
KITCHEN MAKEOVER AND SHOPPING CHECKLIST

It's time to black bag it! You want to remove all of the junk that you currently have crowding up the kitchen and replace it with the foods from our Real Food Chart that emphasize a healthier lifestyle. The idea here is that if it is in the house, we are more tempted to nibble on it. Unhealthy foods are usually easier to prepare and less time-consuming, so when we get hungry we tend to rip open a bag as opposed to fixing up a healthier alternative.

Grab a large black trash bag, maybe two...maybe three. Maybe more :)

Open the pantry and look for these items or similar ones.

- ✦ Chips
- ✦ Pretzels
- ✦ Chocolate
- ✦ Candy
- ✦ Baked goods/hostess/little Debbie
- ✦ Instant foods (cake mix, mashed potatoes, macaroni)
- ✦ Flavored nuts
- ✦ Cereals
- ✦ Breads/Bagels/Pasta
- ✦ Crackers
- ✦ Granola bars



Open the freezer and look for these.

- * Ice cream
- * Frozen dinners
- * Hot dogs
- * Cookie dough
- * Candy/chocolate
- * Waffles

Open up the fridge and look for these.

- * Milk
- * Fruit juice
- * Alcohol
- * Any caloric beverage
- * Sweetened yogurt, sweetened anything
- * Processed meats (deli, pre-packed)
- * Restaurant leftovers
- * Margarine
- * Breads, bagels, whole grains
- * Peanut butter
- * Condiments (bbq, ketchup, salad dressings)
- * Cream cheese

These lists do not include everything, but should give you a general idea. If it comes in a box, bag or some sort of wrapper throw it out. If it has more than 3 ingredients, throw it out. If you cannot pronounce some of the ingredients, throw it out.



If you are not sure about a certain food, a good rule of thumb is to throw it out. Refer to the *Real Food Chart* if you want to double-check if a food should be in your home or not.

———— Must have appliances for success

Spice Rack: Essential for adding variety and flavor to meals. Try and favor whole spices above ground ones as they last longer. Keep them stored in a cool area and away from heat. Heat causes them to go bad quickly. Spices should be calorie free, contain no additives and no extra sodium. Garlic should be garlic, fennel should be fennel and cumin should be just cumin.

All-purpose Knife: You most likely already have an assortment of knives, but make sure a very sharp, eight-inch knife is on hand. It will probably cut tough meats like steak, and be able to gently dice soft foods like tomatoes, with equal effectiveness. Make sure to dry it off immediately after cleaning to avoid wear and rust on the blade.

Spatula and Large Spoon: Both for mixing and serving meals.

Ladle: To serve soups, chilis and broths. A second ladle with holes may be a good idea to help when serving items from a boiling pot.

Glass Containers: Use glass containers for storing leftovers. Make sure they come with a sealing lid. Glass containers actually keep food fresher than plastic ones.



Tupperware: If you are like most, you probably have a job to get to each day. Although bringing a couple hot plates of food to work might be awesome, it's probably in your best interest to store them in Tupperware for the day.

Insulated Bag or large grocery bag: You can usually get insulated bakes at Trader Joe's for as little as five bucks. This will help keep food both warm and cool if necessary. If you are just carrying food for the day, a simple bag will do. You can even use an old Trader Joe's bag to carry your Tupperware!

Kitchen Shears: A good pair is a plus but I have honestly used a pair from the dollar store with pretty good success. They make it easy to chop up chicken, bacon, pieces of beef, and fish. Hey can also be used for veggies and fruit as well.

Cooking Pans: I recommend having one to three pans on hand. This allows you to easily cook in batches, or make a variety of foods simultaneously, in order to save time. Make sure they all have lids.

Cast Iron Skillet: Awesome for steaks, pork chops and cutlets.

Large Pot: For chili, soups and various broths. Also a great way to cook up a load of veggies.

Optional appliances: These appliances are not completely necessary, but do come in handy depending on the dish you are preparing.

- * **Meat Cleaver:** To assist in cutting thick cuts of meat, chicken and bone.
- * **Whisk:** For making homemade condiments and mixing ingredients for certain dishes.



- ✦ **Grater:** For vegetables, fruit or acceptable dairy.
- ✦ **Food processor:** It really comes in handy if you are making items that call for very fine pieces such as cauliflower rice. You should be able to get away with a standard knife as long as you have a little patience. The food processor comes in handy when you are looking to do something quick, preparing very large batches of food, or have no patience what so ever.
- ✦ **Dehydrator:** These can be bought fairly inexpensively and are a great tool for making homemade beef jerky, dried fruit and preparing nuts.

Grocery Shopping Checklist

The grocery shopping strategy for this program is very simple.

- ✦ Print out the **Real Food Chart** from your toolbox.
- ✦ Head to the market, doesn't matter . . . Whole Foods, Trader Joe's, Sprouts, Farmers Market, or Big chain grocery store, whatever is most convenient for you works.
- ✦ Take a look at the **Real Food Chart** and purchase those foods only.

However, you can use the following quick, little cheat sheet to take some of the guess work out of grocery shopping. Choose your 5 favorite proteins, veggies and healthy fats from the **Real Food Chart**.

Write them down and head to the market. Or simply write 5 that you want to try and ship on out!



MY LIMITLESS GROCERY LIST

PROTEINS	VEGETABLES	HEALTHY FATS
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

SPICES	BEVERAGES	MISCELLANEOUS
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

