



KITCHEN CLEAN UP AND STOCK UP

COMPLETE NUTRITION AND FITNESS

<https://completenutritionandfitness.com>

WELCOME

MEET YOUR COACH

I help busy people get active and eat better so they can get their health under control in a way that is sustainable and sensible.

I have been in the fitness industry for over 12 years. I started as a group exercise coach, coaching everything from cycling to boxing to pilates. I made the move to Personal Training in 2008 and then added a great nutrition certification to my tool belt. I take pride in helping clients find their way to their nutrition and fitness goals in a way that is sustainable and sensible.

My methods are scientifically proven and I work with every person uniquely to find what works the best with their busy lives. If you are tired of being on a diet roller coaster and trying to out exercise your diet, I can help you. Please check out my website to learn more at <https://completenutritionandfitness.com>



Dottie

KITCHEN CLEAN UP AND STOCK UP

WORKBOOK OUTLINE

1 **Goal Setting**

We cannot get to a destination if we do not know where we are going. I encourage you to think about why you are doing this course and what you would like it to help you with.

2 **Processed Food**

Let's start with something that most people will recognize as a first step in Kitchen Cleanup and that is clearing out troublesome processed food.

3 **Added Sugars**

Added Sugars can really sneak up on you in foods you would not expect. Let's take a closer look at your refrigerator and pantry and see where those added sugars are hiding.

4 **Restocking**

Now that we have cleaned out and organized our kitchen it is time to restock or at least make a list for your next grocery trip.



WODDULE 1



GOAL SETTING



1 | GOAL SETTING

We cannot get to a destination if we do not know where we are going. You have probably, at some time in your life been asked what your goal is. It can sometimes be daunting to answer. I encourage you to think about why you are doing this course and what you would like it to help you with.

Whatever your goals, the habits we discuss should support your goals. However, these are broad guidelines. If your goals are highly complex and very specific (for example, you want to prepare for a figure competition), then these lessons may not be enough, and we will need to discuss your goals one on one.

Please think about how healthy eating habits will support your goals. Whether your goal is to lose weight, change your body composition or add muscle, you will find setting your kitchen up for success is crucial to making changes to your eating habits. Start with your overall goal, then break the goal down into skills that you need to attain that goal. What practices do you need to develop the skill? What actions can you do every day to support your practice?



1 | GOAL SETTING

For this particular lesson, let's assume you are wanting to either improve your body composition or lose weight as this is typically the goal of the majority of my clients. As a skill related to your goal, you may want to "Eat Better." Eat Better is a great skill, but it is not very specific, so what practices would we need to develop the skill of eating better? One of those may be to eat more vegetables. Great! Now we are getting somewhere. So, what action could we do EVERY DAY to eat more vegetables? Maybe add one serving of vegetables to one meal for 2 weeks. This is how we turn small, daily actions to practices to skills to goals.

To get started answer these questions and fill out the Goal Planner on the next page.

What is your overall goal?

What are two skills you need to achieve this goal?

What actions can you do daily to practice?

GOAL PLANNER

MY GOAL:

SKILLS

SKILLS

ACTION STEPS:

-
-
-
-
-
-
-
-

NOTES & IDEAS:

WODDULE 2



PROCESSED FOOD



2 | PROCESSED FOOD

Let's get this started. Now that we have our goals in mind and know where we are going, let's start with something that most people will recognize as a first step in Kitchen Cleanup and that is clearing out troublesome processed food.

We have to define what processed food is first because we all may have some different ideas about what processed food actually is. For example, even natural peanut butter that is made from just peanuts is processed since the peanuts are processed and made into butter. Chopping our vegetables is processing since we are chopping with a knife instead of our teeth. I use some pre-chopped vegetables that come in a bag in the produce department and I probably will not stop because I like the time saving. You probably see what I mean, we need to know where we are going to draw the line.

Let's define processed food as those that we can answer yes to the following questions

1. Does the food come in a package?
2. Does the food have multiple ingredients?
3. Are some or all of the ingredients unrecognizable as food items?

OR

Any food that is highly crave-able and you cannot stop eating once you start.



2 | PROCESSED FOOD

We will use a system of categorizing your food items with the green, yellow and red-light system.

Green – not processed and not a problem over overeating

Yellow – processed, but you have no problems with overeating – you can eat this in moderation

Red – processed and you lose control once you start

There are probably some processed food items in your kitchen that you are just fine with having. These food items do not cause you any problems and you can eat it in moderation. These foods would be considered yellow-light foods.

