



Let's Get Physical

Week 2: Fat-Proof Your Kitchen

Tiffany Hall 18/03/10

The best way to avoid temptation is to FAT-PROOF your kitchen.

- There is no such thing as bad food or good food - that is a diet mindset and DIET is a swearword in our kitchen. But when losing weight we do need certain staples in our kitchen to support our weight loss journey. Everything in moderation is fine, but if you want to make dramatic changes and create winning habits, you must banish the nasties.
- Nasties are nutritionally empty foods such as white bread, soft drinks and white sugar.

Trash the Dirty Dozen – The 12 worst weight gain foods

1. Ice-cream
 2. Fried Foods
 3. Doughnuts and pastries
 4. Chocolate and sweets
 5. Soft drink
 6. Fruit drinks and other sugar sweetened beverages
 7. Alcohol
 8. Processed meats like bacon and sausage
 9. White bread
 10. All fast food
 11. Biscuits and potato chips
 12. Sugary breakfast cereals
- Check labels – fat free can mean sugar full.
 - Do you have a bad case of the squirts? Throw out all your toppings, sauces, dressings, spreads. They won't fill you up and they are dripping with sodium that increases fluid retention. Check your dishes. If there are more knives and spoons than forks, this will tell you that you are not digging into enough whole foods such as crisp salads, veggies or chewy lean meats. Pay yourself a condiment - ditch the dressing for lemon juice or balsamic vinegar.
 - If you live with other people and can't clear out the kitchen, designate yourself a shelf in the fridge and only eat from that shelf. Find a communal cupboard to store treats so they are out of mind and out of sight. If you want to be hardcore - buy your own mini fridge to store all your healthy food.

- Keep a food journal. You are what you eat, so know what you eat. This is a journey about becoming self-aware and self-conscious of your portion intake and the types of foods you choose to eat. Perhaps you're lacking good fats, not eating enough complex carbohydrates or protein? Keeping a food journal also works as a crave catalogue so you can see the triggers that force you to make poor choices. Do you eat from the Calorie Cart at 3pm at the office? Do you have more than one full cream milk latte a day? Beat this by learning not only what's in your fridge, but also what's going into your body.

TIFFINY'S POWER SHOPPING LIST

Fruit and veggies

Strawberries
Blueberries
Green apples
Grapefruit
Basil
Broccoli
Green beans
Tofu
Mushrooms
Lemons
Limes
Avocados
Onions
Garlic
Sweet potatoes
Carrots
Celery
Tomato
Zucchini
Capsicums
Eggplant
Bok Choy
Iceberg lettuce
Bean sprouts
Baby spinach
Baby rocket
Parsley, dill, mint
Asparagus

Packaged food

Salmon in springwater
Tuna in springwater
Wholemeal spaghetti
Lentils
Mixed beans
Natural peanut butter

Chickpeas
Ground cinnamon, nutmeg
Mahatma rice/brown rice

Meat, Fish, Poultry

Free range eggs
Rump steak trimmed
Lean turkey breast
Skinless chicken
Kangaroo
Kanga bangas
White fish; basa, trevalla, swordfish, orange roughy, barramundi
Salmon, tuna
Lean beef

Bread Grains and Pasta

Breakfast cereals; Just Right, Coles Organic Muesli (untoasted),
Traditional rolled oats
Walnuts, almonds
Wholemeal pita pockets
Wholemeal bread; dark rye, spelt, sourdough
Lebanese pita breads

Cooking oils

Try to only use cooking oil spray such as *Prochef- Extra light olive oil cooking spray*.

Dressings

Balsamic vinegar

Dairy

Ricotta
Feta cheese
Cottage cheese
Low Fat milk/soy/rice milk
(My recommendations – skinny milk, Physical (no fat) Pura Tone (no fat) Rev, Pure Light Start (1% fat), So Good-lite. (Remember that soy milk has more calories than skinny milk- beware of soy lattes).
Low Fat yoghurt

Cheese

Kraft Extra Light,
Philadelphia Cream Chees (5%)
Bea Super Slim and Super light slices.
Feta Low Fat

Yoghurt

Jalna yoghurts are reduced fat low sugar.

Teas

Green, white, camomile

Coffee (black)

Sweeteners

Go natural with Stevia

Healthy treats

Opt for frozen yoghurt instead of ice cream such as Bulla Fruit or lite ice cream or carbohydrate free ice cream.

Test yourself

IS YOUR FRIDGE GOOD OR BAD?

Bad Fridge

1L bottle of coke

Dairy Juice Company Orange juice

Wonder white bread

Tim Tams

Neopolitan ice-cream

A packet of Family Assorted Arnotts biscuits

Shapes

Nutella, Kraft creamy Peanut butter

Tiny teddy dippers

Kelloggs nutri-grain bars

Uncle Toby's roll ups

Red Bull

Ribena primas

Kraft cheese slices

Thins Salt and Vinegar chips

Alcopops and beer

Donuts

Doritos

Muffins

Bacon

Margarine/butter

Fruit loops/Nutri-grain/Cocopops breakfast cereals

Gatorade

Cordial

Tomato sauce

Mayonnaise

Frozen pizza

Frozen Lasagne

Mars bar

Salted nuts

Good Fridge

So Good rice milk/skinny

Spelt bread

Asparagus/broccoli/carrots/pumpkin/sweet potato/capsicum

Kangaroo
Cottage cheese
A packet of skinless Lilydale chicken
Chopped Spinach in boxes
A packet of frozen blue berries
Ice-berg lettuce
Packet baby spinach
A few tins of tuna in springwater
Mixed herbs/ parsley/ chilli
Cooking oil spray: Prochef extra-light olive oil
Stevia sweetener
Green apples
Grapefruits
Strawberries
Avocados
Almonds
Salmon in packet
Swordfish in packet
Eggs free range
Naturals peanut butter
Green tea
Bottled water one litre