



1



2



3



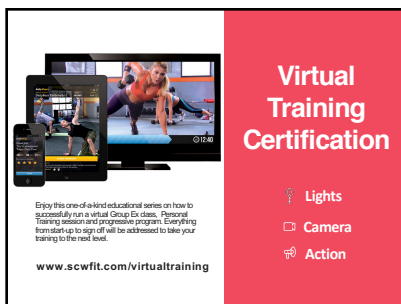
4



5



6



7



8








## YOUR KITCHEN: YOUR HAPPY PLACE

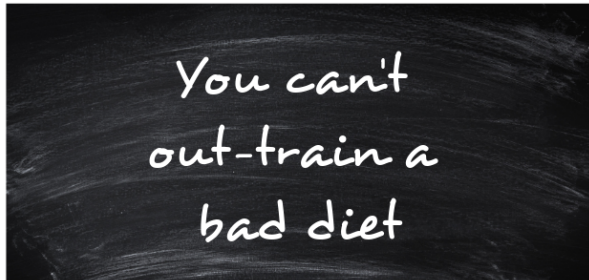
Sohailla Digsby, RDN, LD, CPT  
sohailla@bestbodyin52.com  
FB: Best Body in 52  
Twitter: @bestbodyin52

## KITCHEN CONNOTATIONS

- gym vs. kitchen
- eat to live vs. live to eat
- memory-making vs. mess-making
- food for fun vs. food for fuel
- cook vs. clean
- food to be burned off vs. to be enjoyed

- You may have **workout plans**, but what about a **menu plan**?
- You've got an updated **playlist**, but what about your **grocery list**?
- Reading up on exercise **regimens**? Don't forget **recipes**!
- **Counting** calories helps, but be sure to have someone you can **count on** as well to partner with you to see you through to Your Best Body.



## WHAT'S YOUR MOTIVATION?



## MOTIVATORS

- Detox (digestive)
- Weight loss
- Disease prevention/maintenance
- Flavor
- Decor/food-styling
- Family time
- Cooking-show inspiration
- Entertaining/special occasions
- Gardening





## Appendix F

Source: Best Body Cookbook & Menu Plan

FOOD	SERVING SIZE	FIBER (GRAMS)
pear with skin*	1 medium	5.5 grams
apple with skin*	1 medium	4.4 grams
strawberries*	3/4 cup	3.0 grams
orange*	1 medium	3.1 grams
whole wheat pasta	1/2 cup	3.2 grams
barley, cooked*	1/2 cup	3.0 grams
bran flakes*	3/4 cup	5.3 grams
oatmeal*, cooked	1 cup	4.0 grams
popcorn, air-popped	3 cups	3.5 grams
lentils*	1/2 cup	8 grams
lima beans*	1/2 cup	7 grams
baked beans*	1/3 cup	3.5 grams
green peas*	1/2 cup	4.4 grams
navy beans*	1/2 cup	6 grams
kidney beans*	1/2 cup	6 grams
broccoli	1/2 cup	2.6 grams
brussels sprouts*	1/2 cup	3.0 grams

\*denotes soluble fiber-rich foods



## Flavor: Essential Agent of Change

### • Olive oil, Acid and Seasonings

- Olive oil (extra-virgin)
- Acid: lemon juice, vinegar or other citrus
- Seasonings: herbs, spices, salt



### • Keep it simple

- Sautéed Greens + OAS
- Cucumber, tomato, avocado + OAS
- Steamed green beans + OAS + Almond

An herb plant pays for itself in two uses.

