



## Recap Habit of the Week for Lesson 3

How did you do removing the Top 9 Kitchen Offender Foods from your kitchen? Were there foods that you didn't remove that you need to still get rid of? Ask yourself why you hung onto these items. Do you (or members of your family) really need them?

If you kept one (or more) of these foods in your house, it is important to be honest with yourself: Can you deny food cravings with this food in the house and not eat it? Do you think that maybe you are able to keep it as a once-a-week food choice without it derailing your healthy eating habits?

No food should be completely off-limits. Realize we can have nearly everything in moderation. The problem lies in people's definition of moderation; it soon becomes a daily occurrence, and they are left wondering why they can't get rid of those last stubborn pounds or inches of body fat, when the answer is as simple as their "occasional" indulgences. Moderation should mean no more than once a week, but it definitely doesn't mean every other day.

Remember that the best way to stick with your lean eating plan is to stock your kitchen with foods that help your body look and feel its best. If you only have good foods in your kitchen, you won't have anything bad to reach for when the midnight munchies hit or when you have a bad day and just want to eat.