

— GET — STARTED GUIDE



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Setting Yourself up for Positive Change

Congratulations! You have taken a really important step towards living a healthier life by purchasing your “Getting Started Kit” of beautiful, right-sized dishware from Livliga. In order to make a lasting change we all know we can’t keep doing the same things in the same setting. In fact, in order to change the way we do things, we absolutely need to change our environment. Right-sized dinner plates are a key change. There are also some other steps we can take to really own how we live our lives.



Here are some ideas that have proven to be successful for others:

- Clean out your cabinets of pre-packaged and highly processed foods including cookies, chips, crackers, candy, health bars, etc.
- Clean out your freezer and refrigerator of your “trigger” foods from ice cream and chocolate syrup to soda pop and yogurts high in sugar.
- Give away or box up your over-sized dishes. If you keep them around, including your huge mugs and wine glasses, you will use them and continue to over serve yourself.
- Make a space for your new Livliga dishes. Think about where you will want to store the other pieces of Livliga you will want to acquire to continue to right-size your eating environment.

Starting Fresh

Once you have gotten rid of the not-so-healthy foods, it is time to set yourself up with fresh and visually satisfying foods.

- Buy fresh vegetables from celery, carrots, jicama, red/yellow/orange peppers, and grape tomatoes (and any other veggie you like); cut them up and package them ready for your snacks and lunches for the week ahead.
- Buy a variety of fruits and vegetables, paying attention to what is in season and the best buy, so you keep your food interesting. Avoid getting bored by having something you can look forward to eating always available.
- Put the healthy foods in the front of your refrigerator and cabinets so you are not distracted or tempted by less healthy foods.
- Commit to a specific time each week for getting organized for the week ahead with groceries, snacks, and meals.

- Think through how you can fit in healthy activities and exercise each day for the next week, put it on your calendar, and invite people to join. Then make it a habit.
- Spend time planning your menus and meals for the week ahead. This is different than picking a recipe you want to try. It needs to be balanced and include all food groups. It also needs to be filling, meet your calorie requirements, and appeal to you visually.

Feeling a little overwhelmed? Use the [Livliga weekly menu planner](#) and check out the [Live Vibrant blog](#) and the [Livliga](#) website for menus, recipes, and resources.



VEGETARIAN MENU

TOTAL CALORIES: 498

RECIPES

- OVERNIGHT VEGETARIAN LASAGNA
- TOSSED GREEN SALAD WITH LEMONY VINAIGRETTE
- WHOLE GRAIN ROLL

Overnight Vegetarian Lasagna

Prep time: 20 minutes (the day before)
Chill time: 8 hours (overnight)
Bake time: 1 hour
Rest time: 15 minutes (before serving)
Calories per Serving: 308
Serves: 8

Ingredients

- 1 (14½oz) can stewed tomatoes with basil and garlic, undrained
- ½ cup low fat, no-salt-added pasta sauce
- 2 cups nonfat cottage cheese
- ½ cup grated Parmesan cheese
- ⅛ tsp ground pepper
- Cooking spray, olive oil flavor
- 9 whole-wheat lasagna noodles, uncooked
- 12 oz fresh zucchini, trimmed and shredded (about 3 medium)
- 6 (1oz) slices provolone cheese, cut into strips

Preparation

1. Combine tomatoes and pasta sauce; stir well, and set aside.
2. Combine cottage cheese, Parmesan cheese, and pepper; stir well, and set aside.
3. Spoon one-third tomato mixture into bottom of a 13 x 9 x 2 inch baking dish coated with cooking spray. Place 3 uncooked lasagna noodles over tomato mixture; top with one-third zucchini. Spoon one-third cottage cheese mixture evenly over zucchini; top with 2 slices provolone cheese. Repeat layers twice with remaining tomato mixture, noodles, zucchini, cheese mixture, and provolone slices.
4. Cover casserole and refrigerated overnight.
5. Cover and bake at 350° for 45 minutes. Then uncover, and bake 15 additional minutes.
6. Let stand 15 minutes before serving.



