WELLNESS JOURNEY – HEALTHIER TOGETHER

Fueling Your Day with Intentional Nutrition, Breakfast Dynamics, and Intermittent Fasting

Sponsored by HOLA ERG

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Wellness Journey: Healthier Together

Timing & Tradition: Fueling Your Day with Intentional Nutrition

We continue to make positive changes toward supporting your body and mind.

As we head into Fall, we will discuss breakfast traditions and daily eating patterns as well as how to best fuel our body. We are excited to collaborate with the HOLA team to celebrate Hispanic Heritage Month!



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 – Breaking the fast

Wellness through Culture!

1. The Science of Breakfast
2. Breakfast in the Hispanic Community
3. Decoding Intermittent Fasting (IF)
4. Finding Your Personal Rhythm to Fuel your Body while Connecting with others
5. SMART Goals to enhance personal and community health

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



Chef Olive will demonstrate demonstrate
Mojo Chicken Tostones with Mango Avocado Salsa

Today's session is sponsored by HOLA

HOLA

JOIN US ON SLACK:
#erg-hola

HOLA's Mission:

To serve as a place for AMK employees to engage, celebrate Hispanic heritage and culture through education, inspiration, and mentorship.



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The Science of Breakfast

Understanding metabolic activation, glucose control, and physiological recovery



Metabolic Impact of Breakfast

- **Glycogen Replenishment:** Breaks the overnight fast to restore depleted liver glycogen reserves.
- **Glucose Regulation:** Prevents mid-morning blood sugar spikes and stabilizes energy output.
- **Satiety & Hormones:** Lowers circulating ghrelin (hunger hormone) to reduce afternoon cravings.
- **Nutrient Window:** Essential opportunity to meet daily dietary targets for fiber, protein, and micro-nutrients.

Cognitive & Hormonal Benefits

Cognitive Performance

Early nutrient intake provides immediate glucose fuel to the central nervous system, enhancing executive function, memory recall, and focus throughout the morning hours.

Endocrine Balance

Consuming a protein-dense morning meal aligns with cortisol awakening response, reducing stress-induced overeating and promoting optimal insulin sensitivity.

Heritage & El Desayuno

Nutritional Powerhouses of Heritage Foods

Honoring Hispanic culinary traditions while optimizing modern nutritional health

Frijoles (Beans)

Rich in soluble fiber, plant protein, and resistant starch, supporting gut microbiome health and steady digestion.

Huevos & Aguacate

High-bioavailability protein combined with monounsaturated healthy fats, potassium, and essential choline.

Tortilla de Maíz

Nixtamalized corn provides complex carbohydrates, calcium, and bioactive phenolic antioxidants.

Upgrading Heritage Recipes

Healthy Culinary Swaps

Consider *frijoles de olla* (boiled pot beans) instead of refried beans to reduce fats that are overheated or not organic.

Enjoy dry-warmed corn tortillas and fresh tomato-chile salsas. Pair *café con leche* with unsweetened milk options to manage added sugars without sacrificing cultural warmth.



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Intermittent Fasting (IF)
Key Fasting Protocol & Mechanics

Exploring timing protocols, metabolic flexibility, and cellular health

16:8
Popular Daily Protocol

Biological Mechanisms

Intermittent fasting shifts the body from using glucose to burning fatty acids and ketones for fuel. Resting the digestive system for 16 hours lowers basal insulin levels, triggers autophagic cellular clean-up, and supports long-term insulin sensitivity.

8:00 AM
Hydrate with water, herbal tea, or black coffee during fasting window.

12:00 PM
Break fast with fiber-rich *almuerzo* (huevos, frijoles, aguacate).

4:00 PM
Nutrient snack: Combine small amounts of Protein, Fats and Carbs

8:00 PM
Conclude family dinner (*la cena*); begin 16-hour overnight fast.

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Comparing Eating Strategies

Goal	Recommended Breakfast Plan
• Morning Energy Stability • Cultural Family Alignment	Early Breakfast – within one hour of waking
• Fat Oxidation Rate • Insulin Reduction Efficiency	Intermittent Fasting (16:8)

Both approaches yield unique metabolic advantages:

1. *Early breakfast maximizes morning cognitive energy and family eating traditions*
2. *IF excels at insulin reduction and fat oxidation.*



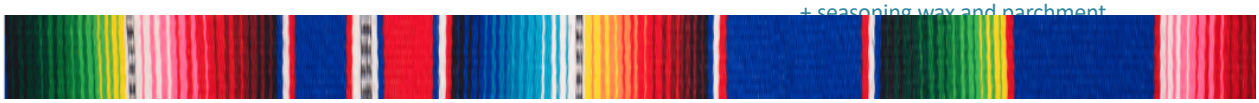
Raffle Prize



Mexican Clay Mugs, Hand Painted



Casa Cast Iron Tortilla Press 8 Inch and 10.5 Inch Comal Pan for Roti + seasoning wax and parchment



Set SMART goals to…

Time your meals to meet your nutrition and cultural goals!

- ✓ 1 goal to try a new recipe once a month
- ✓ 1 goal to evaluate the timing of your meals and consider adjusting to meet your goals

Specific
Measurable
take **A**ction
be **R**ealistic
Time-oriented

Registration opens soon!

1:1 Nutrition Sessions
Oct 9th & 15th
Nov 10th & 12th



About Us

- Kitchen on Fire Cooking School
  - For the Home Chef in Berkeley since 2005
  - Owned by Chef Olivier Said (founder) & Lisa Miller
  - Hands-on Cooking Classes & Events (In-Person/Virtual)
  - Nutrition Education, Corp Wellness, 1 on 1 Consulting
  - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
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Link to today's presentation, demo info and more
https://www.kitchenonfire.com/assetmark-healthier-together/