



"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



Make Ahead McMomfins

Another winner from Kelly, who is rocking full nutritional rehabilitation and relapse prevention and working to fight eating disorders in New Zealand

Kelly is a mom with multiple sports-playing kids so calorie needs all around are high and having to deal with anorexia as well means being well-organized and making efficient use of her time. Her McMomfins can be made in batches and stored in the refrigerator for quick microwaving.

McMomfins

English muffin, bagel, biscuit*

Eggs scrambled with heavy whipping/double cream and cheese
Sausage or bacon

Assemble in batches and refrigerate; microwave to serve

**Pro tip: compare calories on these type of items as those small differences add up! The calorie counts on the bagels (as I was doing the nutrition analysis) varied widely.*

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 when/if she was unable 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](#)