Tossed Green Salad with Lemony Vinaigrette

Prep time: 5 minutes
Cook time: None
Calories per person: 40
Serves: 8

Ingredients

Salad

- 2-10 oz bags of mixed greens

Lemony Vinaigrette

- 2 Tbsp lemon juice
- 2 Tbsp Water
- 1 Tbsp Dijon mustard
- 1 tsp Olive oil
- ½ tsp Tarragon

Preparation

1. Wash lettuces. Tear larger leaves into bite-sized pieces.
2. Place handful of the mixed greens per person into a salad bowl.
3. Add all the ingredients of the vinaigrette into a jar with a top. Shake until thoroughly mixed.
4. Pour 2 Tbsp of dressing per person over the mixed greens.



Whole Grain Roll

Prep time: Follow package instructions
Calories per Serving: 110 per roll +
40 for olive oil
Total Calories: 150

Serves: 8

Ingredients

- 8 store bought whole grain rolls
- 1 tsp Olive oil
- Pinch of herbes de Provence
- Sea Salt

Preparation

1. Follow instructions on the package. Heat and Serve. Place a teaspoon of olive oil with a pinch of herbes de Provence and a sprinkle of sea salt in the dollop on your plate to dip your roll. One roll per person.



FISH

MENU

TOTAL CALORIES: 441

RECIPES

- SALMON WITH A LEMON & MAPLE SYRUP GLAZE
- BROWN RICE PILAF WITH ORANGE ZEST
- STEAMED LEMONY SNOW PEAS

Salmon with a Lemon & Maple Syrup Glaze

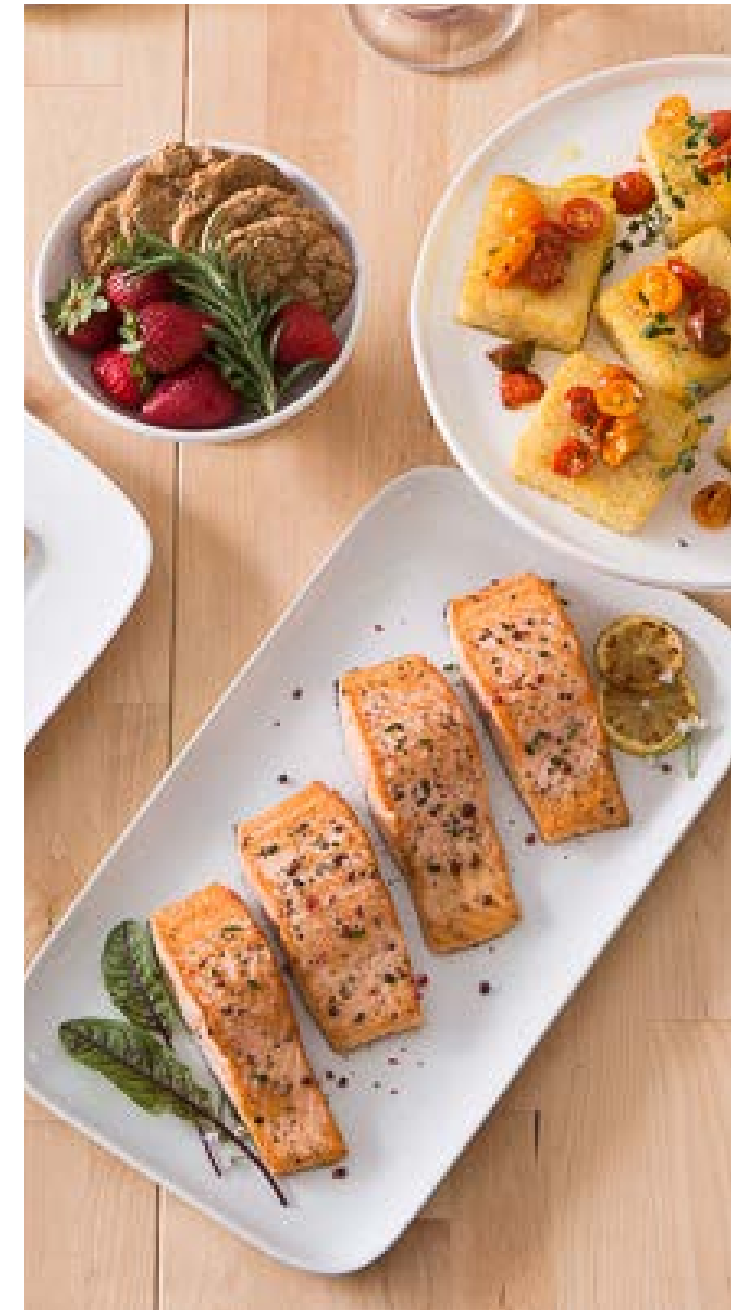
Prep time: 10 minutes
Chill time: 10 minutes
Cook time: 10 minutes
Calories per Serving: 287
Serves: 4

