What's Cookin': Lori gets philosophical about eating

"It's all in your mind".

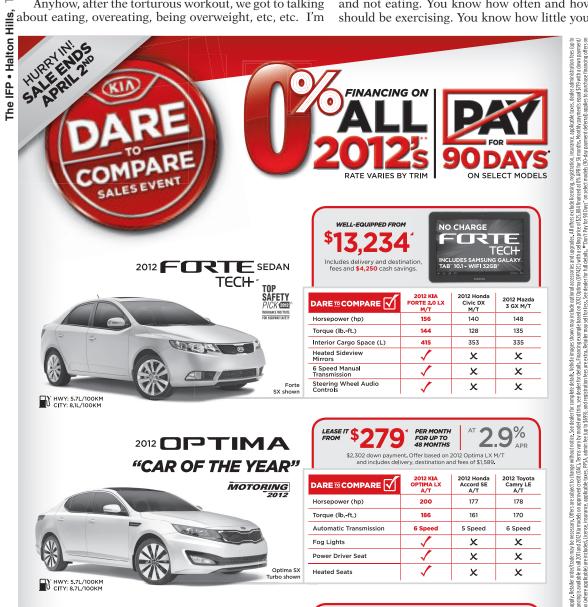
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After I dragged my sorry carcass to the gym this morn-After I dragged my sorry carcass to the gym this morn- $\underset{i}{\overset{\bigcirc}{\cong}}$ ing for my torture chamber session with the trainer (and $\underset{i}{\overset{\bigcirc}{\cong}}$ I say that with all the love in the world, because as much as I like to complain about the whole thing, I do really en-go joy the workouts and I think she's the greatest instructor/ E trainer ever— after all, I can do pushups now!)

Anyhow, after the torturous workout, we got to talking



sure you know the conversation, as I'm sure many of you trainer says it's all in your mind. have had it before. You know what you should be eating and not eating. You know how often and how hard you what you say about yourself- in your mind should be exercising. You know how little you should be and out loud. If you believe yourself (even in the





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sitting on the couch with the potato chip bag. It's like a recipe. It's all laid out there for you. So why do we have such a hard time making the recipe turn out properly?

My "full of wisdom for someone so young"

It's all about how you think of yourself and smallest, most private, tucked-away part of your mind) to be fat, unworthy, incapable, then it is impossible to succeed.

Because when someone is passing around the cookie plate- in your mind you say to yourself "I need that cookie" or "I may as well have that cookie because its already bad, I may as well make it worse".

BUT if we can believe in ourselves, believe ourselves to be worthy, healthy, and worth the effort, then we will think and speak positive things about ourselves. And the next time the cookie plate comes our way we will either decide to not have a cookie because we don't need it OR we'll decide to have a cookie because we really want one and we know that it is appropriate right now.

BUT we won't wait until everyone else is gone, then secretly eat the whole plate of them.

It's funny, because as we raise our kids, we would never dream of telling them that they are worthless, stupid, bad. We would just help them correct the behaviours. So why are we so hard on ourselves? We tell our kids that if they want something and believe in it- they can do anything! Surely the same must be true for us then!

I never make New Year's resolutions, but I think I've just decided, right this minute, to cut out the self deprecating fat jokes. Amazing things happen from going to the gym.

I'm going to get to work on that recipe, but from the inside out this time.

Have fun and keep cooking!

Email comments and questions to Lori and Gerry at whatscooking@theifp.ca

Mediterranean Vegetarian Loaf

Makes 8 pieces Ingredients

• 2 baguettes

• 8 slices mozzarella or provolone

 170g marinated artichokes, drained

- 2 roasted red peppers, cut into strips
- 170g sundried tomatoes in oil, drained
- and sliced
- 12 black olives, pitted and halved
- 1 tbsp oil from artichokes
- 1 tbsp oil from sundried tomatoes

Method

1. Slice baguettes in half horizontally. Pull some of the bread from the centre of each half to form a tunnel.

2. Brush both sides of the baguettes with the artichoke and sundried tomato oils.

3. Divide and layer remaining ingredients between the two baguette bottoms. Place tops on. Wrap in film if not eating right away.

4. Slice in four pieces per baguette.

Cook's Note: These can be prepared one day ahead, so would be great for a picnic. For a meatier version, add sliced salami or canned tuna

