



Module 7 Summary:

Kitchen Make Over

Checklists:

Before you move onto this module, have you:

- ✓ Read the module lesson from previous module?
- ✓ Watched the educational video?
- ✓ Completed an 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

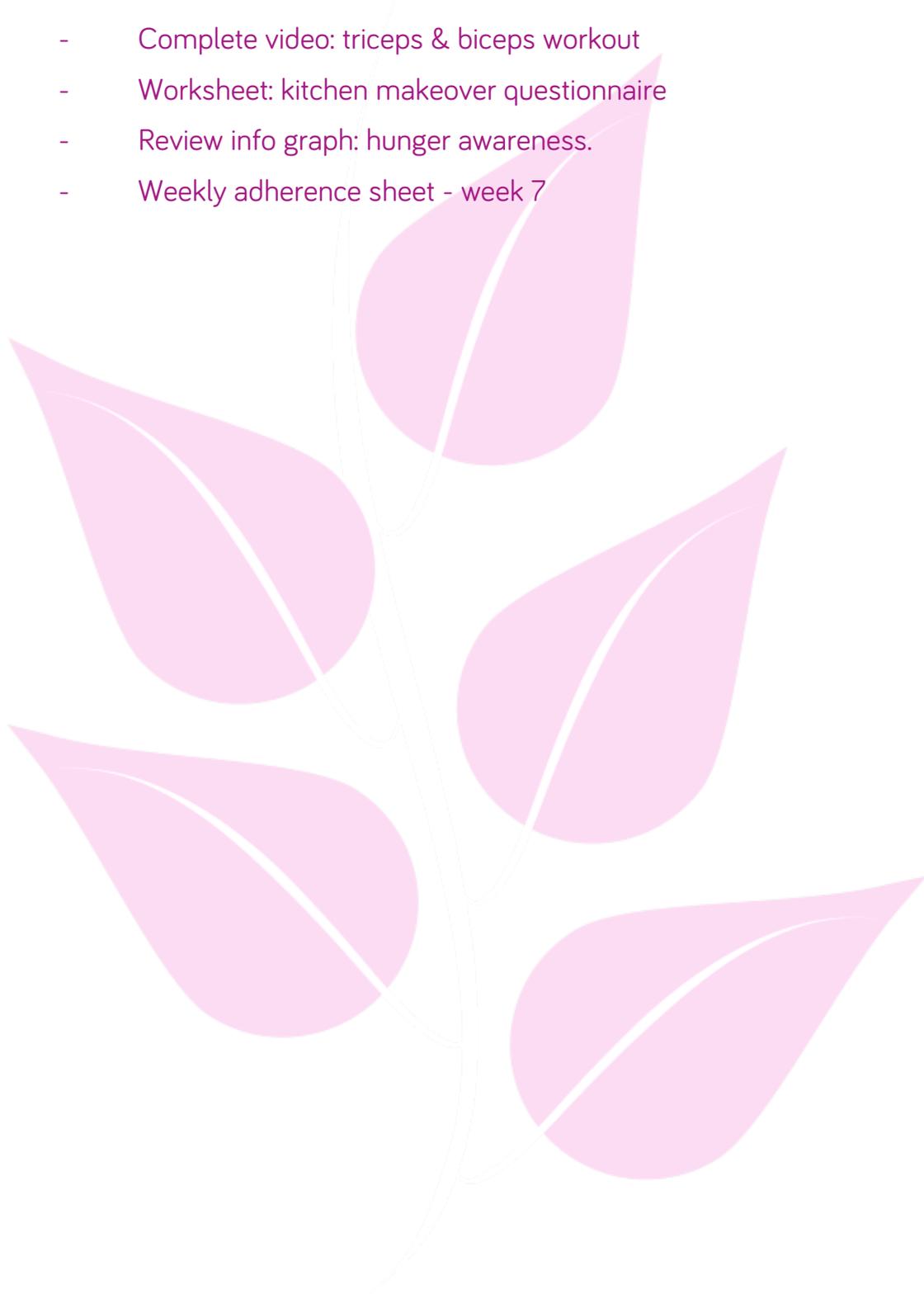
If so, then continue with this module where you look at the new habit of eating slowly, until 80% full. This is one of the most important things you can do. It will help you to understand your body and help you to change your mind-set.