Ingredients

- 2 Tbsp fresh lemon juice
- 1 Tbsp maple syrup
- 1 Tbsp water
- ½ Tbsp apple cider vinegar
- ½ Tbsp olive oil
- 1 ¼ lbs salmon fillet
- Salt
- Pepper
- Cooking Spray, Olive Oil Flavor

Preparation

1. Preheat broiler.
2. Combine first five ingredients in a Ziplock bag. Add salmon.
3. Marinate salmon for 10 minutes in the refrigerator, turning bag once.
4. Remove fish from bag, reserving marinade.
5. Heat a large oven proof nonstick skillet (cast iron is ideal) over medium-high heat. Sprinkle fish evenly and sparingly with salt and pepper. Coat pan with cooking spray. Add fish to pan, skin side up; cook five minutes.
6. Turn fish over; brush marinade evenly over fish. Broil 3-5 minutes or until fish flakes easy when tested with a fork or until desired degree of doneness.



Brown Rice Pilaf with Orange Zest

Prep time: 5 minutes
Cook time: 55 minutes
Calories per Serving: 118
Serves: 4

Ingredients

- $\frac{3}{4}$ cup brown rice, rinsed and cleaned
- $1\frac{3}{4}$ cups water
- 1 tsp chicken stock granules, reduced salt
- 1 tsp fresh orange zest
- $\frac{1}{4}$ tsp ground ginger

Preparation

1. Put the first 3 ingredients in a saucepan and cover. Bring to a boil and then set to simmer for 45 minutes.
2. Add zest and ginger right before serving, stirring until new ingredients are integrated throughout the rice.



Steamed Snow Peas

*Prep time: 5 minutes
Cook time: 3 minutes
Calories per Serving: 36
Serves: 4*

Ingredients

- ½ lbs snow peas
- 1 tsp chicken stock granules, reduced salt
- 1 tsp fresh lemon zest
- Dash of garlic powder, California-style

Preparation

1. Bring water and chicken stock granules to a boil in a steamer. Add snow peas. Steam for 3 minutes.
2. Remove from heat immediately.
3. Sprinkle garlic powder and zest right before serving. Serve 1 cup per person.



CHICKEN

MENU

TOTAL CALORIES: 418

RECIPES

- SWEET & SPICY CHICKEN THIGHS
- ROASTED BUTTERNUT SQUASH
- STEAMED BROCCOLI

Sweet & Spicy Chicken Thighs

Prep time: 10 minutes
Cook time: 14 minutes
Calories per Serving: 321
Serves: 4

Ingredients

- 2 tsp garlic powder, California-style
- 2 tsp sauce chili powder
- ½ tsp salt
- 1 tsp ground cumin
- 1 tsp Hungarian sweet paprika
- ⅛ tsp cayenne
- 4 Skinless, bone-in chicken thighs
- 3 Tbsp honey
- 1 tsp apple cider
- Cooking Spray, Olive Oil flavor

Preparation

1. Preheat broiler.
2. Combine first 6 ingredients in a small bowl. Stir to blend.
3. Place chicken on a broiler pan coated with cooking spray. Sprinkle with spice blend on both sides.
4. Broil 6 minutes on each side.
5. Combine honey and vinegar in a small bowl; blend well. Remove chicken from oven; brush top of chicken with ½ of the honey blend. Broil 1 minute. Turn pieces over and brush remaining honey mixture onto top of chicken. Broil for 1 more minute or until chicken is done.



