**Been There, Done That**  
It’s a phrase we throw around a lot in our everyday  
conversations. All of us have different  
“Been There, Done That” lists. Mine  
consists of things like camping where there are no showers, watching scary  
movies, heating the house via a wood-burning stove. My husband’s list would probably read  
something like going to the ballet, attending a Jack-and-Jill shower, eating a  
frozen dinner (on second thought, he probably has never had the pleasure, but  
if he should. I’m confident it will make his BTDT list).   
Now think about your list. I bet you noticed right away that there is a  
common thread running in all our lists: Experiences we have labeled even more  
emphatically than never again!  
Been there, done that.   
Just four words, but what a clear, no-nonsense message they  
deliver. It’s our own short-talk for  
“sorry, buddy, ain’t no way I’m gonna go down that road again!” So here’s what  
puzzles me. Why is it that some of our  
most negative experiences never make it to this list? Examples, anyone?  
How about a time you might have overeaten, had too much  
to drink, driven too fast, spent too much money, got too much sun.   
I know I’ve experienced some of these events more than  
once. I even recall being a young adult,  
lying in my spinning bed at 3 a.m., moaning “never again!” had too much to  
drink-but I can’t. Suffice it to say at  
that time immaturity kept the extra cocktails coming.   
As for an overeating experience, let’s just say I do  
have some memory of thinking “never again!” as I undid my pants button on the  
car ride home from a social event. But I  
never thought about putting these items on my “been there, done that”  
list. After all, I love food, and I do  
enjoy a social cocktail or two. So how  
could I possibly add these things to a list that has such finality?   
The light bulb just went on above my head.   
If I want to put a stop to a negative behavior, it  
might help to pare it down. Take the  
overeating, for example. Although it  
isn’t possible to take food out of my life totally (thank goodness), it might help  
to discover where in my daily experience eating turns into overeating. Is it  
when I go back for seconds?   
Or is it the unconscious eating that gets me into  
trouble? Unconscious eating makes me  
feel out of control, but what I really react to is that feeling of being  
overstuffed. That’s the “been there,  
done that” experience I want to eliminate from my life.   
I know just putting unconscious eating on my list won’t  
stop me from overindulging, but it’s a start.  
It will raise my awareness. It will remind me that I hate the feeling of  
being stuffed and of not even remembering what it was I ate that caused this  
feeling.   
Putting it on my list will remind me that I hate this  
bloated feeling as much as I hate spinning beds.   
So the next time a friend asks if I want to go to the  
new all-you-can-eat buffet in town. I’ll  
be able to answer, “Been There, Done That. And never again!”  
  
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6 PointsPlus Value

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| Ingredients | *PointsPlus Value* |
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| --- | --- |
| 2 cup(s) (chopped) lettuce | 0 |
| 1/2 cup(s) canned black beans \* | 2 |
| 10 medium grape tomatoes | 0 |
| 1/4 cup(s) uncooked carrot(s) | 0 |
| 1/4 cup(s) uncooked bell pepper(s) (diced) | 0 |
| 6 item(s) baked low fat tortilla chips (coarsely broken)\* | 1 |
| 2 Tbsp shredded reduced-fat Mexican-style cheese \* | 1 |
| 2 Tbsp reduced fat ranch dressing \* | 2 |

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| Instructions |  |

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| Combine lettuce, beans, tomatoes, carrots and pepper in a bowl; toss with chips, cheese and dressing. |

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| Swaps |  |

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| For a gluten-free meal, ensure that canned beans, tortilla chips, cheese, and salad dressing do not contain gluten.  (These swaps may affect ***PointsPlus***® values.) |