

makeover

A HEALTHY KITCHEN CHALLENGE

step by step to a
healthy kitchen

P. 3



get serious about health

how to have a truly healthy kitchen

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WE ARE EATING TOO MUCH OF THE WRONG THING, AND NOT ENOUGH OF THE RIGHT THING.

DAVID WOLFE

What does your fridge look like? How about your pantry? Let's get real. Is it full of healthy foods or food that you wouldn't want to admit you've been eating? Or maybe you're like me and your fridge is nearly empty! It's time to go shopping.

Transitioning to a real food diet can be hard. If it were easy, there would be fewer health problems and a significantly lower rate of obesity in America.

A great time to reboot your kitchen is when your cupboards are starting to resemble Old Mother Hubbard's! Since it's not in everyone's budget to do a complete overhaul, replacing junk foods with healthier versions, some people choose to start when it's slim pickings in the kitchen. That's ok! Just be prepared for the temptations!

Keeping your fridge stocked with healthy foods will help you make better choices. That looks somewhat different for different people. Spend some time thinking about what health looks like to you.

One of the best ways to have a smooth transition is to prepare yourself for what you know will come. Cravings are your enemy! The best way to make sure you don't fall prey to those desires is to remove problem foods from your pantry, fridge, and freezer.



STEP BY STEP

Step 1: Clean Out Your Pantry - Get rid of junky junk-foods.

Step 2: Clean Out Your Fridge - Toss out of date and junky-junk foods.

Step 3: Clean Out Your Freezer - Toss stuff you can't recognize, stuff with a paragraph of ingredients, and all the junky-junk.

Step 4: Clean out your spice rack - Get rid of spice blends that contain monosodium glutamate (MSG), food colorings, sugar, and anything with the words hydrogenated. We will replace these later.

Step 5: Print out the Dirty Dozen Shopping List

Step 6: Brush up your label reading skills

Step 7: Prepare your strategy: Think about healthy meals look like and what you feel comfortable preparing. Try not to dream plan, be realistic!

Step 8: Prepare a menu plan and grocery list or have someone else do that work (make sure to plan for your spices)

Step 9: Go Shopping! Avoid the middle aisles, at least skip the cookie, candy, chips, ice cream, and canned soups aisles.

Congratulations! You've made it through the first nine steps!

STEP BY STEP EXTRAS FOR THE FANATIC:

Want to keep the ball rolling and totally detox and healthify your kitchen? If so, here are the next steps!

Step 10: Scrutinize condiments. Avoid propylene glycol, sugars, and sodium.

Step 11: Replace white table salt with Celtic Sea Salt, Pink Himalayan Salt, or REAL Salt.

Step 12: Learn more about healthy fats, including which oils are best to use. Avoid all trans fats.

Step 13: Replace plastic collection with glass storage containers.

Step 14: Replace non-stick pans with healthier cookware such as cast iron and ceramics.

Step 15: Filter your tap water, consider a countertop or under the sink filter.

Step 16: Add fermented foods daily (purchased or home prepared) consume regularly.

Step 17: Make homemade salad dressings & spice blends.

Step 18: Get a kitchen scale and learn proper serving sizes of meat.

Step 19: Invest in multiple cutting boards, designate one for meats and one for vegetables.

Step 20: Choose single-origin, organic coffee or opt for organic teas instead.

Step 21: Replace processed creamers with real cream.

Step 22: Start juicing at least once a week (greens and vegetables, moderate amounts of fruit) either invest in a juicer or purchase a growler from a juice bar!

Step 23: Opt for organic proteins as often as possible. Shop local!

Step 24: Choose fish wisely, avoid farmed fish. Opt for wild-caught. Learn more.

Step 25: Set up your pantry to be boring, i.e. no junky snack foods. Instead, put a fruit bowl on the counter and keep healthy veggies ready in the fridge.

Step 26: Set up your fridge to encourage healthy eating. Have cut veggies front and center. Keep healthy snacks at eye level.

Step 27: Learn to choose the right desserts. Fruit is the perfect dessert, but when you want more, make it a healthier version.

Step 28: Close the kitchen after dinner. Stop grazing. Practice intermittent fasting from after dinner until breakfast (about 12 hours).

WHAT DOES A HEALTHY MEAL LOOK LIKE?

So what is a healthy meal? It's basically a balanced diet with the proper portion of protein plus vegetables, fruits, grains, dairy, and good fats. Think FRESH!

Wherever we are in our journey to a healthier lifestyle, there is always room for improvement. If you are just starting your on your journey or if you have been eating healthy for a long time it's important to keep striving towards the healthiest menu you can create!



If you work away from home, try packing a healthy lunch. Bring a boneless skinless chicken breast and some veggies or tuna and cucumbers with apples for a snack to work. Make a nice soup and salad for dinner with enough for leftovers to take to work the next day.

For dinner, try adding a couple of vegetables. See how creatively you can use vegetables in meals.

HEALTHY KITCHEN ADDITIONS

1. **Beets** – Excellent for heart health, immune function, and even increasing stamina during exercise, beets deserve applause. In addition, the anti-cancer properties of beets are being studied for their impact on pancreatic, breast, and prostate cancers. Beets go to the top of the list for most under-appreciated foods. Try a Russian Borscht or Beet Kvass.

Only eat beets in small amounts due to the amount of natural sugars they contain. However, if you want to increase nutrition or just want to eat more beets, try fermented beets. During the fermentation process, the sugar is reduced by the beneficial bacteria.

2. **Bone Broth** – Bone broth is full of flavor and nutrition, therefore cooking with broth as often as possible can be a wonderful source of nutrients. Homemade broth is rich in gelatin that will support digestion and the health of your skin. Bone broth is packed with amino acids.