Roasted Butternut Squash

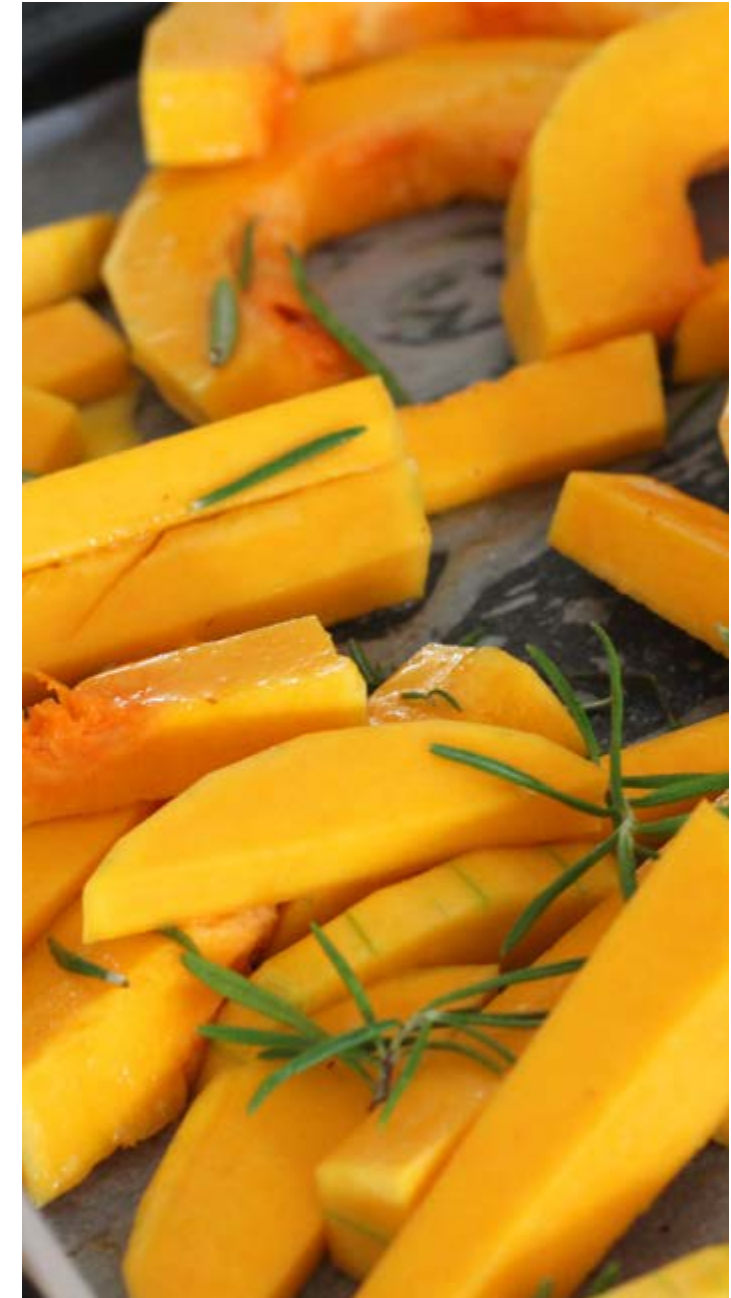
*Prep time: 10 minutes
Cook time: 35 minutes
Calories per Serving: 63
Serves: 4*

Ingredients

- 1 butternut squash, peeled and cubed
- 1-2 Tbsp squash rub
- Cooking Spray, Olive Oil Flavor

Preparation

1. Preheat oven to 375°.
2. Place cubed butternut squash in a bowl. Sprinkle with rub. Lightly spray squash with olive oil spray. Mix well.
3. Spray cookie sheet with olive oil spray.
4. Place squash on a cookie sheet.
5. Bake for 35 minutes.
6. Serve $\frac{3}{4}$ cup per person.



