



Module 7 Summary:

Kitchen Make over

Checklist, before you move onto this module, have you:

- ✓ Read the module lesson from previous module,
- ✓ Watched the video,
- ✓ Completed the exercise class at least three times last week and had a 90% adherence rate to the new habit, adding a multi-vitamin and mineral every day?

Completed the previous modules assignments:

- Complete video: bum workout.
- Review and print out references: 21 superfoods.
- Review shopping list.
- Weekly adherence sheet - week 6

If so then continue with this module where we look at the new habit of eating slowly, until 80% full, which is one of the most important things we can do for weight loss as it will help us to understand our body and help us to change our mind-set.

The kitchen make over will take some time so please set aside a day when you can do this in peace and complete the Kitchen Make-Over Questionnaire before starting.

In this section we will get rid of low quality food learn how to identify them and what to replace those food items with. Also review your appliances and storage requirements.

Your homework for this week:

- Complete video: triceps & biceps workout
- Worksheet: kitchen makeover questionnaire
- Review info graph: hunger awareness.
- Weekly adherence sheet - week 7



Module 7: Kitchen Make over

Habit 7: Eat slowly until 80% full

Exercise of the week: Triceps and biceps

Habit goal this week: 15-20minutes per meal (minimum) by taking smaller bites, take a seat, put your cutlery down and drink your water, chat!

Eat slowly - the reason why:

Do you eat too quickly, especially with kids around? So this week's new habit is to SLOW DOWN.

Eat slowly and take your time over meals, chew food thoroughly. This allows enough time for messages to travel from your stomach to your brain telling it when you have eaten enough.

Most of us expect to eat to the point of fullness, satiated to us means a feeling of being 'over full', full to the rafters. Personally the Irish potato famine is still a recurring theme in my head!

This type of eating will always present challenges to weight loss, performance and health - regardless if you've chosen healthy or lower quality foods. Listen to your hunger cues,

learn how to finish eating at the right time, which usually means stopping before you have to loosen your belt!

This habit doesn't have a lot to do with what you eat, but how you eat. Therefore, it is the most important habit of all.

It takes at least 20minutes for our satiety mechanisms to kick in, the communication from our stomachs to our brains and then back to our stomachs. So durr! If we eat a meal in less than 20 minutes we are likely to eat too much. So how fast do you demolish a cake - under 10seconds? How about savouring it, enjoying each mouthful, like the ladies do in the chocolate ads, in a bath!

Feel the texture of the food, the taste, the aroma.

Distractions make this very hard, eating with children is let's face it, not pleasant, so what strategies could you adopt to slow you down? And please TURN OFF THE TELLY.

The food won't register; you won't have a clue what you are eating

Think of the benefits of this technique:

- 1. Improve your digestion (less disturbing noises!)**
- 2. More time to enjoy your meals - mindful.**
- 3. Better sleep.**
- 4. Training and learning new appetite cues.**
- 5. Better performance with your exercise.**

Your food only digests when you are relaxed.

How you should feel timeline:

- Immediately after - you're probably still a little hungry. It will take roughly 15-20mins to get a sense of satisfaction from a meal. If you are a fast eater, wait before you go on.
- 1 hour - after finishing you should still feel satisfied with no desire to eat another meal.
- 2 hours - after finishing you may start to feel a little hungry, like you could eat something, but the feeling isn't overwhelming.
- 3 hours - You should feel like it's time for the next meal. Your hunger should be around a 7 or 8 out of 10 (where 10 is the hungriest you have EVER been), but this will depend on the amount of daily physical exercise you have done.
- 4 hours - You're quite hungry, like nothing is getting in the way between you and your fridge 'so hungry I could eat anything'. Oh dear, gone too far and at this level we make poor choices!

So the solution is eat before you get too hungry and make sure you have something pre-prepared, especially if have been exercising.

Evaluate your kitchen:

We have recruited, at great expense, the superb, interior designer - Lawrence Llewelyn-Bowen to completely revamp your kitchen - excited? He is coming around on Tuesday to have a look at your kitchen cupboards!

