



## "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

#### Warrior Waffles

From Kelly in NZ aka Connie Traction (from Roller Derby and it fits because once she got traction refeeding, there was no stopping her!)



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. In a flash of brilliance, she purchased an industrial waffle maker (large waffle makers are available at a variety of price points) and turned her kitchen into an assembly line. Waffles make a great snack and pack a higher fat/calorie punch than bread, and can be topped with nut butters, Nutella, cream cheese; so many options to counter hypermetabolism.

#### For 8 Waffles

3 eggs

1 ¾ cups/414ml heavy whipping or double cream or half and half\*

½ cup/120 ml butter or oil plus a wee splash extra

1 tsp/5ml vanilla

2 cups/256g flour

¼ cup/60ml sugar

Set the setting to just under medium brown to freeze and easily toast.

*\*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](#)