



Spring Clean your Pantry!

Want to lose weight? Want to have more energy? Want to feel good about what you are eating? Eat ONLY whole foods (whenever possible)! If your grandparents wouldn't recognize it or its ingredients, don't put it in your mouth!

Clean out the pantry!

Ask yourself: Is it FOOD or is it a FOOD PRODUCT?

Take a look at the foods in your home. If they have more than 6 ingredients it's probably a food product, despite all the healthy labeling. If you don't want to eat it THROW IT OUT! It's way easier than trying to burn off the excess calories.

Go shopping

Now that you've removed all the junk, your cupboards may look kind of bare. Your assignment: get to the grocery store and shop the border of the store first. Most of the food products are in the aisles.

The next time you are at the store...look at the labels: Is it FOOD?

- FOOD never uses any of the following words:
 - hydrogenated
 - high fructose
- FOOD usually has:
 - an expiration date!
 - little or no colorful packaging.
 - Few health claims.

Reading labels may seem very time consuming, but once you have discovered what not to buy, and narrowed your focus you can save a lot of time. You will be able to skip certain areas of the store completely! For example:

- Skip the cracker & cookie aisle: There's zero FOOD there.
- Skip the liquid calorie aisle of juices and soft drinks (not FOOD!)
- Skip the cereal aisle except to get old fashioned oatmeal
- Skip most of the frozen foods department...it's mostly food products. just pick up frozen vegetables and for convenience sake, (see the 80/20 rule below) one or two dinners for the busiest, craziest nights of the week.

The 80/20 rule

Nobody's perfect, so follow the 80/20 rule: 80% of the time, eat whole foods. The rest of the time, eat things that are as whole as possible. For most of us it simply is not possible to prepare a "from scratch" meal like Grandma used to make each and everyday. Here are some suggestions for healthy, quick meals:

Breakfasts:

1. Old Fashioned Oatmeal (less processed than the instant stuff) add nuts and dried fruit
2. Hard-boiled eggs are easy because you can prepare them ahead of time.
3. Scrambled eggs are quick too; add left-over veggies and/or canned beans to increase fiber content and get that first serving of veggies for the day.

Lunch:

1. Whole wheat bread with at least 2.5 grams of fiber/slice to make your sandwich.
2. Lean lunch meats are fine, just look for the least processed ones.
3. Peanut butter (go natural)...find one without added sugar.
4. Good additions are fresh fruit, raw vegetables, cheese stick

Dinner:

1. Broiled fish and chicken
2. Rice: Prepare enough brown rice for 2-3 meals; then keep the leftovers in the fridge or for a change try 90 second Uncle Ben's Brown Rice.
3. Steam your vegetables until they are al dente.

Snacks:

1. Fresh fruit and a handful of nuts make a heart healthy snack.
2. Make your own trail mix with walnuts and dried fruit.

Cleaning out your pantry and changing your shopping patterns may seem like a lot of work up front, however once you have adopted the whole foods lifestyle you will feel much better about what you and your family are eating, have more energy and most likely lose weight.

Do you have a health and fitness question? Contact us info@xofitness.com

Karin Jennings is a certified personal trainer and co-owner of XO Fitness, LLC in De Pere.



100 S. Broadway, Suite 10, De Pere, WI 54115
920-339-0630 • fax 866-892-4803 • www.xofitness.com