

MY KITCHEN SET-UP & SHOPPING TIPS

Be Prepared

Take simple, deliberate actions, consistently
=> **Success is only a matter of time**

- Remove all “Not allowed foods” if possible
- If removal is not possible, ensure the “Not allowed foods” are out of sight and harder to reach (reducing subconscious cues and desires)
- Confirm your meal plan and identify any alternate family meals required
- Check what foods you currently have in the fridge, freezer and pantry
- Create your shopping list based on the ingredients needed for your meal plan and your kitchen stock, to ensure you don't buy too much
- Only shop from your shopping list
- Stick to the perimeter of the supermarket – fresh fruit n veg; refrigerated milk, cream, butter & meat plus maybe the canned and dried legume and vegetables
- Prepare your pantry and fridge with all the regularly used items most easily accessible
- Keep the meal plan on the fridge and your recipes easily accessible
- Decide on the 1 or 2 treats that you want available to help you through any potential cravings and set aside the time to make them.
- Separate treats and snacks (nuts, veggie sticks etc) into portions ready to grab when running out the door or when needed
- Allow time on the final prep day to prepare snacks plus a few breakfasts and lunches ready to grab and run (you may need time mid “week” also)
- Place any healthy snacks and treats at eye level, so that if you go looking, they are what you find first and most easily!