Oh okay that is a little white lie, it will be much cheaper if you do it and more cathartic. Here is what you are going to do:

- **Get rid of your low quality food - crisps, chocolates, cakes, canned goods, highly processed foods, sauces, dressings, snacks etc**
- **Give it to a food charity (they might not be inappropriate for you but not entirely unfit for consumption). Bin the rest!!!**
- **Restock the kitchen quickly - don't use this as an excuse to buy in a take away, get your online shopping delivered pronto.**
- **Appliance and Storage Inventory.**
- **Basic Cooking.**

Get rid of low quality food

This is an important step. Look at the nutrition labels as a reference for problematic ingredients that have been added e.g. trans fats, sugars and artificial ingredients and consider the beneficial ingredients that have been removed, like fibre and phytonutrients - like my M&S aloe vera drink!

No foods are off-limits, but just know that having low quality foods in the house will lead to eating more of them than is desired. So please get out those bin liners.

If you have any questions about what food to keep or get rid of why not post it on the private members page and we will help you to get rid!

FACT:

If a food is in your possession or located in your home, you will eventually eat it.

Think of all the calls on your will power during the day and week outside your home - crisp and dips on night outs, cakes and biscuits at work or coffee mornings? Pizza and hot dogs at children's parties or chocolates on offer at friends and family. Who can resist?

So how about creating a safe place where temptations don't exist - your home x

You might feel that developing good nutrition will mean exerting a huge willpower and influence to say no to these types of foods. You might feel that you should try and avoid situations where these highly processed foods are available.

I would like to suggest that you don't have to, you are going to develop internal control, but this takes time to develop. Let's use other strategies so these foods aren't so tempting - like eating enough during the day to ensure that when you are feeling tired, stressed or hungry these available options aren't wanted. I promise you this works. I have stopped eating chocolate because I am not hungry and the desire is not there - it isn't will power, it is preference.

I hear you asking, when is that EVER going to happen? I know it does, I used to crave sugar, thought I needed it and deserved it. My attitude has changed because my eating and desire has changed, I didn't force it, it happened naturally. Not with age, either!!!! I was a huge sugar monster, I would go for a run and eat a huge, family pack of Cadburys button. Then after eating them I wouldn't feel guilty but oh I would feel sick with a thumping headache and wonder why did I do that?

I thought I deserved it. It was all very strange logic; my nutrition is so much better now I just don't crave the chocolate.

Do you think you will ever be in a place like that? Would you like to be?

Let's start simple, before the internal adaption develops, you shouldn't try to 'test' your willpower with trigger foods at home.

So let's get started with the fridge:

It is cleaning time, we are going to make room for the good stuff you want and need in your fridge.

Let's start with **sell-by dates**, an easy place to begin, and a necessary one to help make this transition. We all have sauces or chutneys that have been sat in the fridge for ages - girl up and bin them, I don't care how pretty they look.

Second: fizzy drinks and fruit juices. A paediatrician friend of mine, told me over 6 years ago that medical research was proving that fruit juice was one of the biggest contributors to obesity rates in the Western World. I was affronted! I was giving my kids healthy 'apple juice' option instead of the concentrated blackcurrant option. It took a while for her comments to sink in, but eventually I understood. Infact some people have created entire diets based upon one single principle - excluding soft drinks from your diet. If you consider the cranberry cocktail a healthy option, think again, after water the second ingredient is sugar.

So please remove the fruit juices, concentrated juice, fizzy drinks and start drinking FREE tap water, green tea and occasional coffee. Although hold off giving coffee to the kids!

Ready-made dips and dressings - most of these dips or dressings contain at least 60% oil, the oil is a poor quality (not the healthy fats we will discuss). The end result is a fatty-acid profile that is too skewed towards Omega 6 fats and away from the Omega 3 fats. Plus, they contain a lot of calories and artificial ingredients. These are low value foods,

empty calories and a synthetic taste that your family get use to and then crave/demand more.

How about making your own guacamole or hummus? I will be honest, my husband made hummus about three years ago, and we still laugh at its in edibility now - not for the faint hearted. If, like me, you haven't got time to make your own, then opt for ones that have minimal ingredients and use extra virgin olive oil.

