

From Our Kitchen

Hello Home Cookers!

This is the time of year people start losing their motivation to keep their healthy eating resolutions. The CHEF Coaching program provides many tools to make healthy home cooking easier and eliminate the barriers that get in way.

Repurposing meals is in our toolkit - just one dish can make many more. This is a great way to optimize time and effort in the kitchen. An entire meal can be used again by taking the individual ingredients and using them in different ways for different dishes.

For example, vegetable soup can be made into a hearty stew with the addition of cooked legumes. Change the texture of the soup and make a sauce, by cooking a portion on a low heat until the liquid evaporates.

Try the roasted carrot soup recipe below and see how many different variations you can come up with, then share with your patients!

Visit the resource page on our [website](#) for more recipe ideas. Make 2021 the year you earn your certificate of completion in culinary coaching, if you haven't already. Join us; we can't wait to cook with you!!

Stay safe and cook healthy,
Laura Klein, Newsletter Editor

CHEF Coaching Programs

CHEF Coaching the Basics

LIVE STREAMING – June 10, 2021 through Harvard Medical School as part of the Institute of Lifestyle Medicine conferences. CME credit available.

ENDURING MATERIAL – Self-paced recorded modules, choose to study on your own time and schedule. CME credit available.

[Click here](#) for details on all programs.

CHEF Coaching Beyond the Basics

Completed CHEF Coaching the Basics within the past 3 years? Take the next step and earn your certificate in Culinary Coaching **LIVE ONLINE** through Harvard Medical School

Several options starting April 2021. CME credit available. Our last cohorts **SOLD OUT, don't wait to register!**

[Click here](#) for details on all programs.



Complete both CHEF Coaching the Basics and CHEF Coaching Beyond the Basics and receive a **“Certificate of Completion in Culinary Coaching”** from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

FREE CHEF Coaching Events

CHEF Coaching Information Sessions

Learn all about the Clinicians CHEF Coaching Program, the leader in culinary telemedicine. Get all the details on course descriptions, training options and your questions answered live!

JOIN Laura Klein Chef, Culinary Coach and CHEF Coaching Program Faculty, for this live presentation followed by Q & A, next session on March 9th at 8pm ET. [Click here](#) for additional dates and free registration!

Culinary Coaching Research Webinar **Patient Outcomes and Practical Applications for** **Clinicians**

ATTEND: Rani Polak, MD, Chef and CHEF Coaching Program Director shares the latest research data on culinary coaching's impact on health and practical applications for clinical practice on April 6th at 12PM ET.

Don't miss this live presentation! [Click here](#) for complimentary registration.

CHEF Coaching Graduate Spotlight



Subhashini Katumuluwa, MD, MPH, a recent CHEF Coaching graduate, is a board-certified, preventive medicine physician and is certified in functional and lifestyle medicine. She works at a functional medicine worksite wellness center in a hospital and for Ciba Health Inc., a telehealth functional medicine practice.

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

The most valuable part of the CHEF Coaching program was learning how to encourage my patients to do more home cooking through hosting live virtual cook-alongs. At the time I started the program, I had just begun teaching what I consider one of the most important hands-on aspects of optimizing health— learning how to cook. So, learning ways to efficiently guide people in the kitchen and the logistics of how to run a virtual cooking class was a great benefit.

- Were there other benefits to joining the program?

What has been hugely impactful for me is staying in touch with my CHEF Coaching colleagues. A group of five of us has been meeting once a month to do live virtual cook-alongs. Each month one of us leads the group in making a new plant-based recipe and we discuss how we've been incorporating our training into our practices. It's been motivating to hear what my colleagues have been doing and a great support system. I'm very grateful for having connected with a group of like-minded healthcare providers.

- How has the pandemic impacted how you have integrated CHEF Coaching skills into your practice?

Early in 2020 I had just started conducting live cooking demonstrations for the employees at the hospital, in an effort to encourage them to do more home cooking, then the pandemic hit. I had never thought about doing virtual cook-alongs until I took the CHEF Coaching program. After figuring out the basics of the simple equipment and set-up I needed and doing a test session with my CHEF Coaching colleagues, I started hosting monthly virtual cook-alongs for the employees of my hospital.

- Can you share some details of your program?

My sessions are 1 hour and we make 1-3 recipes. I give a monthly wellness lecture and try to tie in the recipes. For example, the lecture for this month was Breaking the Cycle of Sugar Addiction and the cook-along was for "Healthy, On-the-Go Breakfast/Snack Recipes" that included no added sugars.

I try to make recipes that use basic kitchen equipment so the lack of

equipment isn't a barrier. Given that my workplace does not have a teaching kitchen, the virtual cook-alongs are much better than my in-person demos because everyone is in their own kitchen and can have the experience of cooking the full recipe, rather than just watching and tasting the dish at the end.

- What personal changes have you made as a result of the program?

I had been Pescatarian for the last 7 years but had always intended to eventually cut out seafood. Learning more about plant-based cooking made me feel more comfortable with making this change and about 4 months ago I switched to a whole food plant-based (WFPB) diet.

If you are a graduate of our program we invite you to share your stories and help inspire others!

Email us at chefcoaching@instituteoflifestylemedicine.org with your story.

