



# *Eat With Me*

# *Train With Me*

## *Week 4: Kitchen Cleanout*



*8 Week Nutrition Program*

*Julie Markoska, Dietitian & Nutritionist*

## Kitchen Cleanout

Eating well means preparing most of your food yourself at home. It's hard to be successful and organised if your kitchen is a mess and full of junk food.

An environment that is void of unhealthy tempting snacks and that makes healthy food choices easy food choices is absolutely essential to optimise your diet. **You need to ruthlessly throw out all heavily processed and refined foods, sugary snacks and toxic beverages, and replace them with healthy wholesome REAL food.**

If you live with family or share food with your housemates, getting rid of all that junk food can be difficult. That's why it's so important to share your game plan with them and get them on board. If you can't do a proper kitchen cleanout then you need some serious will power or you will be dangerously at risk of falling foul to temptation.

**The kitchen cleanout involves four steps:**

1. Getting rid of all the junk food in your pantry, fridge, freezer, desk draw and anywhere else you may be hiding food.
2. Deciding which foods to keep & what you need to put on your shopping list
3. Making sure you have the right tools of the trade to prepare delicious healthy snacks and meals
4. De-cluttering your kitchen space and storing food properly to give you a nice spacious area for food preparation



# eat with me, train with me

## Step 1: Junk food throw out

### Foods to ruthlessly throw away

- Any foods that are out of date and any long life products that have been opened and not used for months, such as sauces, pastes and salad dressings.

### Pantry

- All sugary and fatty breakfast cereals. You can keep plain rolled oats, natural untoasted muesli with no added sugar (check the ingredient list), plain instant oats (although rolled are a better choice), plain Weet-Bix, Oat Brits and plain All Bran. Everything else gets thrown in the trash.
- Biscuits
- Chips
- Crackers eg Jatz
- Lollies
- Cakes and slices
- Marshmallows
- Muesli bars
- Muffins
- Chocolate (you can keep it if it is >70% dark chocolate)
- rollups, Le Snacks, pop tarts
- white bread

### Fridge & Freezer

- garlic bread
- frozen pizza
- frozen ready to eat meals
- frozen pies, sausage rolls, fish fingers, pastizzi
- Pastries
- Ice cream
- Soft drinks, cordial, fruit juice (100% fruit juice is ok to keep)
- Fatty bacon
- Sausages (unless they are lean)
- Creamy sauces
- Mayonnaise
- Commercial salad dressings (check the label, some may be ok. If you're not sure please ask me)
- Butter
- Margarine
- Sugary flavoured yoghurt
- Fatty canned meat eg Spam
- Processed fatty deli meats such as salami, pepperoni,

**Throw out all other junk. If you're not sure if it's junk – ASK ME!!**

# *eat with me, train with me*

## **Step 2: Foods to keep or add to your shopping list**

### **For the pantry:**

- Canned legumes (eg lentils, beans and chickpeas)
- Canned tomatoes
- Canned fish including tuna, salmon, sardines and mackerel
- Tomato paste
- Tomato-based sauces (no added sugar)
- Grainy bread
- Mountain bread
- Cold-pressed extra virgin olive oil
- Couscous
- Dried beans
- Dried pasta
- Herbs and spices (eg chilli flakes, black pepper, mixed herbs, paprika, dried basil, oregano, curry powder, cinnamon, cumin, nutmeg)
- Light soy sauce
- Oyster sauce
- Olive oil spray
- Chilli sauce (low sugar)
- Sesame oil
- Cocoa powder
- Olives
- Rice (basmati or brown)
- Healthy breakfast cereal
  - Rolled oats
  - natural untoasted muesli with no added sugar (check the ingredient list)
  - plain instant oats (although rolled are a better choice)
  - plain Weet-Bix
  - Oat Brits
- Stock (cartons or cubes) – check that there is no added MSG
- Sultanas
- Balsamic vinegar

### **For the freezer**

- Free-range, skinless chicken breasts
- Fish fillets from the fish market
- Lean red meat eg beef stir-fry strips, lean beef cubes or fillets, lean pork stir-fry strips, lean kangaroo steak
- Frozen peas
- Frozen berries
- Frozen stir-fry vegetables
- Any other snap frozen vegetable you enjoy eating
- Grainy bread

# *eat with me, train with me*

## **Step 2: Foods to keep or add to your shopping list (cont.)**

### **For your fridge**

- Fresh fruit including lemon and avocado
- Any fresh vegetables you like, but be sure to always have some of the following salad vegetables handy:
  - Lettuce
  - Rocket
  - Cucumber
  - Avocado
  - Tomatoes
  - Radish
  - Capsicum
  - Cabbage

If one of your goals is weight loss, you should limit starchy vegetables such as corn, potato, pumpkin, sweet potato, beetroot, parsnip and peas, until you reach your goal. However, eating starchy vegetables is better than not eating vegetables or eating junk and no-one ever got fat simply eating peas. It's the added butter, salt, cheese and cream that we add to starchy vegetables that makes them fattening. So there's no need to cut out starchy vegetables completely, just keep an eye out on your portion sizes and condiments and make sure you have lots of non-starchy vegetables too.

- Natural low fat yoghurt
- Fresh Garlic
- Eggs
- Reduced fat cottage cheese or reduced fat ricotta cheese
- Skim or light milk or low fat soy milk
- Lean deli meat for sandwiches such as turkey, lean ham, lean roast beef slices
- reduced fat feta cheese
- Parmesan cheese





# *eat with me, train with me*

## **Step 2: Foods to keep or add to your shopping list (cont.)**

### **Organic & free range**

If you can afford it and it is available, organic (and free range for eggs and chicken) is always the better choice. However, it is more important that you are eating the right types of foods as opposed to organic foods that are really just junk food eg certified organic muffins.

### **Eat REAL food**

The healthiest foods are those that are as close as possible to their natural state with minimal processing and packaging. The less human interference the better. When choosing composite packaged foods, the general rule is that the shorter the ingredients list is the better, and try to choose foods with ingredients that you recognise as foods and can actually pronounce.



# *eat with me, train with me*

## **Step 3: Kitchen tools of the trade**

It's impossible to cook healthy meals without the right kitchen tools. If you usually eat out or ready prepared meals then you may not have the equipment necessary for home cooking. Or you may cook at home all the time and your tools may be worn and in need of replacement. That's ok though because most of this stuff is cheap and easy to get.

Check your cupboards and draws to make sure you have the following:

- Steamer
- Colander
- Large non-stick fry pan (can double as a wok). It's worth getting a good one if you can. The heavier the pan the better it is. **I cook almost everything with almost no oil in my non-stick pan.** I use a Circulon pan, but anything similar in weight & price will do the job.
- Peeler
- Kitchen scales
- Measuring cups
- Measuring spoons
- Several chopping boards (always use a separate one for meats and a separate one for vegies)
- Food storage containers
- Air lock plastic bags



# *eat with me, train with me*

## **Step 4: De-clutter your bench space**

Your kitchen bench is not a space for storing the previous tenant's mail from 2 years ago or your phone bill or your work bag. Nor is it a place for storing that sandwich press you use every 2 months or the blender that's gathering dust. It's almost impossible to prepare food in a cluttered, messy kitchen and can even be used as an excuse for getting take out or having a microwave meal. This is not on – you don't need yet another barrier to healthy eating. You need to have a clear bench top so that food prep is fun and easy and something to look forward to. Do your best to clear your kitchen bench. Move anything that doesn't belong in the kitchen out of the kitchen. Get a folder and organise those bills and find space in your cupboards for kitchen gadgets that you rarely use.