Processed meats - sausages, bacon and other related product are loaded with undesirable types of fats, sodium and even carbohydrates. Do you remember the recent online headline that went viral 'red meat causes cancer?' When you delved further into the report you found they were referring to processed meats not steaks!

Riverford Organics recently discussed the latest research from the World Health Organisation (WHO) pointing towards links between eating processed and red meats, and various forms of bowel and rectal cancer. In this research the WHO, makes processed meat a Class 1 offender, alongside asbestos, cigarettes and alcohol, and red meat Class 2A. Riverford lightened the load by saying ...along with just about every other human activity. However, unless you eat steaks the size of Ireland, I wouldn't worry about red meat; The World Cancer Research Fund suggests eating no more than 500g a week, which, even when you factor in eggs, poultry, fish and cheese, isn't exactly going to leave you starved of protein.

It would be enlightening if WHO gave a clear idea of what in particular is in processed meat that makes it so dangerous.

Despite claims to the contrary, mass food production hasn't got any better over the years - curing ham in minutes and making sausages that keep for three weeks is very much the norm. But is it cheap, fatty ingredients, excessive use of salt and sugars, chemical preservatives and other E numbers, or a combination of all or some that is bad? So best stay clear, until we do know from overly processed sausages and ham. Try and use your local butcher or box schemes like Riverford.

Frozen desserts and ice cream, great little party treat or Friday night telly watching with a spoon and Ben&Jerry's? Ice cream (1 scoop) - 3 teaspoons of sugar, one bowl 16 teaspoons. Man, eat that and you are wired!

Processed foods - the 'healthiness' of a food generally declines in proportion to its degree of processing - even (or especially) when 'health' claims are made on the label.

Work towards getting as close to the original, whole food as possible (most of the time).

If the food is separated from its original source by more than 3 steps, minimise its contribution to your diet.

For example:

Broccoli - Grows in the ground - 1 step great eat it, slugs and all!

Chicken - Protein from a chicken; injected with water - 2 steps okay

Whole grains - Grown in the ground then ground into bread, pasta etc. - 2 steps okay

Burger King - Burger bun (grounded grain, bran removed), high fat composite meat

McDonalds - Concentrate, spices - more than 7 steps AVOID

Burgers

Processed foods include:

1. **Snack foods like crisps, pretzels, granola bars, biscuits and cakes.**
2. **Frozen foods like TV dinners, waffles.**
3. **Instant foods like instant mashed potatoes, instant cake and pancake mix.**
4. **Whitened foods like breads, rice and pasta.**
5. **Deli foods like salami.**
6. **Boxed cereal even the 'healthy ones'**

Restocking your kitchen

Now that we have purged some of the contents of your fridge, let's restock. Get that online shopping order ready to go:

Meat, poultry and fish

Using your favourite supermarket will do, but for optimal nutrition head down to the local farmer's market to have grass fed beef, organic or raised without antibiotics chicken. Wild Atlantic salmon, which you can get in your supermarket and in tins, is perfect in a variety of meals. It is high omega 3 and less likely to have high mercury levels and toxins sometimes found in farmed salmon.

Dairy and Eggs

Again use a farmers market or nearby farm and purchase eggs from chickens allowed to roam and graze. Or buy your own chickens!

Cheese

We talked about this earlier, cheeses are fatty foods, so they should be eaten in moderation. Opt for strong flavoured varieties such as feta, goats or aged white cheddar and parmesan so that you need less to flavour your food. These cheeses also typically have more protein and/or a better fatty acid profile.

Fruits & Vegetables

Fresh vegetables should be a large component of every meal. Ideally you should choose seasonal fruits and vegetables and stick to mostly locally (organically) grown produce whenever possible. However, if availability or budget are a concern, increasing your fruit and vegetable consumption will improve your health whether they are organic or not.

Sauces

Add guacamole, hummus, pesto, peanut satay sauce, soy sauce, salsa, curry sauce, tomato pasta sauce, balsamic vinegar, white cooking wine, cider vinegar, raspberry vinegar and flavoured flax oil. Instead of ready-made sauces.