Glycine (the protein that makes the broth gelatinous when chilled) is full of collagen which is anti-aging and healing for your digestive system (helps leaky gut syndrome) and builds healthy skin, hair, and nails. In addition, the gelatin can reduce joint pain and inflammation.

Bone broth makes a wonderful drink alone or it can be added to soups, casseroles, and even smoothies.

3. **Seaweed** – Use several different kinds of seaweed and keep it stocked in your pantry. Low in calories yet high in nutrition; it is a sustainable food. Some are calling seaweed “the new kale” for good reasons.

Dulse is a seaweed with a softer, chewy texture. Many people eat dulse in dried form and often can be found in flakes to sprinkle on other foods, soups, rice, and salads.

Kelp can be found dried into sheets at most Asian Supermarkets and often some health food stores. It can be added to dishes during cooking. Soaking kelp in water will soften this seaweed making it easy to eat.

Kombu is a brown kelp which tends to have a strong, mineral-rich flavor. Use Kombu in soups as it contains antioxidants, which can protect against cardiovascular diseases and some forms of cancer.

Also, try **Arame** which has a firmer texture with a mildly sweet flavor. Arame, like other seaweed, is often sold as flakes or granules that can be used in place of salt.



4. **Turmeric** – Ever tried a Golden Latte? Turmeric is gaining popularity, and there are lots of reasons why. Curcumin is considered one of the most beneficial compounds from turmeric. The benefits are incredible. You may have heard about curcumin’s benefits, but newly published data keeps showing up touting its many healing powers as it can have a huge impact on neurodegenerative diseases and cancer. Try adding a dash of turmeric to scrambled eggs along with black pepper, which helps the nutrients become absorbable. Turmeric also imparts a beautiful golden color to dishes.

5. **Sorghum** – Many people are watching this ancient grain. Sorghum grain can be found in the bulk section of your local health food store. Branch out of the usual grains such as rice and quinoa. Try looking in the bulk section at your local health food store.

Bowls:

Fruit bowls have been on the scene for a while, but branch out and try some other kinds of bowls! Bowls are good-looking, pack in lots of different types of healthy foods. Bowls tend to encourage healthy eating by default, typically a bowl is built by first adding a starch as the base, then adding protein, vegetables, and toppings such as nuts or seeds.

One of the best things about bowls could be the fact that they are so diverse. Have a bunch of different leftovers in small amounts? Why not put them on top of a bowl of rice and have a delicious rice bowl! The more colorful, the healthier it will most likely be. Imagine all the colors of the rainbow in julienned veggies on top of a bowl of cold soba noodles! How about roasted root vegetables on a bowl of Israeli couscous? Go wild with the possibilities!



Eggs, oatmeal, and beans are a few staples that can help to stretch a Healthy Kitchen Budget.

BEANS

Eating beans regularly can actually promote a healthier heart as well as reduce the risks of certain cancers due to the phytochemicals contained inside these little powerhouse superfoods. Beans come in so many colors, shapes, flavors, and textures there should be a favorite bean out there for even the pickiest eaters. Beans are found in most civilizations dating back as far as ancient times. When families of the Great Depression couldn't afford to purchase meat, beans were used to fill the protein void.

Being high in fiber but low in calories, beans can help lower cholesterol while providing protein, antioxidants, B vitamins, iron, magnesium, potassium, copper, zinc and more. I hope you have some dried beans stocked in your pantry! Beans not only offer a good source of energy, but they also have a low glycemic index which will assist in blood sugar management, perfect for diabetics. Studies also show that folks tend to weigh less when they consume more fiber, so that is a plus for those trying to keep a slimmer waistline.

EGGS

Try scrambled, poached, boiled or steamed, egg muffins (with meat and veggies if possible, the combinations are endless), omelets, quiche or crustless quiche to which you can add any veggies - try spinach and mushroom, egg salads, egg sandwiches, etc. Eggs are very diverse!



Dry BBQ Rub Seasoning Blend

Try making your own seasoning blends. This one is always a huge hit. Works great for the grill!

INGREDIENTS

- 1/2 cup paprika
- 1/4 cup Fine Pink Himalayan salt, or REAL salt
- 1/2 cup Coconut Sugar
- 2 tablespoons mustard seed powder
- 1/4 cup chili powder
- 1 teaspoon ground cumin
- 2 tablespoons coarse ground black pepper
- 1/4 cup granulated garlic
- 1/4 cup onion powder
- 1/2 tablespoon cayenne, you can use less if you like (I like it with 1-2 tablespoons of cayenne, but for my kids, I keep it under 1/2 tablespoon)

PROCEDURE

Mix dry ingredients and keep in a jar. To use as a dry rub, simply rub the mixture into the meat you are about to prepare, let it sit for 10 minutes to several hours depending on how much time you have. Goes great on sockeye salmon or chicken.

TO USE IN A BBQ SAUCE

add 1 tablespoon of the above seasoning mixture to the following:

- 2 cups organic ketchup, or homemade ketchup
- 1/4 cup cider vinegar
- 1/4 cup Soy sauce or coconut aminos
- 1/4 cup coconut sugar
- 2 tablespoons molasses
- 2 tablespoons prepared yellow mustard
- 1 tablespoon seasoning blend above
- 1/2 teaspoon black pepper
- Hot Sauce, or other hot sauce to taste, optional

A vibrant collage of various fruits, including grapefruit, orange, pomegranate, kiwi, and pineapple, arranged in a dense, overlapping pattern. The colors range from bright yellow and orange to deep red and green.

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