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CERTIFIED HEALTH AND TRANSFORMATION COACH

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“On a personal level, I tend to mostly eat a vegetarian diet; any beef will be grass-fed and fish wild. I am convinced that with the length and turns of our colon, meat sits far too long in our digestive system and ferments, leading to disease. For my clients, I meet them where they are and use a crowding-out method to encourage them to make small adjustments.”

EAT

This is from Food Babe—one of my favorites. It's healthy and delicious, a home run every time.

LENTIL DETOX SALAD

- Dressing
 - 1 Tbsp. olive oil
 - 1/4 tsp. sea salt
 - Ground black pepper to taste
 - 2 tsp. curry powder—more if you like it spicy
- 2 tsp. honey
- Juice of 1 lime

- Salad**
 - 2 red peppers, diced
 - 8 oz. lentils, cooked
 - 1 bunch cilantro, chopped
 - (3-4 cups)
 - 2 Tbsp. raisins or currants
 - 1 avocado, diced

Mix dressing together in a large bowl. Add the other ingredients (except avocado) and mix well. Serve, or store in fridge up to three days. Top with avocado before serving. Serves 2-4.

SHOP

Where do you primarily do your grocery shopping?

Farmers' markets, Wegmans, my home garden and Todd Island Seafood for fish.

Do you have any tips or tricks for food shopping with nutrition and healthy eating in mind?

Eat the fruit and leave the juice on the shelf. Shop on the outskirts of the supermarket—the middle is where most of the processed, unhealthy foods are.

Read labels—if you do not recognize the ingredients, it is most likely bad for your health. Leave it on the shelf. For yogurt eaters, buy plain

and add your own fruit, spices and sweeteners, like honey or maple syrup. As an alternative to soda, mineral water with a splash of fruit juice. Guava is my favorite.

What is usually in your grocery cart when you go food shopping? (Be specific!)

Organic cheese, organic 27-grain bread, sun-dried tomatoes, lots of organic fruits—apples and pears—lots of organic vegetables, organic sweet potatoes, beans, grains, flax milk, nuts, pole-caught tuna and sardines, dark chocolate-covered almonds, dates and figs, avocados and papaya. I try to eat seasonally.

What's one thing you wish more people knew about nutrition?

That it is really, not that complicated. Eliminate the processed food (hidden fats, sugars and chemicals) and you are 70 percent there. The rest is about portion control and changing habits.



DINE

What do you look for on the menu when dining out? How food is cooked—quality, variety and creativity.

What are some of your go-to restaurants in the Valley?

I do not eat out a lot. At Grain, the Faro—it's a multi-grain risotto with veggies—very tasty. At Greenmuth, the smoothies. At The Dime, the charred Brussels sprouts. At Queen City BBQ, house salad and smoked wings.

When you want to splurge where do you go? What do you order?

At Boleto, just about anything on the menu. Crepes at 167 Rue Principale. At Grille 3501, free-range chicken breast cooked in wine.

SHARON'S FAVORITE Lentil Detox Salad