Larder/cupboards

Throw away: bisuits, crackers, crisps, baking supplies and other hydrogenated and over sweetened junk, all perched high above on a shelf, ready to chip away at your hard earned health and body composition.

Add:

- **Grains** - oats, quinoa, whole barley etc.
- **Nuts & Seeds** - walnuts, almonds, pecans and cashews are some of the healthiest and best tasting. Plus, Flax, chia, hemp, sesame and pumpkin are others. I tend to crush mine in a coffee grinder and store them in an air tight container and add them to salads, soups or even breakfast. You can also buy them pre-ground.
- **Dried fruit** - prunes, apricots, apples, peaches, currants, figs, dates, mango and bananas. Please have a look on labels for hydrogenated oils as an additive, and careful not to overeat them, as a healthy snack. Most people are surprised to learn that 4 or 5 dried prunes have as many calories as an entire apple. You'd never eat 5 apples in one sitting but wouldn't think twice about popping 20 of those little dried prunes or apricots in your mouth. Be cautious - you can eat a lot of extra calories without realising it.
- **Legumes** - lentils, chick peas, split peas and kidney beans are a great addition. I add lentils and chick peas to my shepherd's pie or soups. Or making soup with split peas (soak overnight) and adding vegetables - delicious.
- **Extra virgin olive oil** - use in salads, sauces and for medium heat pan frying. The 'extra virgin' is the purest and most nutritious oil.
- **Cooking spray** - use either canola or olive oil and use only a little, saves a lot of calories.
- **Coconut Oil** - best for cooking at high heats like stir fries.

- **Green tea** - if it starts too bitter, wean yourself slowly on other teas like raspberry or other flavoured teas and work up.
- **Spices** - use them to flavour your food

Riverford Organic Farms www.riverford.co.uk - a delivery here just takes the thinking out of meal planning, and preparation. Changing the types of protein meat you have in the week is highly beneficial. Don't stick to the same meat every week – sausages! In their meat boxes, Riverford provide three different types of meat each week - our family favourite.

Appliance and Storage Inventory

Following your lead from the out of date, unwanted food products let's get rid of the appliances you haven't used for the last 3 years.

What haven't you used for years/decades? Sell it on eBay and restock. Spiralizers are a lovely accessory, obviously coloured to match your decor. Spiralizers are a brilliant way of making spaghetti vegetables, kids will eat courgette when it looks like spaghetti.

Plus, juicers, they can be mega expensive but invest the best your budget can afford, I promise you will use it more if it is a better quality.

Use the boys example, you know how they have to buy all the gear before they beginning a new project - fishing, cycling, cars. They can't start something new without all the correct equipment first. So let's add some new appliances to our wish list.

Here is mine:

- **Gefu Spiral Fix Spiralizer.**
- **Kitchen Craft 20 cm Clearview Stainless Steel 3-tier Steamer.**
- **Blender - smoothie maker.**

Plus, it would be useful if you have the following:

- **Good set of pots and pans.**
- **Set of knives.**
- **Shaker bottle for drinks.**
- **Food storage containers (glass if possible).**
- **Food weighing scale.**
- **Measuring cups and spoons.**
- **Aluminium foil and plastic wrap.**
- **Zip top bags.**

Basic cooking - if like most people:

“Planning meals is your least favourite thing about being a grown up!! Especially with kids”.

Then I have put together a few easy peasy recipes. But what would be super-duper is if you share your recipes - especially if you are a goddess in the kitchen. Maybe you can show us how you have converted your standard recipe into a more protein based dish, or used more vegetables and less potatoes, swapped spuds for grated swede! Swede is always a winner in our house.... and with only a thumb of butter or olive oil!

We will cover the following:

- **Making smoothies.**
- **Chopping vegetables for the week.**
- **Grilling and preparing protein for the week.**
- **Making homemade protein/energy bars.**

- **The breakfast ritual.**
- **Sunday ritual**

Assignments

1. **Complete video: Triceps and biceps workout**
2. **Worksheet: Kitchen makeover questionnaire**
3. **Info graph: Hunger awareness**
4. **Weekly adherence sheet - week 7**