## Eating out is at an all time high

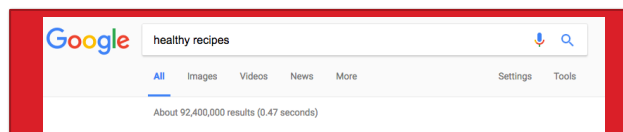
- Food prepared away from home (FAFH) tends to be lower in nutritional quality than food prepared at home

"The further you are away from where your food is grown and prepared the more dependent you are on systems or people you can not control." ~ Unknown

## Barriers to <sup>healthy</sup> cooking...



- Time constraints
- Skill & confidence are lacking
- Cost: perception that healthy has to be expensive/fear waste
- Flavor: perception that healthy & delicious do not coexist
- Focus: too many options (not streamlined)



## Shopping Staples

### FRESH PRODUCE (ALL!)

- ☑ Salad greens
- ☑ Bagged rainbow slaw (also called California slaw or broccoli slaw)
- ☑ Garlic (fresh, in the tube or minced)
- ☑ Onions (onions are storage produce and last a long time in the crisper drawer)
- ☑ Carrots (carrots last a long time in the refrigerator)
- ☑ Apples (apples keep well in the crisper drawer)
- ☑ Seasonal farmer's market specials

### LEAN MEATS

- ☑ Fish
- ☑ Chicken and turkey breast
- ☑ Lean pork and beef (loin or round cuts)
- ☑ Canned tuna and salmon

### WHOLE GRAINS, CEREALS, AND BEANS

- ☑ Canned reduced-sodium beans and bagged dry beans (black, pinto, navy, kidney, etc.)
- ☑ Whole grains (brown rice, whole-wheat pasta, barley, quinoa, old-fashioned or steel cut oats, etc.)
- ☑ Whole-grain pitas
- ☑ Ezekiel cinnamon-raisin English muffins

- shopping
- meal planning
- preparation

### LOW-SODIUM CANNED GOODS AND DRIED FRUITS

- ☑ No-salt-added canned tomatoes (diced, stewed, and with green chilis)
- ☑ Reduced-sodium and unsalted stock or broth (chicken, vegetable, beef)
- ☑ Raisins (golden and purple)

### DAIRY, EGGS, AND FROZEN FOODS

- ☑ Milk (1% or nonfat), plain soy milk or almond milk
- ☑ Eggs
- ☑ Butter or trans-fat-free spread
- ☑ Greek yogurt (plain, nonfat)
- ☑ Frozen fruit (blueberries, strawberries, blackberries, peaches)
- ☑ Frozen vegetables (stir-fry blends, mirepoix, chopped onions and peppers)
- ☑ Frozen chicken or fish (non-breaded)

### MISCELLANEOUS

- ☑ Spice blends (Mrs. Dash salt-free seasonings, Jane's Krazy Mixed-Up Salt, Cavender's Greek seasoning, grill seasonings, Italian seasoning, etc.)
- ☑ Healthy oil (canola oil, extra-virgin olive oil, canola oil cooking spray)
- ☑ Dressings such as Newman's Own Balsamic Vinegar and Bolthouse Farms Greek Yogurt Dressing
- ☑ Nuts and nut butter such as peanut butter or almond butter

## Meal planning and visualizing

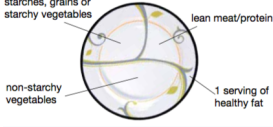




Image from the Countdown to Your Best Body Success Journal, page 46



MEAL PLANNING	PICTURE IT!	GROCERY NEEDS	PREPARATION TIPS
Monday's Dinner			
Tuesday's Dinner			
Wednesday's Dinner			
Thursday's Dinner			
Friday's Dinner			
Saturday's Dinner			
Sunday's Dinner			

## Food Prep

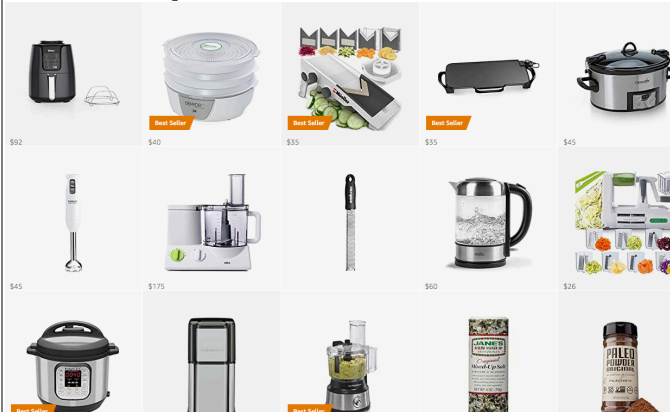


- Proper cooking tools

Our dietitian-approved recommendations for the upcoming 52-days:

