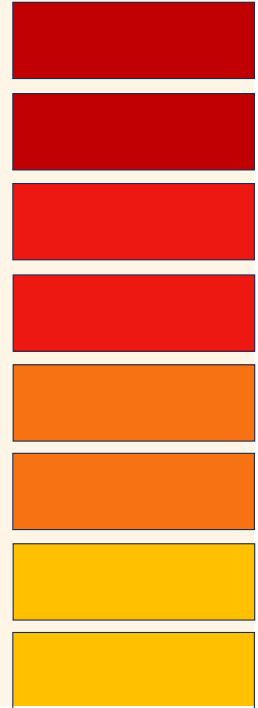


Wellness Journey: Living Your Best Life

Chocolate bliss for the holidays

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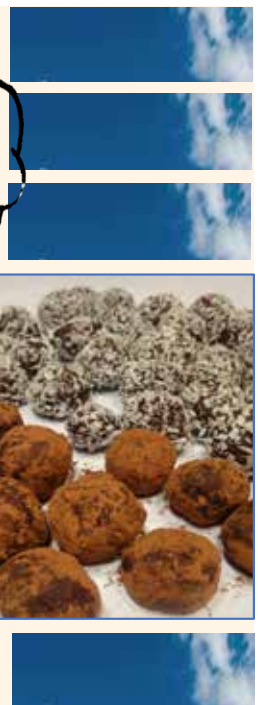
Wellness Journey: Living Your Best Life

We continue our focus on making positive changes for living our best life – powered by traditional foods, healthy habits, and SMART goals.

Living our best life starts with uplifting our spirit! This month we indulge our senses with traditional chocolate decadence as we kick off the holidays with healthy tips to navigate the season.

*Did someone mention chocolate?
Yes! Chef Olive is teaching us how to make
Grand Marnier Chocolate Truffles & Champurrado*

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Start the new year with a nutrition plan

Guidance will be provided on a variety of nutrition and lifestyle topics to help you maximize your well-being:

- Experience how **simple changes** can make a **noticeable impact**
- **Strengthen** your immune system with **subtle dietary** changes
- **Optimize** food intake for improved **mental and physical performance**
- **Step up** your health routine to **reduce stress** and **increase focus**
- Get specific and **confidential** guidance on health **challenges**

Your **40-minute confidential** nutrition and wellness consultation will include personalized recommendations and a 5-day meal plan that best fits your needs.

>>Sign up online in the AssetMark Learning Center<<

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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 – Get in the *healthy* holiday Spirit!

Add a healthy twist to your holiday favorites

1. **Quality ingredients** make a difference
2. **Create memories** together in the kitchen
3. **Lift your spirits** with healthy treats
4. **SMART goals** to enhance your holidays!

BONUS:
A year in review TRIVIA!



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A little about chocolate history

Mayans were the first to make chocolate and used it to honor their gods. It was used as both medicine and a religious (sacred) drink. They roasted and ground cocoa beans to make a dark chocolate liquid. The name was similar to the word chocolate today and meant 'bitter water'.

Chocolate was appreciated across Europe beginning in the 1500s. Milk chocolate came along in 1875 with the inclusion of milk in Switzerland. A French pastry chef took us a step further to create chocolate truffles in 1895.

NOTE: Start with a good source for your chocolate. We prefer to use TCHO brand in our kitchens because of the quality, flavor and fair-trade.



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Health benefits of chocolate

- **Antioxidants:** Chocolate, especially dark chocolate, is rich in antioxidants such as flavonoids, which help fight free radicals.
- **Heart Health:** Moderate consumption may reduce the risk of heart disease by improving blood flow and lowering blood pressure.
- **Mood Enhancer:** Chocolate stimulates the brain to release endorphins and serotonin, which can improve mood.
- **Cognitive Function:** Some studies suggest that the flavonoids in chocolate might improve cognitive functions.
- **Nutrients:** High-quality dark chocolate is a source of fiber, iron, magnesium, copper, manganese, and a few other minerals.

And when enjoyed with loved ones ~ priceless!



Creating memories together in the kitchen

First world problems...

- What to bring as a hostess gift to a gathering.
- What to say when asked what they'd like as a gift.
- Who has too much in their house?

Solutions that fit just about any situation:

- Make truffles (or another food item) to bring as a gift
- A nice quality chocolate with a recipe to make a special hot chocolate
- Invite family or friends to come over and make truffles (or something else) together as the gift of time and a shared experience!

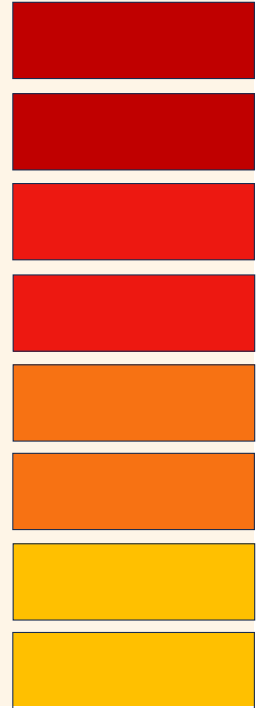


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Trivia

A year in review, chocolate knowledge
and a little about us

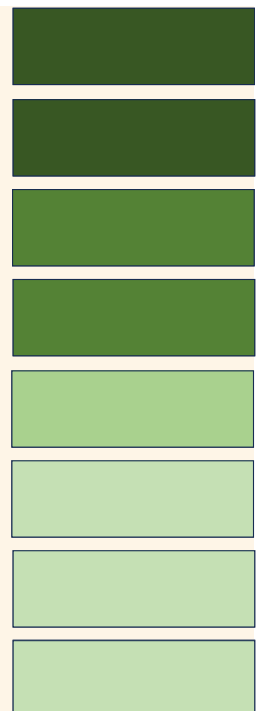
Answer on chat to win!!!



Trivia and Prizes

1. Name one popular reason for adopting a Mediterranean diet.
2. Name one key point about 'Valuing food as Medicine'.
3. Name one benefit to the brain from antioxidants
4. Name one digestion benefit of fermented foods?
5. Name one of Chef Olive's favorite stores to shop for fresh produce.
6. Which country consumes the most chocolate per capita?
7. What percentage of cacao is required for chocolate to be considered "dark"?
8. What was the general theme for the health fair or my presentation at the fair?

BONUS Question (just for fun): Is there a way to enjoy dark chocolate to decrease the bitterness? (besides eating it while drinking wine 😊)



Set SMART goals to Enhance your Holidays



Invest in yourself from the inside out!

- 1 goal related to engaging in a healthy holiday activity
- 1 goal to consider gifts from the kitchen or the gift of your time

What do you want to share?

See you December 16th for a 1:1 consultation if you are one of the first 4 to register!

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Specific
Measurable
take Action
be Realistic
Time-oriented



Health Fair: Boost your Health with Positivity

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation, demo info and more
<https://www.kitchenonfire.com/living-your-best-life>

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