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

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

Your homework for this module:

- 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: 15-20 minutes 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? Rushing to the next job, before you have fully digested your meal?

This module's new habit is to SLOW DOWN.

Eat slowly and take your time over meals, chew your 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 the feeling of 'full' but perhaps you take it to mean 'over full' or 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 health and exercise performance - regardless of whether you have 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 20 minutes for your satiety mechanisms to kick in, the communication from your stomach to your brains and then back to your stomach.

So duh! If you eat a meal in less than 20 minutes, you are likely to eat too much. So how fast do you demolish a cake - less than 10 seconds? 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, and smell the aroma.

Distractions make this very hard. Eating with children is, let's face it, not pleasant. Watching the TV and munching through your dinner is not mindful eating.

Instead eat with your family and friends and enjoy your food.

TURN OFF THE TELLY. The food won't register; you won't have a clue what you are eating.

What strategies could you adopt to slow you down?

Think of the benefits of eating slower:

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 15-20 minutes 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 its 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, you're so hungry you could eat anything'.

Oh dear, gone too far and at this level you 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 Llewellyn-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 appropriate 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 any possible problematic ingredients that have been added e.g. trans fats, sugars and artificial ingredients. Take a moment to consider the beneficial ingredients that may have been removed, like fibre and phytonutrients - like my M&S aloe vera drink!

No foods are off-limits; 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, sandwiches, cakes and biscuits that are on offer at parties. Or the chocolates and biscuits on offer at friends' and family gatherings. Who can resist?

You only have a limited amount of regulation or self-control. During your busy day you use up a lot of mental power simply through daily decision making so picking

up the odd biscuit or three when your resistance is low after a busy day is completely understandable. If the biscuits aren't there, you won't be able to eat them. Open the fridge and have a glass of milk, left over meat or a few nuts.

Create a safe place where temptations don't exist - your home x

To begin with you may feel that developing this type of good nutrition behaviour will mean exerting huge willpower and influence to say no to these types of foods.

Perhaps you might feel that you should try and avoid situations where these highly processed foods are available.

Don't worry, you will develop natural internal control, but this takes time to develop.

Use other strategies so these foods aren't so tempting - like eating enough during the day to ensure that when you are feeling unable to resist because you are tired, stressed or hungry these available options aren't around or even desired.

This works - use a strategy of forward thinking prevention rather than resistance. Your taste buds will change. The need to reach out for chocolate changes - your desire is not there. It isn't will power; it becomes your preference, your choice not a need.

"When is that EVER going to happen?" It does.

Craving sugar, needing it and deserving it. Your attitude will change because your eating and therefore your desire will change, you won't need to force it. It will happen naturally. Not with age, either!

Recognise if you are a huge sugar monster; going for a big walk and eating loads of cake afterwards or a run or any type of exercise and then eating a huge, family pack of Cadburys Buttons, because you have exercised and deserve it. Then feeling guilty, sick, thumping headache and wonder why you did that?

You think you deserve it. Well the truth is of course you deserve it, you do deserve love and affection, but sugar isn't going to give you love, a cuddle will. Your nutrition will become so much better when you don't reach and crave chocolate in the same way. Your small steps will lead to great success.

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

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

You only have a certain amount of willpower. Willpower is drained during the day by making decisions, so by the evening your will power is at a low. Be aware of this timing and plan for it.

So let's get started with your fridge:

It is cleaning time. You are going to make room for the good stuff you want and need in your fridge ready for your new healthy lifestyle.

