

## **CHEF Coaching Newsletter**

Sept 2021

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### **From Our Kitchen**

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**Hello Home Cookers!**

**Fall is a great time to take advantage of the bountiful harvest of fresh, seasonal fruit and vegetables for your home cooking. There are so many benefits to cooking with seasonal produce, the first being the high intensity nutrients from foods that are picked at the peak of freshness. Other benefits include supporting your community and saving money by buying local! Ever consider growing your own? Start simply with an herb garden on your windowsill and progress to a vegetable garden, roof garden or planters in your home.**

**Enjoy these tips from the CHEF Coaching team on what to do with your farm fresh produce once you've brought it home.**

**- Storing – clean and store what you will use immediately and freeze the rest. Your produce will be nutritious when thawed because you froze it at the peak of freshness.**

- Challenge yourself to try produce in a new way! Think outside the cereal box with our **Bulger Breakfast Bowl** recipe (in this edition). Whole grains and roasted plums for breakfast, so easy and delicious!

[Click here](#) for a seasonal guide to US produce and start cooking!

Learn more about the benefits of home cooking by joining the **CHEF Coaching** trainings (schedules below), we look forward to cooking with you.

Stay safe and cook healthy,  
Laura Klein, MBA, Culinary Coach, Chef  
Newsletter Editor

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## **CHEF Coaching Programs**

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### **CHEF Coaching the Basics AND Beyond the Basics**

Skill-based training (the Basics) and Small Group practice sessions (Beyond the Basics) are presented together for a rich educational experience.

**LIVE ONLINE** beginning September 13, 2021 through Spaulding Rehabilitation Hospital. **This is the last live online training in 2021!**

**CHEF Coaching the Basics**  
Skill-based training

**ENDURING MATERIAL**– Self-paced recorded modules, study on your own time and schedule.

**LIVE STREAMING** – June 9, 2022 as part of the Institute of Lifestyle Medicine conferences.

**CHEF Coaching Beyond the Basics**  
Small group practice sessions

**LIVE ONLINE** next cohorts begin January and April 2022.

*Prerequisite for enrollment – must have completed or be currently enrolled in CHEF Coaching the Basics.*

Our programs Sell Out, early registration is recommended.

**FOR DETAILS AND REGISTRATION ON  
ALL PROGRAMS [Click here](#)**



*This certifies that*  
**Shirley Garrett**

*has successfully completed an 18-hour training in*  
**Culinary Coaching**

June 1, 2015

*Rani Polak*

Rani Polak, MD, MBA  
Program Director, CHEF Coaching  
Institute of Lifestyle Medicine

*Edward M. Phillips*

Edward M. Phillips, MD  
Director, Institute of Lifestyle Medicine



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  
and Harvard Medical School.

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## **CHEF Coaching News**

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**Hot off the Press** - First Published Paper from our Multi-center Randomized Control Trial!

[Click here](#) to read the latest research report on home cooking’s positive impact on participant coping strategy during Covid-

19. Feel free to share with your community and spread the word.

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## FREE CHEF Coaching Events

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### Information Session on the CHEF Coaching Program

Get an in depth review of the training program, delivery options and all your questions answered - [Click here](#) for schedules and registration.

### Research Insights from CHEF Coaching

Join Dr. Rani Polak for a live presentation on patient outcomes and applications for clinical practice on October 27<sup>th</sup> at 12pm ET.

[Click here](#) for registration.

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## Calling CHEF Coaching Graduates

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### Presentation Opportunity

Opportunity to present at the Institute of Lifestyle Medicine – Tools for Promoting Healthy Change Conference, CHEF Coaching - The Basics course on June 9, 2022.

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

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

Deadline December 15, 2021

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## **CHEF Coaching Graduate Spotlight**

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**Yael Hasbani, BA, Chef, Health Coach, Culinary Coach is a graduate of the CHEF Coaching program, a Certified Holistic Health and Nutrition Coach and an active member of the Latin American Lifestyle Medicine Association.**

**She is currently teaching the first Culinary Medicine Course in Argentina together with her husband, Gabriel Lapman, M.D. at Escuela de Arte Gastronómico (EAG) a leading teaching kitchen in Buenos Aires, Argentina.**

**Follow Yael:**

**@yaelhasbani.healthcoach**

**@cardiofood\_lifestyle**

[www.cardiofood.org](http://www.cardiofood.org)

**What skills or training that you gained from the program have have**

**you implemented into your practice?**

After completing the CHEF Coaching program, I was able to integrate the culinary aspects that complimented my existing health coaching program, namely, how to deliver a cooking online with a chef session, how to add cooking skills into each session and how to set culinary goals for my clients. The program tools, such as the intake questionnaires and recipes, were instrumental for me to expand my program and make it even more complete and unique.