There are likely foods in your kitchen that we would consider red-light foods that you may be able to ignore for a while, but that you will eventually eat and cannot stop eating once you start.

3 STEPS TO IDENTIFY GREEN, YELLOW AND RED LIGHT FOODS

1

PRINT AND IDENTIFY: Print the next page of this book titled "Green, Yellow and Red Light Foods."

Go through your pantry and refrigerator and identify the foods that are processed and meet the criteria that we stated above.

Most likely none of the processed foods will be green light foods. There might be exceptions, though. List all of your processed foods into yellow or red-light foods. These categories are more about YOUR ability to not overeat. Yellow light foods will also be foods that are not the worst choices, but if you did overeat them you would not feel great about it later.

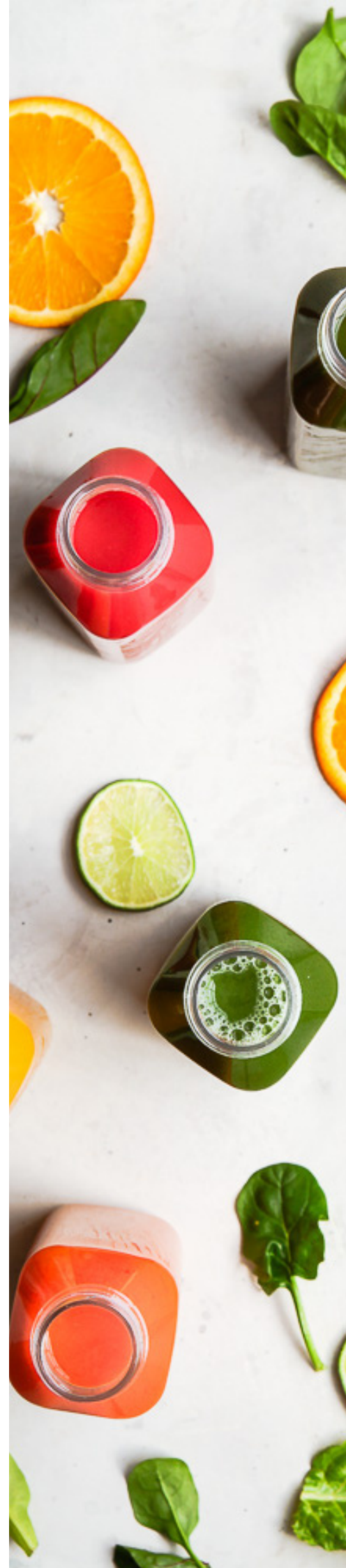
2

TOSS THE REDS: Next step (this is going to feel great, by the way), get rid of the red-light food. If you have to, throw it away, it probably will not do anybody any good. However, times are tough, and I am sure your local food pantry could use the items.

3

HIDE THE YELLOW: Now, the next step may take some time. Arrange your pantry and refrigerator so that the yellow light foods are either not as assessable or out of sight.

Now, your red-light foods are gone, and you have to think about finding your yellow-light foods. Only green light foods should be visible when you first open your pantry or refrigerator.



RED, YELLOW, GREEN



GREEN

YELLOW

RED

WODDULES



ADDED SUGARS



3 | ADDED SUGARS

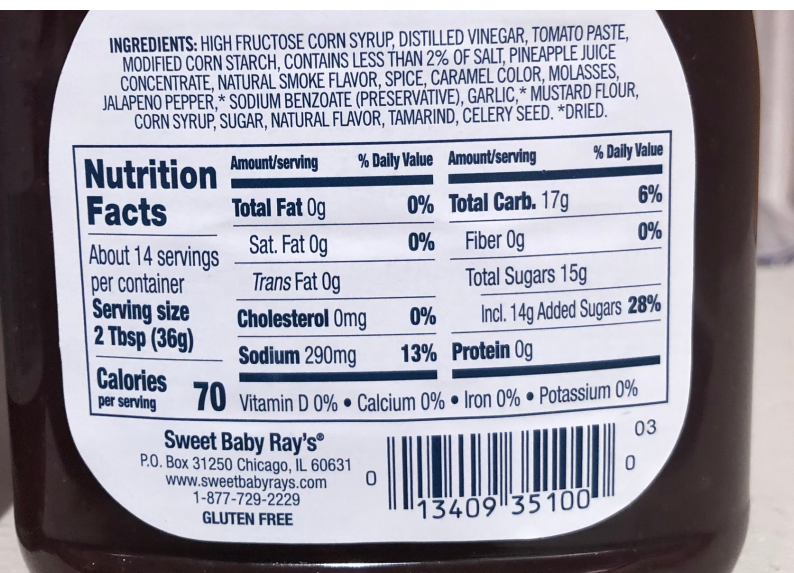
The American Academy of Nutrition and Dietetics states that adults should get less than 10% of their calories from added sugars. So, if you eat around 2000 calories per day that is about 200 calories or about 50 grams of added sugars. Added sugars can really sneak up on you in foods you would not expect (like pasta sauce). To make matters worse, you do not always recognize added sugar as sugar by the ingredient listed on the label. This article by the American Academy of Nutrition and Dietetics has not only some great information on added sugar, and also lists some of sugar's alias names. <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-scoop-on-added-sugars>