Steamed Broccoli

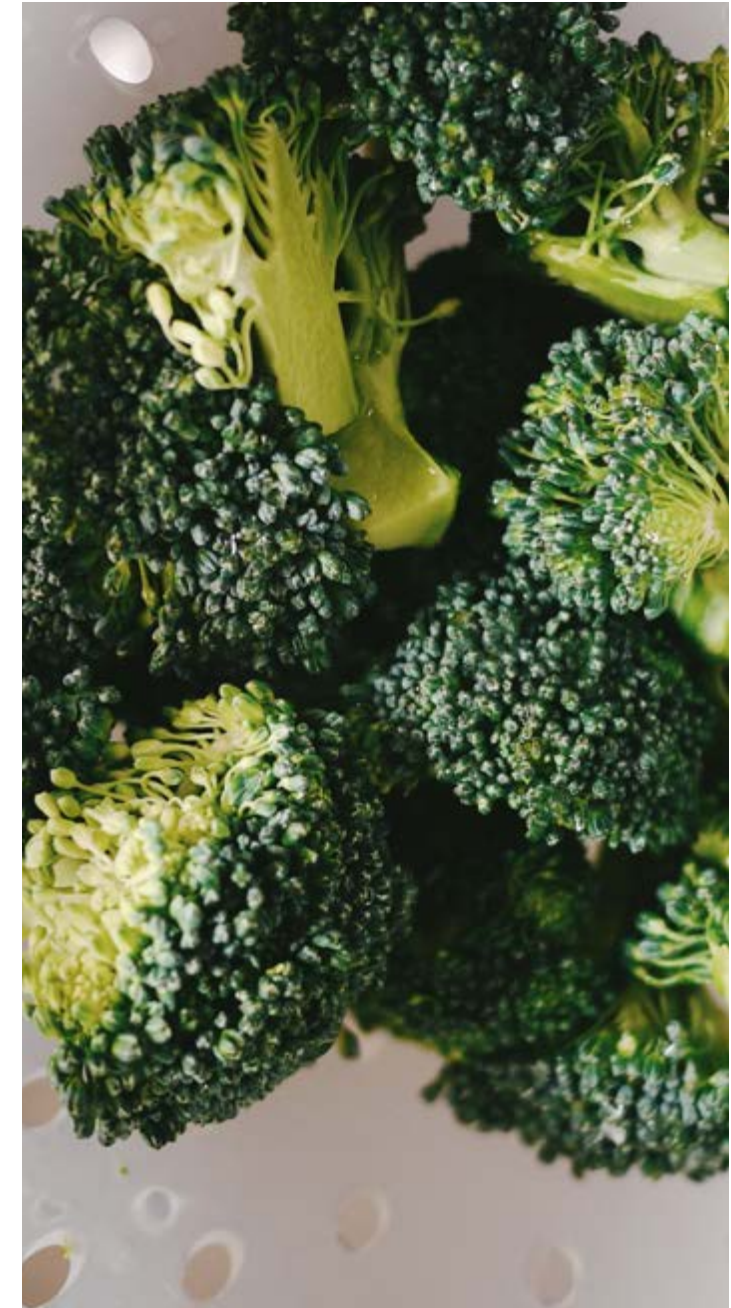
*Prep time: 5 minutes
Cook time: 8-10 minutes
Calories per Serving: 34
Serves: 4*

Ingredients

- 1 bunch of broccoli, washed, trimmed and cut into florets
- 2 tsp lemon juice
- 1 tsp lemon rind

Preparation

1. Steam broccoli in a steamer until you can pierce with a fork but the color is still vibrant green (about 7 minutes).
2. Toss with lemon juice.
3. Sprinkle with lemon rind.
4. Serve 1 cup per person.



Measuring Your Portions

Your plates are your guide. Serve up these recipes in the amounts and on the icons as indicated and enjoy a right-sized, tasty meal on your beautiful plates.

Here is a map of the measurements and system that Livliga provides. Remember, each Livliga dinner plate has a map on the bottom for your easy reference.



The Importance of Right-Sizing Your Environment

The more you right size your world the easier it will become to eat and drink right-sized amounts for the healthier life you are committed to building and sustaining. You started with the dinner plates. Consider which dishes or glassware you will acquire next. You have many choices from the side plate, bowl, mug, beverage glass or wine glass. And don't forget our award-winning LivSpoons! What will make sense for your life?

