



## Lesson 3—Cleaning Out Your Kitchen

### Introductory Habit for the Week

Welcome to Lesson 3—Cleaning Out Your Kitchen! In this lesson, you will learn how to make your kitchen as healthy as possible so it is conducive to a lean lifestyle. You're going to be educated on the Top 9 Unhealthy Kitchen Offenders, including scary ingredients and dangerous additives. You'll then learn with what items you should ideally stock your refrigerator, freezer, and cupboards. This includes safe, effective cooking tools that will help you sustain a great-looking, healthy body. Then, we'll give you a quick grocery list that you can take with you to make your shopping experience easier and leaner.

***For this week, your nutrition habit is to purge your kitchen cupboards and refrigerator/freezer of the Top 9 Kitchen Offender Foods.*** If you have these items in your house, you should remove them—yes, even if another person in your household wants them, as they're not ideal for anybody!

### Top 9 Kitchen Offender Foods

#### 1) Ice Cream

All ice cream, even fat-free and sugar-free varieties, are not helpful for anyone's waistline. Most people can't resist, so it's best to just remove it.

#### 2) Chips, Crackers, Popcorn

You may balk at the idea of taking crackers out of your cupboards, but think about this: What nutritional benefit do crackers serve that can't be met with either a fresh fruit or vegetable? None. Besides, most crackers contain salt and processed vegetable oils that you would not find in a vegetable. Next time you have hummus, pair it with bell peppers and baby carrots instead of crackers, and your body will look and feel better.

#### 3) Cookies and Chocolate

Can you think of any reason these need to be in your kitchen? Sure, maybe your kids like them, but so do you. The combination of sugar and fat only satisfies temporarily and doesn't help your body look any leaner.

#### **4) Microwave Meals**

These simply are not "lean" or a "healthy choice." If you really have no time to make a meal, throw together a smoothie with plain Greek Yogurt, berries, peanut butter, and Almond Milk; grab a jar of natural peanut butter and pair it with an apple; mix together some almonds and raisins; or grab a container of hummus and a bag of baby carrots. All of these things are easy to make and eat and are much better than any microwave meal, which are often loaded with sodium, preservatives, and unhealthy oils and other additives.

#### **5) High Sugar "Breakfast" Items (e.g., waffles, sugary cereals, bagels, granola bars)**

None of these items contribute anything nutritious to your breakfast meal. If you're always in a rush, boil some eggs the night before and have them in the morning with a banana and a glass of milk, or mix plain yogurt with berries and sunflower seeds. Although most people don't consider them for breakfast, there are plenty of healthful and nutritious breakfast choices, such as the two listed above.

#### **6) Soda**

Whether it's diet or regular, neither are good for your body at all. Even fruit juice and flavored milks are not great. Ideally, you should meet your hydration needs from water, tea, coffee, seltzer, and unsweetened milks. Last week's lesson was designed to help you achieve your hydration goals.

#### **7) Alcohol**

Sure, an occasional drink of wine or beer is fine (occasional means once a month, not once a week), but if you think that a glass of wine every night isn't hindering your ability to look better in a bikini or swimming trunks, you might be a bit tipsy: It most certainly is! Be honest with yourself and understand that alcohol not only inhibits fat burning but also causes your body to store all other calories as fat. This is a poor way to look better naked.

#### **8) "Diet" Foods**

The word "diet" simply means, "a way of eating," but these foods are not the way to go at all. They are devoid of most good nutrition, and although they usually are low-calorie, they do not help people look leaner or feel better. In fact, the sugar and fat-replacers in these foods actually make your body crave more sugar and want more fat. Besides, as we learned in Lesson 1, it is better to choose whole foods rather than overly processed varieties.

## **9) Breads and Flour Products (e.g., bagels, muffins, crackers)**

These foods are usually just delivery vehicles for something more nutritious like tuna, peanut butter, or eggs. However, those foods can be eaten without bread just as easily and much more nutritiously. If you really want to have bread, choose sprouted-grain breads, which are actually made of whole grains and not flour. These breads can be found in most grocery stores today; some are found in the freezer, and some are on the shelves. They're much better and tastier than processed flour breads.

Work hard to get these items out of your house, or at least greatly minimize them. Your health will improve, and your body will look and feel better as a result of removing these items from arms reach.