
Week 1: Grocery List and Kitchen Makeover

What items to purge and what items to restock from the grocery store?



MaukaMakai
Fitness

Week 1

Kitchen Makeover

Out with the bad.....

If you want to have success when it comes to your nutrition then you have to put yourself in an environment that YELLS success, not one that is full of silent insidious temptation.

Topic 1: Get Rid of Low Quality Foods

Do an inventory of your kitchen; look at how many low-quality foods, canned goods, high processed items, sauces, dressing, snacks, additives, and other junk foods that are present. Look for items that contain sugar, trans-fats, and other artificial ingredients. Typically, if its in a package, and it could survive on a shelf for more than a couple weeks, it's probably not good for you. **This includes breads, pasta, rice, and most other grains.**

Go through your kitchen cupboard, fridge, pantry, drawers, wherever you have hidden food, and list all the items you found that don't offer any nutritional benefit. Determine what items may be acceptable for donation to local food bank or homeless shelter.

1:	11:
2:	12:
3:	13:
4:	14:
5:	15:
6:	16:
7:	17:
8:	18:
9:	19:
10:	20:

**Use the back of this sheet if more room needed.*

Topic 2: Appliance and Storage Inventory

If you want to prepare healthy and delicious meals, it is essential to have the right items in your kitchen.

Make sure to have the following:

- Good set of pots and pans
- Good set of knives
- Blender or comparable device
- Pot for tea or coffee
- Shaker bottles for drinks on the go
- Food storage containers of different sizes for storage and transport
- Cooler for carrying pre-made meals
- Measuring cups and spoons
- Indoor grill and/or gas barbecue grill
- Aluminum foil and plastic wrap
- Zip-lock bags

Topic 3: Basic Cooking

You don't need to be a 5-star chef in order to make healthy AND delicious meals for yourself and your family; however, there are a few tricks you can do so that you're not in the kitchen for hours and hours.

- Make shakes/smoothies for breakfast
- Buy pre-chopped vegetables or chop enough vegetables for the entire week
- Grill/bake enough protein selections for several meals, not just one
- Make homemade protein/energy bars
- Get into a ritual with at least one meal (breakfast is usually easiest)

Most importantly, PLAN AHEAD! If you're caught wondering what you're going to have for dinner, that's usually when people get lazy and order take-out.

Grocery List

.....in with the good!

Before heading to the grocery store, create a comprehensive list of items you'll need for the week. This will provide clear direction while you shop and will reduce the temptation of those unhealthy treats!

Topic 1: The Shopping Pathway

I'm sure you've heard this before, but I'm going to tell you again....shop mostly around the perimeter of the grocery store. Unless you're going into the frozen aisle, everything else in the middle sections is highly processed and not good for you. The perimeter of the store is where you'll find the fruits/vegetables, meats/protein, dairy/cheese, etc.



Topic 2: Reading the Labels

Sometimes its tough to determine what is “healthy” or “unhealthy”, so its always important to read the labels. Marketers are great at fooling customers into thinking a food item is good for them, but when you take a closer look at the ingredient list, you quickly see that it's far from the truth.

Look at the labels and avoid foods that contain trans-fats, artificial ingredients and added chemicals. Be especially careful of food labels that claim to include:

- added vitamins/minerals
- no added sugar
- contains real fruit
- Natural? Natural what?
- fat free
- low carb
- high protein
- wholesome

Food items that make these health claims are probably trying to cover up actual ingredients that are not good for you or your body.

Topic 3: Grocery List: Locating whole foods and Non-traditional Items

Your grocery list should include as many whole foods as possible. If you have a hard time finishing fresh vegetables before they go bad, it's ok to buy frozen vegetables!

Here is your whole foods checklist:

1. Red Meat (grass-fed preferred)
2. Fish (wild caught preferred)
3. Eggs (cage free preferred)
4. Plain Greek yogurt, cottage cheese, coconut milk yogurt
5. Protein supplements (whey or plant protein sourced)
6. Spinach/Arugula
7. Tomatoes
8. Cruciferous vegetables (kale, broccoli, cabbage, cauliflower)
9. Mixed berries (strawberries, blueberries, raspberries, etc)
10. Apples
11. Mixed beans/peas (black beans, lentils, split peas, etc)
12. Bell Peppers/zucchini/cucumber
13. Raw mixed nuts (almonds, mac nuts, pecans, walnuts, brazil nuts, etc)
14. Avocados
15. Extra Virgin Olive Oil
16. Fish oil or algae oil
17. Coconut Oil
18. Coffee
19. Green/Black Tea
20. Green powder blend



Topic 4: Bargain Hunting

Don't be afraid to shop around. Many health food stores can be very pricey, so don't think you have to break the bank. If you see a brand name and a generic product with the same ingredient list, go with the cheaper product. Explore farmers markets, butchers, small independent supermarkets, as well as the big box chains where you can buy in bulk.



Topic 5: Fresh vs. Frozen

If you can't get to the grocery store a couple times per week to purchase fresh vegetables, it's ok to buy frozen vegetables. Frozen vegetables are picked when they're most ripe and then flash frozen, so all those vitamins/minerals are kept intact. In comparison, sometimes fresh vegetables are picked before they're ripe and then shipped hundreds, if not thousands, of miles and therefore may have lost some of those nutrients. However, this does not mean you shouldn't pick fresh vegetables! Fresh is always best, especially from your local farmer.