- my **Countdown to Your Best Body Success Journal**
- Meal Measure or divided plate
- infuser water bottle
- garlic press
- silicone garlic peeler
- meat thermometer
- food processor or blender
- microplane zester
- sharp knives
- zip-top freezer storage bags
- pre-portioned snack cups for portion control
- adequate freezer space for buying healthy items on sale in bulk and for freezing
- double batches of healthy meals on hand in the freezer

## Food Prep Difference-Makers



Prices listed for each item: \$92, \$40, \$35, \$35, \$45, \$45, \$175, \$60, \$26, \$72, \$48, \$6, \$9.

## Food Prep Difference-Makers



Prices listed for each item: \$31, \$40, \$20, \$20, \$17, \$12, \$9, \$9, \$17, \$5, \$10, \$11, \$16, \$10.

## Cost Savings and Food Storage

- Eating IN Saves \$
- Oatmeal
  - McDonalds & Starbucks (\$2-\$3)
  - Home <\$1
- Grilled Chicken
  - Carrabba's \$14.50
  - Home + sides <\$5

Good recipes save money!

- Baked oatmeal
- Quick old fashioned oats
- Broiled Chicken with Herbs

- Proper storage saves \$
- Store bought broth
- Peppers – red, green, or yellow
- Spaghetti sauce

On average Americans throw away \$45.00 worth of food per month

## Delicious Nutritious Food

- Flavorful food doesn't make one feel as deprived and on the hunt for a splurge!
- Begin with quality ingredients
  - What's in season
  - When to choose fresh, canned or frozen
- Flavor Enhancing tools
  - Zester
  - Garlic Press
- Maximize Flavor
  - Cooking techniques
  - Seasoning
  - Seasoning blends





## Strategies for Efficiency

### READ THE RECIPE

It is important to read the entire recipe prior to beginning to cook. You don't want to be an hour away from meal time only to learn you were supposed to refrigerate something for a couple of hours or marinate overnight.

*Kim's Comment*

### GATHER INGREDIENTS FIRST

Practice *mise en place*: pronounced [MEEZ ahn plahs]. This is a French term that literally translates to "set in place." It is a practice that professional chefs use before they begin cooking, and it is a real time saver for the home cook as well.

Gathering your ingredients together before you begin to cook allows you to verify that you have the ingredients you need. It also allows the cooking process to proceed smoothly without interruption. Think of it like taking a shower: all of what you need to get clean is already in the shower, so there is no need to get out to get the soap, shampoo, and conditioner. The same principle applies to cooking: if all your ingredients are gathered and ready, the process flows more efficiently.

## "Planned-Overs" and "Lunch Leftovers"

- prep/utilize ingredients for upcoming menus/recipes that week
- double recipes or cook extra to re-purpose, or simply eat to as left-overs



This icon will be shown on the dinner menus to indicate which recipes we suggest as "Lunch Leftovers." We encourage you to eat food from home for lunch as often as possible. We don't give a specific menu lineup for lunch because, in our experience as registered dietitians, we've learned that most people don't cook from recipes at lunchtime. Most either serve up leftovers at home, grab a sandwich on the go, or eat lunch out. You will find many fabulous lunch options in this book, just not in the form of a lunch menu.

## Make the most of kitchen time!

- 2 meals from 1



"It's not about having time, it's about making time."

## Batch cooking

### baked brown rice or barley

Total time: 20 minutes

This is a great way to cook both brown rice and barley. Not only does it turn out moist, but it is truly a timesaver! This recipe is plain (unseasoned), so you can use it in any recipe. It's ready fast, but without the extra cost and potential additives of quick-cook rice options.