Let's start with **sell-by dates**, an easy place to begin, and a necessary one to help make this transition. You have sauces or chutneys that have been sitting in your fridge for ages, years. So girl up and bin them; it doesn't matter how pretty they look.

Second: **fizzy drinks and fruit juices**. A paediatrician friend of mine told me over 10 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 the healthy 'apple juice' option instead of the concentrated blackcurrant option. I was even diluting the fruit juice sometimes. It took a while for her comments to sink in, but eventually I understood.

In fact entire diets have been 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.

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 healthy fats). 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, have empty calories and a synthetic taste that your family gets used to and then crave and 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 inedibility now - not for the faint hearted. If you haven't got time to make your own, then opt for ones that have minimal ingredients and use extra virgin olive oil.

There are differences in the brand and where you shop. A hummus from Sainsbury's may have added sugar and yet the one from Waitrose - not.

Tesco may add sugar to their guacamole but not Asda. Have a quick look online to see which brands you can swap to. You only need to do this once.

Processed meats - sausages, bacon and other related products 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 research from the World Health Organisation (WHO), which pointed 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 ...that eating red meat along with just about every other human activity will make you ill.

To be frank, unless you eat steaks the size of Ireland, don't worry about red meat consumption especially if it is from an organic, grass fed source.

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 from overly processed sausages and ham. Try and use your local butcher or box schemes like Riverford.

Frozen desserts and ice cream –

Maybe a great little party treat or Friday night telly special watching with a spoon and Ben & Jerry's? Consider the sugar intake:

Ice cream (1 scoop) = 3 teaspoons of sugar,

One bowl of ice cream = **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. - 2/3 steps, reasonable

Burger King - Burger bun (grounded grain, bran removed), high fat composite meat - 7 steps - AVOID

McDonalds - Concentrate, spices - more than 7 steps - AVOID
Burgers

Avoid Processed foods:

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

Restocking your kitchen

Now that you have purged some of the contents of your fridge, you need to 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 your 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 farmer's market or nearby farm and purchase eggs from chickens allowed to roam and graze. Or buy your own chickens!

Cheese

This was discussed earlier, cheeses are fatty foods, and 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 is a concern, increasing your 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: biscuits, crackers, crisps 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. Crush your seeds in a coffee grinder and store them in an airtight container. 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. Have a look on the food labels for hydrogenated oils as an additive, and careful not to overeat them as a healthy snack.

Most people are surprised to learn that four or five dried prunes have as many calories as an entire apple. You'd never eat five apples in one sitting but wouldn't think twice about popping 20 of those little dried prunes or apricots in your mouth.

Be aware - you can eat a lot of extra calories without realising it.

Reduce the GI of dried fruit by adding a protein to it as a snack. For instance Deliciously Ella has a recipe for 'medjool dates stuffed with nut butter'

- **Legumes** - lentils, chickpeas, split peas and kidney beans are a great addition. Add lentils and chickpeas to your shepherd's pie or soups.

Or make soup with split peas (soak overnight) and add 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 so it saves a lot of calories.
- **Coconut Oil** - best for cooking at high heat like stir fry.
- **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. Riverford delivery enables you to change the types of protein meat you have in the week, which is highly beneficial.

Don't stick to the same meat every week – like sausages!

In their meat boxes, Riverford provide three different types of meat each week - your family favourite.

Appliance and Storage Inventory

Following your lead from the out of date, unwanted food products; now you are going to 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.

What should you invest in?

Spiralizers are a lovely accessory, obviously buy coloured matched to your decor.

Spiralizers are a brilliant way of making spaghetti vegetables, kids will eat courgette when it looks like spaghetti.

Juicers - they can be mega expensive but invest the best your budget can afford. 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 begin a new project - fishing, cycling, and cars.

They can't start something new without all the correct equipment first.

So let's add some new appliances to your wish list.

Here are 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.
- 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 you have a few easy peasy recipes within the members website.

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!

In the next module you 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

Adele x