Set up for Live "cook-alongs" from Subhashini's kitchen



CHEF Coaching Recipe

Roasted Carrot Soup

By Shirley Garrett, NBC-HWC, Program Faculty, Clinicians CHEF Coaching Program

Serves 4 / Serving size 1 cup

Ingredients:

1 lb. carrots, peeled and sliced into 1-inch thick rounds

4 teaspoons canola oil, divided

½ teaspoon sea salt

1 small onion, diced

1 large garlic clove, minced

½ teaspoon ground cumin

1 teaspoon grated fresh ginger

3 ½ cups water

2 tablespoons cashew butter

1 tablespoon freshly squeezed lemon juice

Directions:

- 1. Heat oven to roast at 400 degrees F.**
- 2. In a medium bowl, toss carrot slices with salt, then add 2 teaspoons of the canola oil and toss until lightly coated. Place in a single layer on parchment lined baking sheet. Roast in the oven for up to 30 minutes until they look lightly roasted and are no longer firm when pierced with a fork. Remove from the oven and set aside.**
- 3. In a medium saucepan, heat the remaining 2 teaspoons of canola oil on medium heat and stir in the onion and garlic until lightly coated with the oil. Add the cumin and ginger. Sauté, stirring occasionally until the onions are softened and the mixture is fragrant.**

4. Add the water to the saucepan and stir in the roasted carrot pieces. Bring the pot to a simmer for up to 20 minutes.

5. Using an immersion blender puree the soup until it reaches the creamy smooth consistency you want, add 2 tablespoons of cashew butter. Blend again.

6. Stir in the lemon juice. Adjust with salt if needed.

Adaptations:

Go basic:

- Substitute cashew butter with another nut or seed butter.
- Substitute 1/3 tsp. ground ginger for fresh ginger.

Challenge your skills:

- Substitute carrots with other firm vegetables such as cauliflower, butternut squash or beets.
- Add ½ cup of cooked grains, such as barley or quinoa to the soup after it's pureed to add more body.

Cultural adaptation:

- For an Indian flavor, add some curry powder to the soup as you sauté the onions, ginger and garlic. Add lime juice instead of lemon and garnish with chopped cilantro.

Home cooking talking points:

- Firm vegetables that are in season will roast well and make a good soup. They also store for at least a week in the fridge if you don't use them immediately.
- Pre-chop large batches of the carrots or other firm vegetables and

freeze the extras for use in another soup, sauce or stew later.

- Batch cook large amounts of soup and freeze it in appropriate batch-sizes that suit your household.

Upcoming Courses and Events



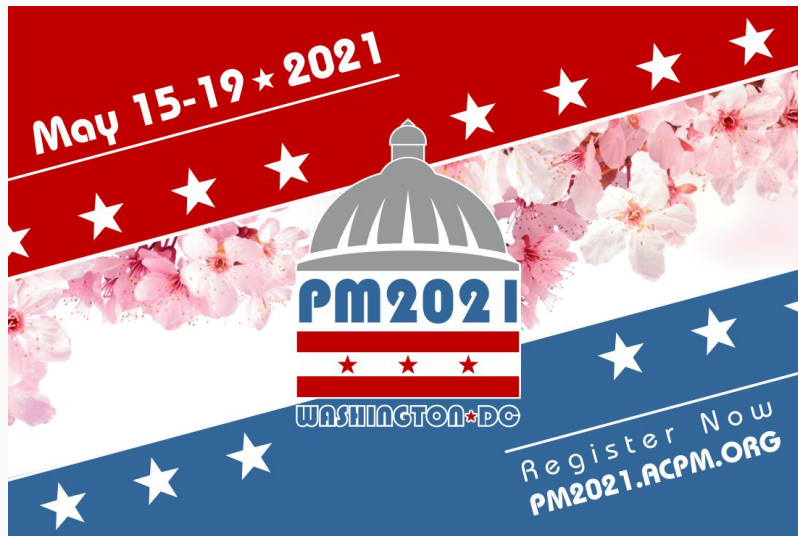
News from the American College of Lifestyle Medicine - 2020 virtual conference attendance satisfies “in person” ABLM prerequisite for 36 months!

The American Board of Lifestyle Medicine (ABLM) announced that it will honor for a full 36 months virtual 2020 conference attendance as satisfying the live CME prerequisite to sit for the ABLM certification. If you attended ILM in 2018, 2019 or 2020, you may apply those hours to sit for the Lifestyle Medicine Board Certification in 2021.

2021 ABLM exam dates are Nov 27 through December 11th. For registration and additional exam prerequisites, CME/CE information and 2020 exceptions visit ablm.co

The American College of Lifestyle Medicine (ACLM) annual conference is scheduled for November 7-10 at the Gaylord Texan in Grapevine (Dallas-Fort Worth), Texas. Registration now open [click](#)

[here](#). Hope to see you there!!



***Preventive Medicine 2021 – The Annual Meeting of the American
College of Preventive Medicine***

May 15-19

Preventive Medicine 2021 is fast approaching! Preventive Medicine is more than just a conference — it's a prime opportunity to join with thousands of your Preventive Medicine peers in stepping up to meet the challenges facing prevention and public health. This event is being planned as a hybrid experience with sessions in-person in Washington DC and streamed live online.

There is an exciting and engaging agenda with conference tracks that include:

- **Health Systems Management Transformation + Health Technology**
- **Public Health Practice Innovation + Community Medicine**

- **Research, Evidence + Practice**
- **Clinical Preventive Medicine + Lifestyle Medicine**
- **Global Health + Environmental Medicine**
- **Future of Preventive Medicine Training + Advocacy**

Advance registration rates are available through April 25, [click here](#). Make your plans today!

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