And just so we are clear here, we are talking about added sugars. You can go ahead and enjoy your fruits and dairy that have naturally occurring sugars that the body uses as fuel for our activities and daily life. Naturally occurring sugars in fruits also come along with fiber and fantastic vitamins and minerals that you would not want to miss out on.

3 | ADDED SUGARS

We are going back to the pantry and refrigerator again and look for sneaky sugar. I did this exercise myself and while I was not surprised where I found the sugar, I was surprised by how much I found.

This label is from a bottle of Barbecue Sauce that (I am embarrassed to say) was in my pantry. Look at the FIRST ingredient – High Fructose Corn Syrup. Sugar is the first ingredient in this product, so not surprising, it has 15 grams of sugars with 14 grams of added sugars. Now, look at the serving size. Do you eat 2 tablespoons of barbecue sauce? If you had 2 servings of this product, you would be consuming 30 grams of your 50 grams of added sugar from the previous example of a 2000 calorie diet. This is getting donated or trashed.



3 | ADDED SUGARS



Here is another example; a pasta sauce. Not as bad as the barbecue sauce, but who needs sugar in your pasta sauce? This one has 6 grams of sugars with 1 gram of added sugar. We can easily find better choices at the grocery store.

Now, find the unwanted sugar in your pantry. Look carefully at the labels and look for the ADDED sugars in particular. Look for items with more than 5 grams of added sugar and decide if this added sugar is really worth it in your diet.

You know what to do, either donate it or toss it!

ADDED SUGARS



Use this worksheet to list the items in your pantry with more than 5 grams of added sugars. In the green column list those items between 5-10 added sugars. In the yellow column list those items between 10-15 grams of added sugars. In the red column list those items with more than 15 grams off added sugar

5 - 10 GRAMS

10 - 15 GRAMS

OVER 15 GRAMS

WODDULE 4



RESTOCK



4 | RESTOCK

Now that we have cleaned out and organized our kitchen it is time to restock or at least make a list for your next grocery trip. There are so many great things that you can stock your pantry and refrigerator with that I am not going to even try to list out everything. We will talk about general categories, some examples and some ideas to reduce the number of items with the added sugars that we discussed in the last chapter.

You will probably see this coming a mile away, but make sure your refrigerator is stocked with vegetables and fruit that are easily incorporated into snacks and meals. I have found in myself and my family that fruits and vegetables get eaten if all the consumer has to do is open a container and consume it. In other words, if the item has to be chopped or processed in any way, it stands less of a chance to make it into a snack or meal. A strategy that will set you up for success is to either purchase already prepped vegetables and fruit or set aside some time after grocery shopping to prep.



4 | RESTOCK

Some ideas for handy and healthy fruits and veggies:

- Carrot Sticks or Baby Carrots
- Celery Sticks
- Jicama Sticks
- Strawberries – washed and hulled
- Frozen Fruit
- Snow Peas
- Red, Yellow and Green Peppers –deseeded and cut into slices
- Pineapple – cored and cut
- Mango – peeled and cut
- Oranges – peeled and separated
- Avocado
- Pre-cut salads – preferably not the ones with dressing included
- Grape or Cherry Tomato



4 | RESTOCK

The next category of items are staples needed to make healthy carbohydrates. These can be made ahead to take the guess work out of “what should I serve with my chicken?” You can make brown rice ahead in a 2.5-quart (small) crockpot. Brown rice can take a long time to make if you are cooking on a stovetop. Simply put 1 to 1.5 cups of rice in the crockpot and double the amount of water. Cook it on high and forget about it. It usually takes around 1.5 hours. You can make this ahead for the week to have with 2-3 meals depending on how many people are eating.

Another good make ahead carbohydrate are potatoes and sweet potatoes. Make these ahead in the oven to use all week.

