



Girl on a Mission

By Adina Kaplan

One challenge. One coach. Real change.

DEAR WHISK,

I need help breaking a cycle I've been stuck in for way too long.

Basically, my eating habits are awful. I drink a lot of coffee and eat a lot of chocolate throughout the day. Calories aside, I know it's affecting my concentration, my patience, and my energy, but I can't stop.

When I do cut back, I feel so much better, but then life gets stressful again... and I'm back to my coffee and chocolate.

The timing is perfect right now—I have a simcha coming up this summer, and I really want to look and feel my best. But I need someone to give me a clear plan, tell me exactly what to do, and hold me accountable.

Can you help?

Aliza

MEET ALIZA

Running on coffee and chocolate

Aliza, 44, lives in Shomron with her husband and five kids (ages 5-12), and runs her own business from home helping small companies automate their processes. She works 9 AM to 3 PM, with occasional evening calls for meetings with US clients.

Here's what a typical day looks like:

- 6:30 AM** → Wakes up
- 7:00 AM** → Coffee #1 with chocolate
- 8:30-9:00 AM** → Breakfast, coffee #2 with chocolate.
- 12:00 PM** → Coffee #3 (sometimes with chocolate)
- 1:00-1:30 PM** → Lunch
- 2:00 PM** → Sometimes coffee #4
- 5:00 PM** → More chocolate
- 7:00-9:00 PM** → Dinner
- 10:30-11:00 PM** → Bed



She's organized, capable, and seems to balance it all—as long as she has her coffee and milk chocolate.

When I asked her what her three meals consist of, she laughs. "I'm French. So I have carbs at every meal. A baguette for breakfast, pasta for lunch, rice with dinner—there are always carbs. I grew up like that."

When I ask her why she wants to focus specifically on her coffee and chocolate intake, she explains.

"I know too many carbs are a problem," she admits. "But the coffee and chocolate affects me in a different way. I see it in how I concentrate on work, my patience with my kids... everything. But once I start with my first bite at 7 AM, it just continues all day."

The hip pain that made it real

A few months ago, Aliza contracted severe hip pain. It was so bad some days that she couldn't walk.

"A friend suggested that it might be inflammatory and that reducing my sugar can help," she says.

She cut out cookies and baked goods and switched from milk chocolate to 80% dark chocolate.

Within a week, the pain disappeared.

Gone.

"That's when I realized: sugar really is affecting my body. It's not just about weight or energy; it's actually causing physical problems."

She's kept to the no cookies or baked goods, but as soon as things got stressful, she went right back to her milk chocolate.

"And it affected my thinking and vision immediately," she says.

The pesach effect

I asked her how she managed over Yom Tov.

"Pesach was actually nice because we were on an eating schedule," she said. "Because I work from home, mealtimes aren't set. I'll get deep in a project, and all of a sudden it's 1 PM and I'm starving and grabbing whatever is easiest to prepare."

And because she's not a matzah person—"I'm a baguette person all the way," she laughs—she wasn't eating carbs as much as usual.

Again, she felt the difference.



WHAT SHE NEEDS

"I know when I eat less sugar, I feel better. I saw it over Pesach. I saw it when I cut out baked goods. I know it works." But she can't do it alone.

"I need a nutritionist to walk me through and show me exactly what to eat and what not to eat," she says. "And peer-support would be amazing too."

I ask her why she thinks this will work.

"My biggest fear is failure. So if I have to report back to someone, you bet I'll be keeping to it."

WHAT SUCCESS LOOKS LIKE

Aliza has wanted to do a reset for a while. But there was always something—missed deadlines, got sick, life got in the way.

But now?

"I owe it to myself not to push it off any longer," she explains. "My eating got so much worse during the Iran war and really opened my eyes. I can't keep doing the way I am. Plus, I have a bat mitzvah at the end of June that I really want to look and feel good for, so it'll be helpful for me

to have an end goal in mind."

Until now, Aliza's day has been fuelled by carbs, caffeine, and chocolate.

But she's ready to see what life looks like without it. She knows the caffeine withdrawal will be hard, headaches and all. But she's ready.

"My goal is to just get through a reset, and prove that I am even capable of breaking this cycle."

She smiles.

"Let's do this."

NEXT WEEK: We connect Aliza with a 5 Day Reset by Dalia Brunschwig, of Fully In Balance, a health coach who has helped hundreds of women. Can a mother of five finally break the coffee-and-chocolate cycle she's been stuck in for years?

► **Do you have a kitchen-related goal you're struggling with? Maybe you want to finally organize your pantry, get your kids to eat vegetables, or master sourdough. Whatever your kitchen challenge is, we want to help.**

Write to us at whisk@amimagazine.org

Please include: your name, location, your goal, what you've tried so far, and why this matters to you.

Let's tackle it together.