

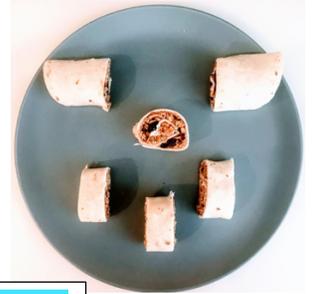
"Full Metal Apron": Eating Disorders Parent/Caregiver Coaching

Fighting an eating disorder is a fearsome task; you are literally fighting to save your loved one's life. For me, it was the hardest thing I have ever done and it rocked our family to the core; the overwhelmingness of it is huge, and that was when our experience included the best treatment possible, almost immediately. It taught me much about what is needed to get a loved one well and the awesome power of cutting edge education for parents plus specific skills training and support. I can provide that via Skype, phone and text. I believe having a trained peer support coach/mentor will save you time, energy, money and quality of life as you navigate this as my testimonials support. I look forward to connecting with and helping you.

[Read More](#)

[JD Ouellette Peer Coaching/JDouellette.com](http://JDouellette.com)

Tried and True Recipes for Refeeding and Beyond from Full Metal Apron Warrior Parents



Nourishing Nut Butter Burritos

From Frank Brockmann— a California father who decided to turn full nutritional rehabilitation into a creative challenge in creating low volume/high impact foods, a successful approach for his family

In the early days of our daughter's recovery (Anorexia/ARFID), one of the few foods she ate consistently was the classic PB&J. After a few weeks of refeeding in a 10-hour PHP program, a sense of *food fatigue* emerged and "I'm sick of this" became part of the minefield of her ED thoughts/behaviors.

We opted to challenge the rigidity of ED by finding novel ways to work with the foods we knew she would eat (a short list indeed). The recipe below was one of our earliest attempts. Although her brain perceived it as familiar once she tried it, the visual presentation was entirely different. It also allowed us to deliver the nutrition in a stealthier, more energy-dense package than the typical PB&J might allow.

1. **Lightly warm a flour tortilla.** Lay it flat on a cutting board and allow it to cool. (A too-warm tortilla will melt the nut butter, which makes for quite a mess.)
2. **Spread nut butter over the tortilla.** Use enough to cover the tortilla without being too thick and spread it all the way to the edges. Think of it like pizza sauce: the goal is to make a sticky-side-up circle of nut butter.



3. **Sprinkle granola* over the nut-buttered surface.** The result doesn't need to be perfectly uniform. It is worth noting, though, that loose *piles* of granola can make it more crumbly when eaten.



4. **Add additional ingredients.** Raisins, whole nuts, dried fruit, or anything else that seems to work.



5. **Serve it up.** Assembling it as straight-up burrito is always an option. Most of the time, the contents hold together pretty well. Initially, it's a pretty unusual thing--crunching one's way through nut butter wrapped in a tortilla is not an experience every kid is familiar with. It's also oddly familiar without being boring.



**Pro tip: compare calories on these type of items as those small differences add up! I did this nutritional analysis (below) with Trader Joe's brand.*

Serve with Liberal Doses of Loving, Validating, Insistent Meal Coaching While Wearing Your Full Metal Apron

Some clinicians disagree with hiding calories on the basis of it destroying trust with your child. My stance is that early in refeeding, you are not dealing with your child, but with their mental illness, and what is said/done at this point in time is about getting their brain nourished to a point where you **can have logical conversations with your child again. As a person who hid calories early on (with a 17-year old), we saw no negative repercussions and our daughter's trust is that we did, and always will, take care of her health needs if she is not able to. If being untruthful is too hard for you, some parents wisely choose to not answer direct questions and simply say, "This has what you need in it" or "Yes, it's on your meal plan" (since the point of a meal plan is to restore body and brain and high fat/calorie foods are important in doing that). I am #TeamWhateverItTakesIsWhateverItTakes*

[Nutrition Analysis Available Here](#)