Oatmeal is a great ingredient to always have handy as well. Regular rolled oats are a much better choice than the pre-packaged oatmeal. Pre-packaged oatmeal often contain more sugar than necessary and have too many ingredients that you cannot pronounce. You can make overnight oats or make oatmeal in the microwave. Microwave oatmeal takes about 2 minutes and you can add honey, walnuts, bananas, etc. Uncooked rolled oatmeal in your yogurt adds interesting texture and fiber.



4 | RESTOCK

Other Items:

- Brown Rice
- Sweet Potatoes
- Hummus – good source of protein, fiber, magnesium and iron
- Natural Rotisserie Chicken
- Nuts – Almonds and Walnuts score highest on nutrient values, but you cannot go wrong with most nuts – UNLESS these are a red-light food for you, and you cannot stop eating them.
- Salsa and/or Guacamole – make your own or check the label for added sugar or ingredients that are not recognizable as food. Check the refrigerated section of your grocery store for salsas and guacamoles made from natural ingredients.



4 | RESTOCK

Three Items to Make Yourself:

Salad Dressing – find a recipe you like for a creamy and an oily dressing. I have included a recipe for an Oil and Balsamic Vinegar dressing that you can see in the following pages.

Barbeque Sauce – find a recipe you like for a barbecue sauce (if this is something you use). I have included a recipe for barbecue sauce included here. I picked this one because it does not use any artificial sweeteners and uses molasses and maple syrup to sweeten, but at least it will not be high fructose sugar and you can control how much of the syrup and molasses you put in. You can experiment with the amounts.

<https://www.cookincanuck.com/homemade-bbq-sauce-low-sugar/>

Marinara Sauce – You can find some all-natural ingredient marinara sauces at the grocery store like “Roas” and “Victoria,” but I have included a simple recipe here. Again, I like this one because there is no added sugar and it is simple to make. Many homemade marinara recipes ask you to blanch and peel the tomatoes. This one leaves the skins on which is easier and adds fiber (yay!).

<https://www.fiveearthhome.com/30-minute-fresh-tomato-marinara-sauce/>

Feel free to email me at dottie@completenutritionandfitness.com and I can email you the link to these recipes!

SHOPPING LIST



PRODUCE

- Carrot Sticks or Baby Carrots
- Celery Sticks
- Jicama Sticks
- Strawberries - washed and sliced
- Potatoes
- Peppers - any color
- Oranges
- Avocado
- Prepared Salads (make your own dressing)
- Grape Tomato

PACKAGED

- Brown Rice
- Quinoa
- Rolled Oats
- Nuts - Almonds / Walnuts
- Low Sugar Pasta Sauce
- Beans
- Whole Grain Pasta
- Pastas made from cauliflower or bean (check the nutrition label and ingredients)

DELI & MEATS

- Hummus
- Salsa
- Guacamole
- Rotisserie Chicken
- Cottage Cheese
- Greek Yogurt

FROZEN

- Frozen Fruits
- Frozen Veggies without sauces
- Frozen Sweet Potatoes
- Riced Cauliflower
- Mashed Cauliflower

WEEKLY MEAL PLAN

BREAKFAST

LUNCH

DINNER

SNACK



	BREAKFAST	LUNCH	DINNER	SNACK
S				
M				
T				
W				
T				
F				
S				



SALAD DRESSING



EASY OIL AND VINEGAR DRESSING

- 1/4 -1/2 CUP OLIVE OIL
- 3 TBSP BALSAMIC VINEGAR
- ZEST OF ONE LEMON
- JUICE OF ONE LEMON
- 1 MINCED GARLIC CLOVE
- SALT AND PEPPER TO TASTE

Whisk all the ingredients together and enjoy. This will separate quickly, so keep your whisk handy!



THANK YOU

LET'S STAY IN TOUCH!

You have made it to the end of this eBook. I sincerely hope that you found it helpful and enjoyable. You can see more of what I do at my website <http://www.completenutritionandfitness.com> or you can email me at dottie@completenutritionandfitness.com

I would love to assist you in nutrition and fitness coaching and I look forward to hearing from you!

*Dottie -
Nutrition Coach*



**“A HEALTHY
OUTSIDE
STARTS
FROM THE
INSIDE”**

<http://www.completenutritionandfitness.com>

PROGRAMS



MONTHLY NUTRITION COACHING

A one on one coaching program - we will meet either virtually or in person once per week to check in. You will be provided with daily lessons and practices via my online coaching tool. Together, we will develop habits to help you reach your health and fitness goals. Questions will always be welcome. Contact me at dottie@completenutritionandfitness.com to discuss.



MONTHLY NUTRITION + FITNESS

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