



Beautiful Bountiful August

To be completely honest, I am usually not a fan of August. Too often here in Western Montana the high temperatures, lack of moisture and full sunny days typically brings brown, dried out, smoke filled valleys.

We have been blessed with rain in July this year so Western Montana is somewhat lovelier and greener and gardens are over the top! Hooray! Not to mention the huckleberry crops...and pies!

I have a very small container garden this year: tomatoes, blueberries, strawberries, chives and lots of herbs. All it took was one quick stop to the farmers market last weekend and I was able to whip up one of my favorite salads, some yummy hors d'oeuvres and a plum sauce for the pork loin for a garden party.

As I was preparing the food, I reflected on how lucky I am to have all this fresh delicious food so easily available. It has changed the way I eat and prepare meals. How can you not be mindfully aware of the smell, texture and colors and yes tastes with a stolen bite or two? (Of course the chef

needs to sample the fare.) I realize however that may still not be the norm on a regular basis for a lot of folks.

My current coaching client said previously they were able to lose a lot of weight when following a meal plan given to them weekly. Yes they still had to shop and prepare the food. And so they too were aware of what was fueling their body on a daily basis. My client is looking for a way to eat better and as a busy, often solo parent with a full time job and social calendar, they want to simplify and change their nutrition-think busy parent with young kiddos with limited palettes...

Good nutritious whole food does not need to be just for a weight loss goal, and “diets” need to work with the individual and their chemistry and goals. It is not a one recipe fits all. And ask your coach and you shall receive...

I love to cook, I love my garden and I love the way I feel right now as I eat this yummy healthy nutritious food some of which I grew! I want to share that love with others. My shelves at home are lined with ball jars filled to the brim with nuts, seeds, dried fruit, grains, and pastas. Later this year there will be even more of canned peaches, pickled beets, jellies, jams and sauces.

Later this fall, I will be offering along with the Wellcoaches Coaching, a new take on nutrition. We are what we eat and who doesn't want to be the most vibrant, Salubrious self they can be? Look for offerings of nutritious meal plans and recipes, the latest info on fueling yourself for sport or just every day. And if weight loss is your goal, let's take a look at your healthy range BMI and get serious about your health!

Enjoy and Celebrate Life!

Happy August!

Renee'