

The Lunchbox Nutritionist

Kathleen Searles MS, RD, LDN



With summer just two months away, many people are trying to lose weight so they can feel more confident in their clothes! One way to cut down on overall calorie intake is to find an activity or new hobby to replace “boredom” or “mindless” eating. This month I am sharing with you 50 things you can do to replace the habit of eating when you are bored. Please share with me what you do to stave off mindless eating.

- Kathleen Searles, MS, RD, CSSD, LDN

Quote of the Month:

“One cannot think well, love well, sleep well, if one has not dined well.”

-Virginia Wolf

Beat Boredom Eating!

Call today so we can get started on your personalized plan to beat boredom eating and get you to feeling great!

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Recipe of the Month: East Meets West Stir-fry



13 Ways to Never Get Bored Again:

1. Become inspired with a DIY (do it yourself) project. Do something you have been “pinning”!
2. Embark on the challenge

Ingredients

- No-stick cooking spray
- 1 tablespoon finely chopped ginger
- 1 large clove garlic, finely chopped
- 4 ounces pork loin, cut into thin strips
- 1 1/2 cups sliced onions
- 1 medium carrot, very thinly sliced
- 2 medium red and/or green bell peppers, cut into 1-inch pieces
- 1 cup chopped broccoli
- 1 cup thinly sliced celery
- 1 cup (6 ounces) pitted dried plums, halved
- 1/4 cup cold water
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 4 cups hot cooked rice

Directions

Spray large nonstick skillet or wok with cooking spray. Heat over high heat until hot. Add ginger and garlic; stir-fry 1 minute. Add pork; stir-fry 2 minutes. Add onions and carrots; stir-fry 2 minutes. Add peppers, broccoli, and celery; stir-fry 2 to 4 minutes or just until vegetables are crisp-tender. Add dried plums; toss to heat through. Reduce heat to medium. In small bowl combine water, soy sauce and cornstarch; mix thoroughly. Add soy sauce mixture to skillet; cook and stir about 2 minutes until heated through. To serve, divide rice among four plates. Top with stir-fry, dividing equally.

Nutrition Facts: Calories 495, Cholesterol 17mg, % of Calories from Fat 5, Total Fat 3g, Sodium 383mg, Carbohydrate 101g, Protein 15g, Fiber 7g, Potassium 514mg

<http://www.californiadriedplums.org/recipes/east-meets-west-stir-fry>

35 Practical Solutions to Beat the Boredom Munchies

1. Cook a meal. Experiment with something new and flavorful; maybe your new dish requires lots of prep work for veggies or even a walk out to your herb garden.
2. Prepare healthy and easy to grab snacks for when gets hectic hectic.
3. Plan your meals for the week schedule for the week.
4. Go to the gym.
5. Rejuvenate yourself with a 15-30 minute nap.
6. Plant an herb or vegetable garden.
7. Get domestic and clean!
8. Knit, sew, or crochet.
9. Go outside and take a walk or jog.
10. Read a good book or magazine

of putting together a complex jig-saw puzzle.

3. Scrapbook! Print those pictures that have been stored in your phone or camera and put them in a place where you can cherish those memories.
4. Search the internet to find a fun new workout video!
5. Visit your local library and explore new books.
6. Write an uplifting message to give to others.
7. Create a gratitude list. Start with writing out 10 - 15 things you are thankful for.
8. Challenge your mind with a crossword puzzle or Sudoku.
9. Take a trip to the zoo or aquarium.
10. Learn a new language.
11. Volunteer for your favorite organization.
12. Visit your local art museum or history museum.
13. Have a dance party.



11. Get crafty and take on a new art project.
12. Re-arrange the layout of rooms in your home.
13. Experiment with different hair and make-up styles.
14. Pamper yourself with a homemade face mask or foot soak.
15. Go grocery shopping (but avoid doing this on an empty stomach).
16. Browse the local farmers market.
17. Play a game outside with your pet, spouse, children, or grandchildren
18. Read old emails and delete what you do not need.
19. Drink a glass of water or make it a little fancy by infusing with fresh fruit, vegetable, or herbs. Have you ever tried cucumber and strawberry infused water? Talk about refreshing!
20. Be still and create a space to meditate.
21. Floss your teeth.
22. Give yourself a manicure. Yes, gentlemen...you can clean up those nails when you are bored!
23. Journal and reflect on what is currently going on in your life.
24. Look up inspirational passages to keep you motivated and post to your refrigerator or keep in your car.
25. Go window shopping.
26. Re-organize your refrigerator, freezer and pantry. Toss out foods that are old!
27. Make a phone call to a friend or family member. Can you think of anyone who man need to be cheered up?
28. Write a letter to a friend or family member.
29. Organize your closet and get rid of clothes that either do not fit or you have not worn in the past year.
30. Write down goals for yourself for the upcoming days.
31. Hand wash your car.
32. Pay your bills.
33. Drink a cup of herbal tea.
34. Step out of your comfort zone and sign up for a class at your local university.
35. Enjoy a relaxing shower or bubble bath.

2 Ways to Take Ownership of Boredom Eating:

1. What is your favorite way to beat boredom eating?

2. What is something new you have been wanting to do?

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About Kathleen Searles, MS, RD, LDN

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school.

Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.