



## "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



### Time Crunch Calories Bean and Cheese Bowls/Burritos

We had the great good fortune of a partial hospitalization program, enabling me to keep my full-time job (very flexible employer and my gratitude was expressed in hard work – take note, bosses!), which was especially important as I carried our health insurance. Because this was during the Great Recession, my husband was living and working in another state, so while involved and available for support, he was not around for the daily grind. Alone in an open plan home (no magic plate\* possible most of the time), needing to feed someone who was terrified of all food and 6 inches taller than me, I had to assemble meals **quickly**. Calories needed to be high, and guidance from parents further down the road from me was that fat was brain food. I learned pretty quickly that I might as well fight over heavy whipping cream and cheese as lettuce.

**Canned Refried Beans (buy in bulk)**

**Grated cheese of your choosing (I bought the Costco cheddar/jack blend giant bag)**

**Flour tortillas (shop for highest calorie version)**

**Microwave beans and cheese using (to quote my daughter) a f\*\*\*ton of cheese; really the beans are just there to hold the cheese together; add avocado and sour cream for more calories**

***Serve with Liberal Doses of Loving, Validating, Insistent Meal Coaching and While Wearing Your Full Metal Apron***  
*We started out with beans and some cheese and worked from there, adding the tortilla & condiments. I didn't bother with balanced meals in the refeeding stage. We also had a calorie drink at every meal; Martinelli's apple juice.*

\*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

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[Nutrition Analysis Available Here](#)