass. Protein is best utilized when your body is active

Sustains Energy Levels and Focus:

Protein-rich foods can help stabilize blood sugar levels, sustaining energy levels and improving focus and productivity for the remainder of the day

Promotes Satiety:

Protein can help you feel fuller longer. This can prevent overeating and snacking on unhealthy foods, supporting weight management and overall health

Optimal Protein Distribution:

Research suggests that distributing protein intake evenly across meals can be more effective for maintaining muscle health

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And the next question ...
How much?

The Power of Protein



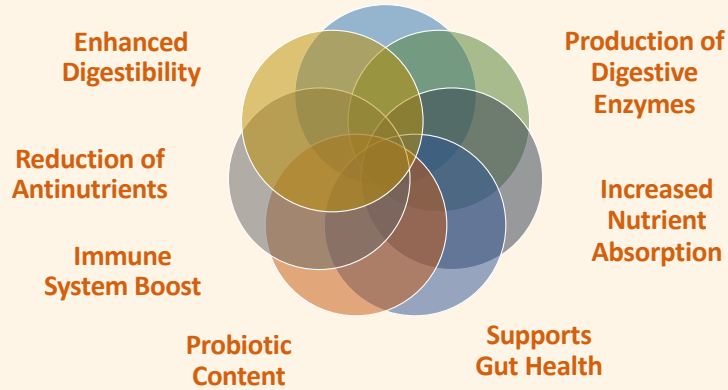
Complementary Proteins

When consuming vegetarian sources of protein, we need to consider the ratio of protein building blocks or amino acids.

- Your body will build proteins from multiple vegetarian sources
- The most effective combinations are represented with the thicker green arrows due to the diversity of amino acids.


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Digestion benefits of fermented foods



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SMART Goals: On-the-Go Summer Meal Essentials

 Invest in yourself from the inside out!

- 2 goals to help you **Live Your Best Life!**
- 2 goals to focus attention on keeping health in mind when out and about for a family meal adventure!

What do you want to share?

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Specific
Measurable
take Action
be Realistic
Time-oriented



About us

- 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
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com

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Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
living-your-best-life](https://www.kitchenonfire.com/living-your-best-life)

