

“Sohailla”

Sohailla Digsby is a local Registered Dietitian Nutritionist, Fitness Instructor and the author of the newly released Countdown to Your Best Body Success Journal. Check out bestbodyin52.com for details.

Says”

the Art of Meal Planning

Since we are focusing on art this month, let's talk about the masterpiece most of us create daily: a meal. It is quite an art to put together a meal that is enticing,

satisfies your hunger,

nourishes your body, and holds

you over

gracefully

until the next

meal, when

a new meal

masterpiece

is created.

This

consumable

art form

can be

daunting, so

let's have

a quick

lesson.

First, lay

out the

blank

canvas:

the

plate. I

recommend all foods be eaten mindfully from a dish, not out of a bag or package. This way you are more aware of your portions and are more likely to incorporate fresh, whole foods. Next, our painting palette needs vibrant colors. Begin by thinking of what foods you like that have color. I'm suggesting you design your entire meal around produce available to you. Visually divide your plate in half, and paint one half of your plate with this medium—mostly in the form of non-starchy vegetables. If you do not prefer your fruit in between meals, go ahead and include a serving of fruit on this colorful half of your plate. These powerful hues not only fight disease, but are packed with fiber help to fill you up—providing some weight to your meal. Next, prepare a tall glass of cool water. Though it won't be used to clean your paintbrush, or extend color, it certainly does extend the mediums of the meal; it's critical to delivering the food's nutrients to your cells and for your body to



Sohailla Says continued on page 28