



Week Three Participant Manual:
Thanksgiving Eating Preparations

Week 3 Contents

- Losing Weight Like You Eat Ice Cream Article
- Challenges and Strategies
- Recipes
 - Rum Glazed Sweet Potato Pudding
 - Twice Baked Sweet Potatoes with Pineapple

JOURNALING

- Your relationship with your food should be like a relationship with a good friend that you cherish and honor. What are your thoughts on treating eating as an act of honor?
- Food is a gift. What are some ways you can alter your eating habits to eat in a more respectful manner?

Losing Weight Like You Eat Ice Cream

"Life is like a box of chocolates," drawled Forrest Gump. Metaphors are great. Writers use them all the time because, simply put, they get your attention and really drive a point home.

That's because life and a box of chocolates have as much in common as French toast for breakfast and a French toast to your health.

But you know a punch line is coming to connect the dots and relate two ridiculously unrelated things. So you wait, listening sharply to catch the thread that makes it make sense.

"You never know what you are going to get." Aaahhh, riiigghhtt!

The mismatch, mental twisting, and surprise resolution slam the point home. There. That's the micro-anatomy of our most common literary tool. So how about a metaphor for eating healthy?

Losing weight is like eating a single scoop, death-by-chocolate ice cream cone. Okay, that nailed the "man, this strains reason" part. But now let me explain.

First of all, real connoisseurs know that you must linger over your ice cream: chasing runners, keeping it off the pavement, and pushing it right to the bottom of the cone without bathing in it. These are all vital factors. It's a process.

And that's the point. It just takes time, and when you're finished with that ball, you think ... perfect!

Now imagine that same single scoop of ice cream, but this time placed in the deep empty hollow of a cereal bowl. We see it down there, sad and lonely, and invariably decide that it needs 3 more scoop buddies.

That's because we believe we are getting short-changed somehow if our food doesn't fill the space. Now, what does this have to do with your dinner tonight? Well, the space you serve your food in matters. If you put dinner on a gigantic platter, you'll end up with helpings 2, 3, and 4 on the plate all at the same time. And if it's in front of you ... you're going to eat it.

So a basic message you can take home and try tonight is simply to begin on smaller plates. This trick exploits one of the bedrock laws of the Universe. There are four of them in all: $E=MC^2$, Finder's Keeper's, The Conservation of Matter and Energy, and the big one – Your Eyes Are Bigger than Your Stomach!

Simply handling this last law prevents the drastic overeating so typical of American buffet trough-feeders. And, repealing this law of nature doesn't require any higher math or even a physics degree.

Take the first step to solving your portion problems by beginning with a smaller space for your food. Next, eat your food like you eat your ice cream – a little at a time. Enjoy it by making it last.

Small bites increase the length and pleasure of the meal. When your focus is more on enjoyment than consumption, that smaller amount becomes ... perfect!

Your calories drop with your portion sizes and you love your food more – just like lingering over your single scoop death-by-chocolate ice cream cone!

Challenges and Strategies

Gearing UP For the Feast-o-Rama

Even healthy food can be bad for you ... when you eat BUCKETS of it. Who knew??

What Is The Short-Term Problem?

It's the 16-pound bowling ball!!

After the Thanksgiving meal, most people have to be rolled away from the table to recover on the couch for a solid hour of college football.

Obviously, if the stretch receptors in the wall of your stomach are screaming at you to stop, Stop, STOP, you have added far too many calories at that meal.

What's the Long-term Problem?

Your stomach is completely adaptable and responds to what you put in it. If you eat too much food, you simply train your physiology to expect more food at the next sitting.

This long-term adaptation comes back to haunt you down the road by increasing your tendency to overeat.

How Can We Head It Off?

Train your hunger ... just like an athlete.

Just as you can train your physiology to expect more food over time, you can also train it to expect less! This becomes your long-term success strategy that you should start on right away.

Prep for T-Day ... Today!!

Put away your large plates and replace them with the medium sized ones. When you do this, you necessarily ladle out less on your plate than you normally would, which conditions your body to expect less food in the long term.

Plus, when Thanksgiving does arrive, you'll be comfortable eating from your smaller plate and will be the only groan-free person on the post-dinner couch!

Here Is Your T-Day Training Schedule

Eat small bites, one at a time.

Practice this routine until it becomes habitual. This will slow you down so you can sense when you're satisfied, and then the only thing "stuffed" during Thanksgiving will be the turkey!

Return to the family table.

Distracted eating can lead to overconsumption, poor digestion, and gastric problems as well.

Take your time.

How much time is enough for your meal? Make your meal last at least 20 minutes.

Practice, practice, practice.

Practice until these healthy habits become automatic. It will take a couple of weeks to really work them into your natural eating behavior. So if you're going to be successful when Thanksgiving arrives, start working on your new eating habits today.

Recipes

Rum Glazed Sweet Potato Pudding

You'll Need

- 1/3 cup sweet or dry sherry or Madeira
- 2/3 cup raisins
- 2 pounds sweet potatoes, baked, boiled or steamed until tender
- 1/2 cup unsalted butter, melted
- 4 large eggs
- 2 cups milk
- 1 cup packed brown sugar (or less)
- 1/2 teaspoon mace
- Pinch of salt
- Grated zest of 1 orange
- 2 tablespoons lemon juice
- 1/4 cup +1 tablespoon dark rum

Directions

- Pour the sherry or Madeira over the raisins in a small bowl; let stand for 30 minutes or longer.
- Preheat the oven to 375F with a rack in the center.
- Butter an 11" oval gratin dish or other shallow baking dish; set aside.
- Halve the cooked sweet potatoes; scoop out the flesh and place it in a large bowl. Add 1/4 cup +1 tablespoon of the melted butter.
- Add the eggs, one at a time, and beat with an electric mixer into the sweet potato-butter mixture.
- Add the milk, 1/3 cup of the brown sugar, the mace, salt and orange zest and beat until blended.
- Beat in the raisins and their soaking liquid.
- Scoop the mixture into the baking dish.
- Warm the remaining 3 tablespoons melted butter in a small skillet. Stir in the remaining 2/3 cup brown sugar and the lemon juice; cook over medium-high heat, stirring occasionally, until bubbly, 3 to 5 minutes.
- Stir in the rum and return the mixture to a boil. Drizzle the rum glaze randomly over the surface of the sweet potato mixture.
- Bake until the pudding is set and the glaze is bubbly, and about 45 minutes.

Play with Your Food

- An option is to serve this dish warm, topped with whipped cream flavored with vanilla and dark rum.
- Top with crushed toasted pecans.

Twice Baked Sweet Potatoes with Pineapple

You'll Need

- 4 small, unpeeled sweet potatoes
- 1/2 cup golden raisins
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1 cup (8oz) unsweetened crushed pineapple, drained
- 2 tablespoons pecans, chopped

Directions

- Place potatoes on baking sheet.
- Bake at 400 degrees 1 hour or until done (softened through).
- Let cool 15 minutes.
- Cut each potato in half lengthwise; carefully scoop pulp into bowl, leaving shells intact.
- Mash pulp; stir in raisins, sugar, cinnamon and pineapple.
- Spoon into shells; sprinkle with pecans.
- Bake at 400 degrees for 15 minutes or until thoroughly heated.

Play with Your Food

- Try fresh pineapple if it's available by you.
- Add a pinch of cloves or nutmeg.
- Use less brown sugar.
- Leave out the raisins.