We are here to support you by providing insight and tools including the things we have learned, the recipes we have created, the meals we have designed, and the variety of tableware we have developed.



Paying Attention to your Environment

It is so important to be mindful as part of your new approach to a healthier life. So much of our eating is done without awareness or thought. Choosing Livliga dinnerware is a deliberate act to right size your world and your portions. The composition of each plate from the use of a wide rim and smaller well to the colors chosen for each pattern are all positive parts of the psychology of eating incorporated into Livliga to support your success.

On the next page we have further suggestions on the ways to pay attention to your food environment to make it work best for you.



Paying Attention to your Environment Cont.

1. Only eat with right-sized dinnerware.
2. Surround yourself with cooler colors where you eat (avoid hot reds, yellows or oranges).
3. When you eat it is important to both sit down and be in a place meant for eating.
4. Take a deep breath and relish each bite you take.

5. Diminish the amounts of salt, fat, and sugar you add to your food.
6. Diminish the amount of prepackaged foods you use.
7. Focus on preparing fresh foods.



Paying Attention to your Environment Cont.

Want to learn more about the psychology of eating and the science behind our plate? We have a FREE ebook you can download.

It Is All About Our Eyes:
How Livliga's Plates Change Your Behavior eBook



Taking the Next Step

Use your Livliga dinner plates every day and for every meal.

Enjoy their beauty and the way they naturally guide you to put the right amount of food in the right proportions on your plate for the right-sized, balanced meals you seek for a healthier lifestyle.

Once you have enjoyed your dinner plates the next step will be to add to your Livliga Collection to support right-sizing all of your eating



environment. It will be hard to choose what comes next! For some it may be the cereal bowl or side plate, for others the wine glass and beverage glass may make the most sense. And for those of us who enjoy our morning tea or coffee, the mug is a must. All of these are available in sets of 4 to make it convenient to add to your collection. When you are ready, go to [Livligahome.com](https://www.livligahome.com) to order your next sets of beautiful Livliga dinnerware in the pattern of your choice.

Taking the Next Step Cont.

And whether you are cooking or serving a meal the best utensil around to use is the [LivSpoon](#)[®].

These versatile and chic measuring cups now come in six sizes so you are sure to have all the sizes you need to prepare and serve healthy recipes. These award-winning tools are a must for a healthy lifestyle kitchen!

Enjoy! And Live Vibrant!



Additional Resources

We wanted to make sure you have resources handy to help you in your journey for a healthier lifestyle. It is a journey and one you can have so much fun pursuing in conversation with others and with these resources at your fingertips. On the next page are some we have found useful.



Additional Resources Cont.

Great for conversation and information



Blog.LivligaHome.com



[Twitter.com/LivligaHome](https://twitter.com/LivligaHome)



[Facebook.com/LivligaHome](https://facebook.com/LivligaHome)



[Instagram.com/LivligaHome](https://instagram.com/LivligaHome)



[Pinterest.com/LivligaHome](https://pinterest.com/LivligaHome)



LivligaHome.com

Great for healthy recipes:

Blog.LivligaHome.com

BariatricFoodie.com

DiabeticFoodie.com

Cookinglight.com

MyRecipes.com

Yummly.com

Great for information:

Myplate.gov

Myfitnesspal.com

TheCalorieCounter.com

Additional Resources Cont.

Great FREE and Downloadable eCookbooks:



[Just Right Set® Recipes and Resources for the Bariatric Community](#)



[Living Life to the Fullest Recipes and Resources for the Diabetes Community](#)



[Celebrate the Holidays with Delicious Healthy Baking Recipes](#)

About Us



Sheila Kemper Dietrich, Founder and CEO of Livliga, created the VisualQs philosophy based on her professional experience as Executive Director of The American Heart Association–Denver as well as her personal experience in waging the war against obesity and her desire to embrace a healthier lifestyle.



Walt Dietrich serves as Livliga's CFO and COO. He blends his extensive background in both for-profit and non-profit business management with experience in fields as diverse as finance, distribution, visual arts and design.

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mindful eating



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