**Baked Rice**  
\$0.25 per serving

**Microwave Rice**  
\$0.75 per serving



**Yield: 10 cups or 30 servings**  
(serving size: 1/3 cup)  
**Nutrient Breakdown:**  
for brown rice (per 1/3 cup):  
Calories 60  
Fat 1g  
Cholesterol 5mg  
Sodium 60mg  
Carbohydrate 12g  
Fiber 1g (2g)  
Protein 1g (2g)  
**Plate Plan choices:**  
1 starch

## COOKBOOK COUNTDOWN 5

- 5** vegetable and fruit servings or more daily
- 4** cook-at-home meals weekly+
- 3** "Strategic Splurges" per week
- 2** meals from 1 (double recipes)
- 1** hour of pre-prep and planning time weekly



see  
blog!!!

## 10 tools you already have!



## Tools for Easy Meal Prep

### GRILL



- once a weekend, fill the grill with lean meats and veggies for roasting (my favorites for the grill basket: baby tomatoes, onions, zucchini, and mini-peppers)
- freeze grilled meat (cut into strips) in freezer-safe zipper bags

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)



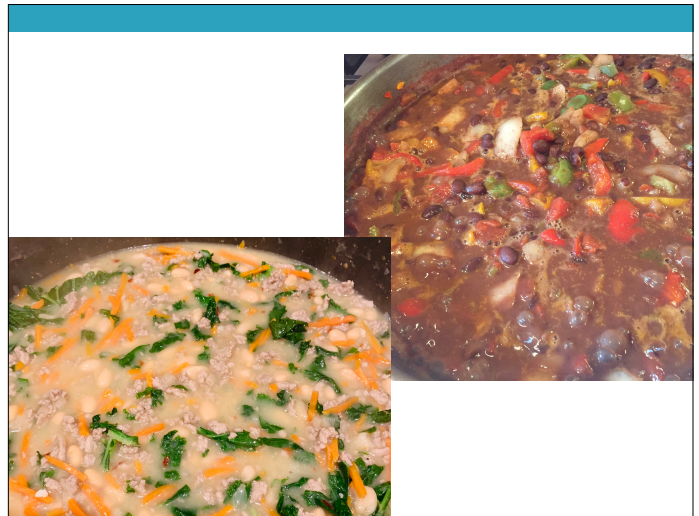
## Tools for Easy Meal Prep

### CROCKPOT/PRESSURE COOKER



- slow-cook a pound or two of dried beans on low each week (I alternate between black beans, white beans, pinto beans and lentils) – fill to the top with water and turn it on low for the day
- I literally always have a soup or stew ready for leftovers and lunches – it is my secret to surviving busy weeks!

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)



## Tools for Easy Meal Prep

### FRIDGE/FREEZER



- fill and flatten quart and gallon freezer-bags of pre-cooked beans, soups, and meats and freeze
- stock with ready-to-cook frozen veggies
- overnight oats ready in the fridge
- stock your veggie drawer for quick salad-entree'-night

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)





## “Food filing”



- this is an absolute time-saver and helps with streamlining your planning
- to save more time, use the “Favorites” feature to restock your most used items (see the image above with the little hearts)
- Available at Walmart, Kroger, Publix, and Target
- check for online coupons to save \$\$ off your first time

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)

## Tools for Easy Meal Prep

### GROCERY PICK-UP APP



- this is an absolute time-saver and helps with streamlining your planning
- to save more time, use the “Favorites” feature to restock your most used items (see the image above with the little hearts)
- Available at Walmart, Kroger, Publix, and Target
- check for online coupons to save \$\$ off your first time

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)

