

MODULE 1: GETTING STARTED | TRANSCRIPT

LESSON 3

Prep Your Kitchen

A sacred space

Good food cooking habits start by making the kitchen one of the most inviting rooms in the home. Make sure it's stocked with the simple tools needed to create great meals. Now, I know we don't all have magazine-worthy kitchens. Some of our kitchens look a bit like a BEFORE on an HGTV episode, but that's ok! Do what you can to add small touches to make it a space that you feel excited and confident to walk into.

Keep this space clean, clutter-free, and ready for action. Stock it with what makes your heart sing. Whether that's cabinet after cabinet of mismatched dishware, or a sleek, minimalist set up. Turn your kitchen into a sacred space, because if you adore your kitchen, you'll spend valuable time there. Preparing meals and experimenting with new culinary ideas will become an effortless, stress-relieving, and enjoyable way to spend time if you're in a happy, nurturing space that reflects who you are and what you want to become.

Clean it out

Remove anything from the kitchen that will tempt, frustrate, and otherwise hinder progress. This includes junky or expired ingredients but also broken appliances, wonky tools, and those dishes, serving ware, and utensils you never use. Have a giveaway party, invite pals over to help unload, and celebrate new goals. Maybe even set out a homemade healthy snack while folks "shop." Donate goods to someone who can fix or make use of them.

Get tempting, health-diminishing foods out of the house—they're kryptonite—and if they're not there, you can't eat them. You instantly set yourself up for success if you junk-proof your kitchen. Be thorough—counters, fridge, pantry, freezer—don't leave the junk any place to hide.

You know what all that newfound empty space means?
More room for the good stuff.

Rearrange & organize

Keep handy the appliances and tools that you'll be using often. Bring them to the front of the cabinets or countertop. Use quirky jars and vessels for items like rubber bands, binder clips for packages and cheesecloths. Make it easy on yourself.

To ensure that we eat a variety of good foods, it helps to see your options. Bring pantry items and spices out of the shadows and stack them where you can see them, on open shelves, or at the front. We're much more likely to use the red lentils or the mustard seeds if they aren't collecting dust way at the back of the pantry. Label them if you need to and group items for easy locating—flours, spices, grains, nuts, seeds, teas, etc. Store bulk pantry items in airtight store-bought or recycled glass containers—old tomato sauce and nut butter jars work great for this.

Lesson Actions

Grab your cooking journal and write down (at least) three feelings you want to have when you walk into your kitchen, every time.

Now, write down three things you will do, and when they will be done, to make your kitchen a more supportive cooking space.

Share your goals with friends, family, or the course community if you like.