**How has the culinary coaching program impacted your business?**

The program has given me recognition and respect among colleagues, namely nutritionists and doctors. The increased self-confidence I gained from practicing the skills I learned both in the program and in peer-practice sessions outside the sessions has empowered me to enlarge my practice.

**What results have you seen with your students since incorporating culinary coaching, can you share a success story?**

My husband and I designed a 12-week program for a couple who wanted ideas for healthy meals at home and lunches to take to work. Since completing the program they report feeling more confident in their cooking skills, have developed meal-prep days; have strategies when they have to eat out and share their new preparations with family and friends. To date the husband has lost 7kg and reduced his insulin by 32%, just by adjusting the meals and ingredients prepared at home. The wife reports weight-loss (4kg) and feels much lighter, focused and energized.

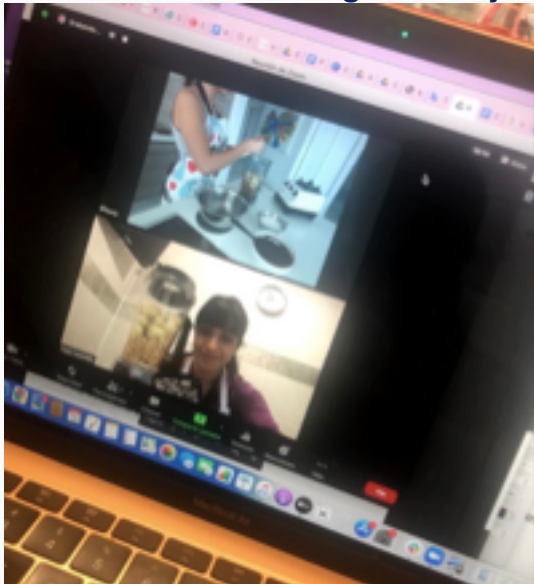
**What personal changes have you made as a result of the program?**

The program has had a positive impact on my health and my family's

health. My cooking behavior has changed, I now incorporate more herbs, spices, fruits and vegetables into my diet. I have experienced weight loss, more energy and focus. My children became more involved in cooking, trying the recipes with enthusiasm and even asking for them when given the choice.

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](mailto:chefcoaching@instituteoflifestylemedicine.org) with your story.

Yael and client cooking remotely



Yael cooking at EAG Kitchen





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## **CHEF Coaching Recipe**

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### **Bulgur Breakfast Bowl**

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

**Serves 6 / Serving size: 1/2 cup**

#### **Ingredients:**

**2 ¼ cups water**

**1 cup dry bulgur**

**1 teaspoon ground cinnamon**

**6 plums, stone removed, each plum cut into 4 wedges**

**1 very ripe banana, cut into 1-inch chunks**

**¼ cup slivered almonds, toasted**

#### **Directions:**

- 1. Pre-heat oven to 425 degrees.**
- 2. Bring the water to a boil. Place dry bulgur in a large bowl, pour in 2 cups of boiling water, reserving ¼ cup water. Stir to hydrate the bulgur and cover tightly with foil.**
- 3. Line a baking sheet with parchment or foil, place the plum wedges close together, skin-side down in the center of the sheet. Sprinkle cinnamon mixture over the fruit. Place the sheet in the oven and roast for 15-20 minutes until the plums are soft and tender.**

4. While the plums roast, place the banana pieces into a medium-sized bowl, mash the banana chunks with a fork until smooth. Add the reserved  $\frac{1}{4}$  cup of boiled water and stir with a fork until it forms a creamy sauce.

5. Remove the roasted plums from the oven. Reserve the liquid/syrup that has formed on the foil or parchment lining of the baking sheet. Dice the roasted plums into bite sized pieces.

6. Remove the foil cover from the cooked bulgur. Drain any extra water.

7. Pour the reserved roasted fruit-juices and the diced roasted plums into the bulgur and mix to combine, then fold in the mashed banana mixture. Stir in the toasted almonds and serve.

### **Adaptations:**

#### ***Go Basic:***

- Substitute the plums with pears, apples, peaches, nectarines or other seasonal fruit.
- Substitute the cinnamon with ground ginger or cardamom.
- Take it to go! Pack a Ziplock bag of bulgur with some cinnamon, dried fruit and toasted nuts, when you get to your destination simply add hot water and you have instant breakfast!

#### ***Challenge your skills:***

- Think grains, like rolled oats or short-grain brown rice instead of bulgur for a different texture and different cooking method.
- Grilling the fruit adds a caramelized, sweet, smoky taste. Split the plum in half, remove the pit and place the cut side down on the

**grill. Cook until grill marks appear. Dice and add to the bowl.**

***Cultural Adaptation:***

- **Substitute mashed papaya for the banana and red pepper flakes for a Southeast Asian flair.**



**Do you have any questions or thoughts you would like to share?** Please contact us at: [chefcoaching@instituteoflifestylemedicine.org](mailto:chefcoaching@instituteoflifestylemedicine.org)



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