

## How food keep me from Alcoholism #REL101

We all joked about either coming out of this pandemic great cooks or alcoholics, I did not know how true this was. I have been struggling with drinking for a few years now and not until last year was, I made aware of the problem and cut out all drinking save for birthdays and special occasions. At the start of quarantine, I promised myself that I would not partake and so started focusing on cooking. These are a few:



Sausage with  
rice



Asiago encrusted  
Salmon with Asparagus



Blackberry  
crumble



Eggs in Purgatory  
with Focaccia

I had a lot of time to reflect during this quite time alone and I found that I really enjoyed cooking and trying new things. I think I took 3 or 4 time before I got the focaccia right. Branching out was full of surprises.



asiago popcorn  
chicken with  
honey mustard.



Three berry  
coffee cake



Broccoli beef with  
garden veggie ragoon



Triple baked mac n  
cheese with focaccia

I'm thankful that I found something to channel my energy during quarantine and it also gave me a chance to look at my diet and how I could eat healthier. Even with all the carbs I was able to lose 10lbs over a few mouths span. #REL101