

# CHANGING MEALS BY CHANGING ATTITUDES

*by Linda Fiveson*



Are you always rushing? Do you want delicious meals and want to stay on your diet too? Do you find you just don't have the time to prepare and cook them?

Are you tired of fast foods and eating out? Is your refrigerator empty? If you like cooking do you hate the mess? Does this make you not bother at all?

We're going into the kitchen tonight! My kitchen, your kitchen, every successful dieter's kitchen! Let's conquer some of these problems and deterrents.

For some people, the kitchen is the "central station" and for others, it's an unused area of the house. I know people who don't even want a kitchen at all.

Imagine? There are so many "I Hate to" books about cooking. We all know that and we all know why.

Cooking is real drudgery to some of us.

What happened to "feeding the hungry heart?" showing love with food? I think it still exists. Maybe we just don't have enough time anymore. Shopping – washing – cutting – dicing – chopping – mixing; cooking just seems like too much of an effort for many of us.

AND healthy meals require all of that! Fast foods and take-out have replaced our desire to cook.

What **can** you do however, if you want to lose weight and eat delicious food? What **do** you do? Order the same thing every day? Some people do but there are other answers, better and more appropriate ones.

We can re-invent "diet cooking" by developing and following delicious and gourmet recipes that can be ready in twenty minutes. Yes, only twenty minutes!

There are health benefits that can be gained from certain foods and cooking tips you can employ to help you stay focused on your weight loss goals while enjoying delicious food. It's not always about tuna fish and string beans you know!

Food is such a distraction. One little indiscretion and we lose touch with our goal. We validate our entire day with what we have or have not eaten. One of the problems or annoyances with losing weight is that we HAVE to prepare. That includes shopping and cooking which many of us find excuses not to do! We need to realize that not being prepared can "make or break" our success.

It is said that cooking is an art. I agree to some extent but I also believe that with the right tips and techniques anyone can become an "artist"! You don't need a lot of fancy equipment – just the decision to become a little creative.

Not being ready to "rock and roll" can be a BIG OBSTACLE! "Oh no," we complain. "There's nothing to eat." So what do we do? Yup, we go for "anything"...whatever that might be at the moment. We do this with the promise to ourselves that this will be our ONLY deterrent... Yet is usually isn't, is it?

This is why we need to develop a quick-cooking, delicious-tasting food that will be ready for us in minutes and keep us happy and on track. Obviously this meal with "saving powers" begins at the grocery store with what you put in your shopping cart. Don't think of shopping as a chore but as a way to explore food and create delicious, novel meals.

NEVER go shopping when you are hungry or your stomach will lead you astray. Bring your list and include some new recipes. Avoid getting stuck in the TWILIGHT ZONE of marketing. Shop with a purpose and don't just load the cart! GET organized so you can BE organized.

You really can change your meals by changing your attitude!

*"When we are no longer able to change a situation, we are challenged to change ourselves." ~Victor Frankl*

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