

The One New Year's Resolution to Never Make

For 2024, resolve NOT to go on a diet. Why? Because traditional diets – those short-term, restrictive eating plans – are often unsustainable and can easily lead to a return to old habits.

At Diet ID, we encourage a different approach:



Embrace Sustainable Habits: Focus on gradually building small, healthy habits for long-term weight management and reduced risk of chronic diseases.

Understand Our Food Culture: Our fast-paced lifestyle often promotes unhealthy eating habits. It's essential to shift from prioritizing convenience and indulgence to embracing wholesomeness and moderation.

Healthy Choices, Not Restrictions: We encourage making simple, wholesome food choices without completely eliminating any food or food group.

Personalized, Step-by-Step Guidance: We help you assess your current eating habits, define your goals, and take manageable steps towards healthier eating patterns.

Celebrate Progress: We value progress over perfection and celebrate every success, big or small.

Instead of strict diets, consider setting realistic, achievable health goals like incorporating more fruits and vegetables, eating mindfully, staying hydrated, planning meals, and choosing real foods over packaged ones. We're here to support you every step of the way.

Let's make 2024 about healthy, sustainable changes!

Loaded Stuffed Sweet Potatoes



This is one of the simplest, most satisfying meals you can make. Plus, as written, it costs under \$2 per serving! Put the 'taters in the oven to bake, and the filling and topping will be done by the time they're cooked. This recipe works well with white potatoes as well, and is a great way to use up leftover vegetables too -- just add them to the filling as you cook it.

You will need:

- 4 sweet potatoes
- 1 tbsp olive oil or other oil (for potatoes)
- 1 tbsp olive oil (for the mixture)
- ½ cup red onion, chopped
- 1 can (1.5 cups) black beans, rinsed and drained
- 12 oz fresh tomatoes, chopped
- 1 cup corn
- ½ cup chopped cilantro
- Juice of 1 lime, divided
- 1 tbsp chili seasoning
- 2 avocados
- Pinch of salt

Sweet Potatoes:

Preheat oven to 400. Using a fork, poke a few holes in sweet potatoes all around. Line a baking tray with parchment paper or coat bottom with a thin layer of oil. Brush sweet potatoes with 1 tbsp oil. Bake for 40 minutes to 1 hour, or until fork tender.

Filling:

Heat olive oil in a large skillet on medium-high heat. Add onions and cook, stirring, for about 5 minutes or until they start to soften. Stir in the black beans, tomatoes, and corn, and cook until everything is hot, about 3 more minutes. Finally, add the cilantro, 1 tbsp lime juice, and chili seasoning. Stir to combine and remove from heat.

Guac:

Mash avocados in a bowl with the remaining lime juice and a pinch of salt.

Assembly:

Slice cooked sweet potatoes in half and fill each with ¼ of the black bean mixture. Top each with ¼ of the guacamole.

Serves 4.

Enjoy!