



CHEF Coaching Quarterly Newsletter
Winter 2020

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From Rani's Kitchen

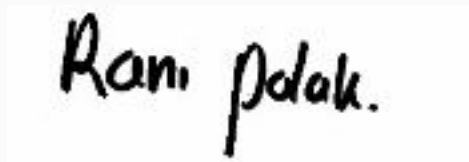
Hello Home Cookers!

I am delighted to share that the CHEF Coaching community is growing, we recently exceeded 2,500 members! Thank you for your loyalty and for putting home cooking at the forefront of nutrition and lifestyle medicine. It is our commitment to continue providing high value, free resources and tools to support you in empowering patients to adopt home cooking habits. Please help us to grow the reach of culinary medicine by introducing us to friends and colleagues. Registering to receive the newsletter is free [here](#).

I am also happy to share that following feedback from our trainees, we are using a new recipe format that better supports the needs of different populations. Moving forward each staple recipe that the CHEF Coaching faculty shares, will include “go basic” options for those who wish to simplify home cooking, “challenge your skills” options for those interested in expanding their culinary skills, and “cultural adaptations” for those who work with various populations. These recipes are for you! Please feel free to collect and use them, to share with patients and colleagues, and even to revise them if you have needs that we still haven’t addressed.

In addition, the new recipe format will include home cooking learning points, which can enhance the educational experience beyond exploring the recipes. Please let us know what do you think, and if this new format is helping to better address your needs. We will be happy to hear your thoughts at: chefcoaching@instituteoflifestylemedicine.org

**Best,
Rani**

A handwritten signature in black ink that reads "Rani Polak." The signature is written in a cursive, slightly slanted style.

**Dr. Rani Polak
[CHEF Coaching](#) Program Director Assistant Professor, Part Time, Department
of Physical Medicine & Rehabilitation, Harvard Medical School**

Upcoming CHEF Coaching Programs

Master Home Cooking and Culinary Coaching Skills

Spring Cohort begins on June 11, 2020, with CHEF Coaching the Basics as part of the Institute of Lifestyle Medicine conference through Harvard Medical School, and continues live online with CHEF Coaching Beyond the Basics. CME credits are available!

Fall Cohort begins live online on September 14, 2020, with both CHEF Coaching the Basics and CHEF Coaching Beyond the Basics through Spaulding Rehabilitation Hospital.

Complete both CHEF Coaching the Basics (skill-based classes) and CHEF Coaching Beyond the Basics (small group practice sessions) and receive a “Certificate of Completion in Culinary Coaching” from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

More information and registration [here](#).

Have Questions? **Contact us at (617) 651-2433**, chefcoaching@instituteoflifestylemedicine.org

Meet Dr. Rani Polak and get the Latest on Culinary Medicine and CHEF Coaching – LIVE!

Join us for a LIVE Information Session on Culinary Medicine and the CHEF Coaching program followed by Q & A with program founder and director, Dr. Ran Polak on March 25th at 12pm ET.

Free registration at <http://bit.ly/ChefCoachQA>

Share this link with a colleague!

CHEF Coaching Research

Are you interested in cooking more at home and improving your nutrition?

You may be eligible to participate in a research study conducted by the CHEF Coaching Program at Spaulding Rehabilitation Hospital to evaluate how a remote home cooking program can help improve nutrition, weight and other health outcomes of adults who are overweight or obese.

For more details and to see if you are eligible [Click Here](#).

Calling CHEF Coaching Graduates

Presentation Opportunity

Opportunity to present at the Institute of Lifestyle Medicine - Lifestyle Medicine in Day to Day Practice Conference, December 10, 2020

Have you implemented culinary coaching in your practice or healthcare facility? We want to hear from you!

Click [here](#) for more information and application.

Application deadline is March 25, 2020.

Share your story and help others!

We hear amazing transformation stories from CHEF Coaching graduates about how the program has impacted their lives and the lives of their client's/patient's. Please share with us your inspirational, and help us to spread the world of culinary medicine. Please **Contact Laura** at chefcoaching@instituteoflifestylemedicine.org.

CHEF Coaching Community Spotlight

Terri Riutcel, MD, NBC-HWC is an Associate Professor of Neurology at Washington University Sleep Medicine Center. Terri incorporates culinary coaching principles into her Behavioral Sleep Medicine practice to help patients live happier, more rested and more fulfilling lives.

- What skills or training that you gained from the program have been the most impactful for you?

The CHEF Coaching program demonstrated how to operationalize the concepts of wellness coaching in kitchen set-up, meal planning, grocery shopping, food preparation, and food storage. I also learned that focusing on plant-based home cooking and thinking of foods according to their level of processing rather than their macromolecular components simplifies the process of home-cooking.

- What's your biggest take away from the program?

A decade ago I participated in a Food As Medicine course that changed my understanding and relationship with food immensely, yet as a physician I continued to struggle with how to help my patients change their eating habits. Michael Pollan's writings inspired me when he simply states, "Eat food. Not too much. Mostly plants." I would suggest that the CHEF

Coaching program adds a critical and practical fourth arm to the manifesto: "Cooked at home."