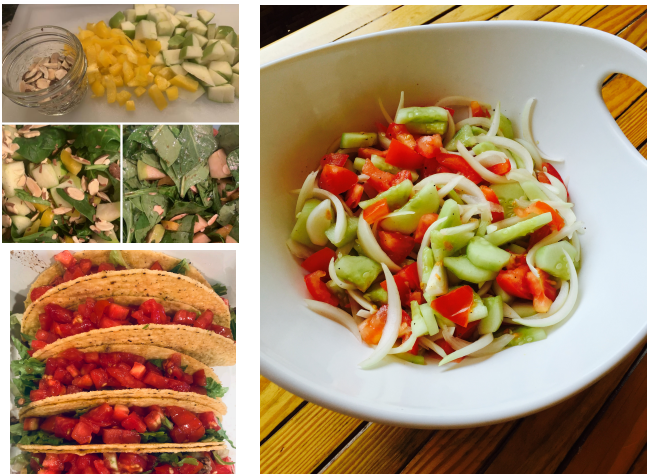
## Tools for Easy Meal Prep

### CUTTING BOARD/FOOD PROCESSOR



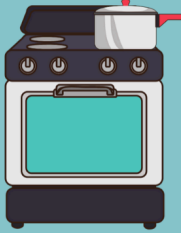
- think about what you can prep for both today and tomorrow (and you only have to clean up once)
- finely chop spinach or kale to mix into sauces and smoothies
- consider what produce you can buy that’s chopped for you

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)




## Tools for Easy Meal Prep

### STOVETOP



- boil eggs for the week
- make whole grain pasta and quinoa
- make some stove-pop popcorn for snacking

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)



## Tools for Easy Meal Prep

### BLENDER



- make a family-favorite smoothie or homemade “froyo” with your kids (sometimes we have “smoothie game nights” as a family)
- puree steamed broccoli slaw in the blender with water to add to sauces to pack more veggie-power

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)



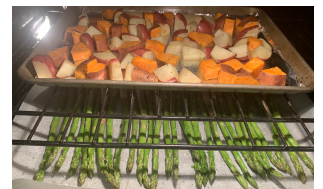
## Tools for Easy Meal Prep

### OVEN



- pre-bake your grains in bulk for the week (or when in a pinch, use the 90-second grains you can microwave – choose the plain ones)
- double recipes for dishes that serve a crowd

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)



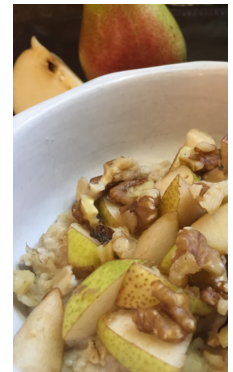
## Tools for Easy Meal Prep

### MICROWAVE



- steam-fresh type veggies (we love prep-free perfect broccoli in 3 minutes)
- red potatoes and sweet potatoes (just wash, poke holes and put a couple in the microwave at a time – start with 5 minutes and check doneness by squeezing it gently while wearing an oven mitt)

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)





## Tools for Easy Meal Prep

### RESTAURANT



- On which night or two of the week do you need/want to delegate cooking/cleaning the most?
- TIP: Ask for a box to come with your meal and set up your plate in reasonable portions from the start!

[bestbodyin52.com/blog](http://bestbodyin52.com/blog)





What if I just major on the majors?  
Less sugar. More water. Solid meals.  
Bump up the veggies and movement.  
Get accountability. Note how I feel.

Progress in the kitchen  
can translate to big-  
picture progress in all  
areas of wellness!

Which one of these 5 can  
you work on this week?

- 5 vegetable and fruit servings or more daily
- 4 cook-at-home meals weekly+
- 3 "Strategic Splurges" per week
- 2 meals from 1 (double recipes)
- 1 hour of pre-prep and planning time weekly



**Sohailla Digsby, RDN, LD** [bestbodyin52.com](http://bestbodyin52.com)  
Registered Dietitian Nutritionist, Fitness Pro, Speaker & Author  
Sohailla@bestbodyin52.com  
@bestbodyin52 Best Body in 52  
Best Body Nutrition & Fitness, LLC 762.233.2378

## Just 52 days away from Your BEST BODY!™



**JOIN US SOON!** [www.bestbodyin52.com](http://www.bestbodyin52.com)

Best Body Countdown Registration opens  
3 weeks before MLK Day & Labor Day