Public Safety Health and Wellness

KEYPOINTE MEDICAL WEIGHT LOSS & WELLNESS

How To Prepare For Your Transformation

Prepare Your Kitchen for Success

Its time to audit those cupboards and the refrigerator at home before we start our weight transformation. I understand that no one wants to waste food, but one of favorite quotes states "If you don't 'waste it', you will 'waist it'". However , for some people they just can't get themselves throw away items, therefore I strongly encourage you to find a local food bank to donate. We need to concentrate on creating a "success zone", not a craving center.

-Try to reposition unhealthy options below eye level to prevent impulsive eating. Out of sight out of mind.

-Think about storing "unhealthy food" in the basement or garage

-Remove all unnecessary and high calorie condiments

-Restock with food along the perimeter of the grocery store by getting plenty of healthy carbs, vegetables and a variety or protein sources

-Don't go shopping hungry

-Stock up on foods that will help you reach your goals as well as the foods that feed your muscles and metabolism.

-Have plenty of containers to store meals in the refrigerator

-Own a food scale

-Own a cooler bag with ice packs

-Have plenty of healthy meal substitution at home for "quick fixes" as well as meal replacements such as a good protein shake.

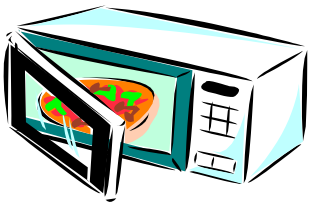
-Plan to eat every 3-4 hours

-Cook in bulk for a week at a time to minimize time in the kitchen, as well as minimize eating "unclean" foods

-Eat foods that are in season

-Try a new recipe every week, try the Parrillo Cookbook , Robard shake and pudding recipes, for healthy options or Clean Eating Magazine

-Experiment with low sodium seasoning and low sugar sauces



Hate To Cook?

-Look into prepackaged steam bags for brown rice and a variety of vegetables, or buy steam bags and fill with your likings

-Steam ready sweet potatoes are available

-Try a healthy protein bar or a protein shake as meal replacements

-Use prepackaged tuna, assorted beans, or a rotisserie chicken for quick protein.

-Start cooking with one-pan recipes, such as stir fries are great meals