- How have you integrated the lessons of the program into your practice?

I figured out small steps I could take to inspire my patients. As a behavioral sleep physician, I teach my patients that sleep is a 24-hour phenomenon, exercise and movement impact sleep, and discussion of physical activity often leads to the topic of diet. I take a coaching approach so when the opportunity presents itself; I invite my patient into a discussion about home-cooking. The knowledge I gained from the CHEF Coaching program empowers me to empower them!

- What results have you seen with your patients since incorporating culinary coaching?

I've been able to introduce the topic of home-cooking and dietary change, and I have assisted those patients to formulate a vision for changing their approach to nourishing themselves, to set SMART goals, and to strategize to overcome obstacles. One of my patients said to me, "I'm sleeping fine now but I really wish I could lose weight!" I grinned. "Shall we talk about that?" And we did. She left with a manageable plan, motivated to try something new in the kitchen.



FREE Resources You Can Use

Cooking Online with a Chef Research Paper, provides valuable insights into live telemedicine delivery as part of a clinical or coaching practice. Learn tips from the Cooking on Line with a Chef module included in CHEF Coaching Beyond the Basics. Discover how you can begin to incorporate live culinary medicine into your practice [here](#).

Food, We Need to Talk Podcast- featuring CHEF Coaching founder Dr. Rani Polak, Dr. Walter Willett and Michael Pollan.

This episode distills the state of nutrition science down to a few helpful basics that you can share with your patients and clients. [Listen here](#).

CHEF Coaching Recipe

Silky Roasted Tomato Soup

By Shirley Garrett, ACE, CHEF Coaching Program Faculty

Serves 6 / Serving size: 1 cup

Ingredients:

3 lbs. ripe Tomatoes

2 Tbsp. Extra Virgin Olive Oil - Divided
2 Tbsp. Balsamic Vinegar
¼ tsp. Atlantic Sea Salt
¼ tsp. ground Black Pepper
½ tsp. dried, ground Thyme
1 large Sweet Onion, diced
½ cup pure, unsweetened Pomegranate Juice
3 cups Water
2 Tbsp. natural Cashew Butter

Directions:

Heat oven to 375°F

- 1.) Line a baking sheet with parchment. Cut each tomato in half, placing them cut side up, on the baking sheet.**
- 2.) In a small bowl, whisk 1 Tbsp. olive oil, balsamic vinegar, salt, pepper, and thyme. Spoon a little of the mixture on top of each cut tomato. Roast in the oven for 1 hour or until the tomatoes are soft and juicy –Set aside.**
- 3.) While the tomatoes are roasting, warm 1 Tbsp. olive oil in a large saucepan over Medium/High heat. Add the onions and stir often until soft – approx. 8 minutes.**
- 4.) Add the pomegranate juice to the onions, increase the heat to High and bring the liquid to a boil, stirring often until the liquid has been absorbed – approx. 2-3 minutes.**
- 5.) Add the roasted tomatoes, (including any juices in the baking pan) and the water, cover and bring to a simmer. for approx.10 minutes until all the flavors have blended.**
- 6.) In a Blender, puree the soup – in batches if necessary, add the Cashew Butter and puree again until fully incorporated.**
- 7.) Add a dash of salt if needed, serve warm.**

Adaptations

Go basic:

- Substitute the Sweet Onion with Yellow onions. The soup will be a little more “tart” in flavor.**
- Substitute the Pomegranate juice with White or Red Wine.**
- Substitute the Cashew Butter with another seed or nut butter, like Peanut Butter, Almond Butter or Tahini.**

Challenge your skills:

- Transfer two cups of the soup to a sauce pan and simmer 20 minutes until the soup reduced to a sauce thickness. Serve on pasta, rice or fish.**

Cultural adaptation:

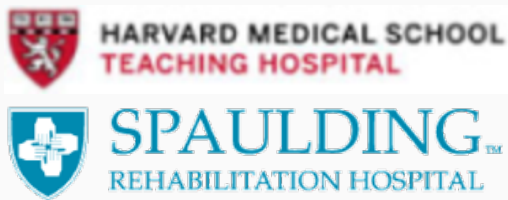
- **Substitute the Thyme on the roasted tomatoes, with dried Cumin. Spice up the sautéed onions with small, seeded, finely chopped Jalapeño pepper. Garnish with chopped cilantro and cubed avocado for a Mexican flare.**

Home cooking talking points:

- **Buy Tomatoes at their peak of freshness and freeze them whole for use later in a Soup or a Sauce. You can also roast extra tomatoes and freeze them to save the 1-hour roasting time.**
- **Adding a scoop of Nut or Seed Butter during the blending is a great plant-based option for making a silky, “creamy” soup without using dairy products.**
- **Double or triple the recipe and freeze it in portion sizes for use later.**



Do you have any questions or thoughts you would like to share? Please contact us at: chefcoaching@instituteoflifestylemedicine.org





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