

Ashly's WB Bio-Balance

Kitchen Cleanse

In order to keep our body clean, we must first cleanse our kitchens of foods that do not nourish the body. One way to guide the body into craving nutrient rich foods is to keep them at the forefront, we do this by eliminating foods that cause sugar and carbohydrate cravings. A kitchen stocked with the makings for healthy meals and snacks will keep you energized and feeling amazing in your body!

There are only 2 options for the food that is currently in your kitchen, it will either be **Released OR Embraced**. The foods that you release are ones that have kept you hostage in your current health status and will go into the garbage bag while the foods you embrace are ones that nourish you body and soul and you get to “keep” or add them to your shopping list. Grab a garbage bag and let's get started!

Refrigerator

This will become the heart of the kitchen for you once you are done cleansing your kitchen. This is where your fresh food choices will be stored and most meals will derive from.

Release this: Beverages with high fructose corn syrup or sugar. These are not healthful and best to be held off until a special occasion or treat comes along.

Embrace This: WATER! Most people are dehydrated and this keeps the body from cleansing itself, digesting smoothly...in other words the body is stronger and more efficient with its processing of fat and releasing toxins when it is hydrated. Make water your mainstay.

Release this: Processed Cheese and other dairy that is derived from a poor source.

Embrace this: alternative cheese sources or hard cheese, such as, parmesan, goat, sheep etc... Also look for organic dairy products. If milk is your thing and your body loves it, switch to organic and raw when possible. Greek Yogurt is a good source of protein and a great addition to breakfast.

Release this: fatty lunch and breakfast meats. These typically contain toxins that our body is unable to process. Plus they contain high amounts of saturated fats.



The fat you want to keep in your diet are the essential fatty acids. (See the Real Foods Meal Planning Guide for specifics)

Stock your kitchen with good fats like coconut, farm fresh eggs, full fat Greek yogurt, nut milks and olives (go to the olive bar at your neighborhood health store and go wild!)

Embrace this: Lean Meats like grass fed organic beef, lamb, ostrich, chicken, turkey, and pork; ones that are wholesome, organic and provide a good source of protein for the lean tissue of the body.

Release this: Foods/Condiments that contain high fructose corn syrup (HFCS) and highly processed.

Embrace this: Fresh Vegetables and fruits, all varieties. Get creative. Step outside your comfort zone of the typical fruits and veggies. Try a new one each week or at the very least each month. The produce drawer in your fridge will be overflowing with colorful nutrient-rich veggies. Veggies are filled with fiber, vitamins and nutrients and are a vital part of a healthy well-rounded diet.

Freezer

This is my favorite! The freezer is a must in order to prepare meats and meals ahead of time; this makes putting together meals with a hectic schedule easy.

Release this: Frozen pizzas and other similar foods. These are just simple calories and provide no nutrient value. This same food can be duplicated in a healthy way. Have a Make Your Own Pizza family night and use a cauliflower pizza crust recipe, you can also check out other alternatives online. One you have a plan of action, it is easy to implement.

Embrace this: Turkey or veggie patties or any other meats you have prepared ahead of time for quick and easy dinners. Simply serve with quinoa or wild rice.

Keep Ashly's quick dinner ideas handy for last minute preparations.

Release this: Frozen breakfast foods. These typically do not provide any nutrient value and are empty calories.

Embrace this: Look for Ezekiel brand frozen breads and others at your health food store. There is now quite a selection of these more healthful foods. It is just as easy to toast a piece of bread as it is to toast a waffle. Spread it with nut butter and enjoy!

Release this: Frozen packaged desserts including ice cream.

Embrace this: Frozen fruit and homemade desserts – there are many wonderful healthful and easy recipes to make a delicious dessert for yourself and your family with the best ingredient of all LOVE and TIME. I make a chocolate chip cookie pie with white beans, old fashioned oat bars with dates and oat flour and both are divine! Spend some time checking out all the baking alternatives such as flours, beans, binders, sweeteners etc... You do not have to give up your

favorite treats; simply find a more healthful alternative. I enjoy frozen cherries w a few shavings of dark chocolate when my sweet tooth comes calling. Yum!

Pantry

This may be difficult since this is where most snack and favored foods are kept. Take a deep breath, center your thoughts on the health of your body and that of your family and dive in.

Release this: Sugar filled cereal and snack cakes, all of these contain HFCS and white flour, both of which are not nutrient dense and continue to feed the sugar cravings.

Embrace this: Organic Oatmeal and Quinoa, these are perfect for breakfast. Eat hot or cold. Add in some fruit and hemp, almond or rice milk and you have a delightful breakfast!

Release this: Refined white flour foods, pasta and rice. Stay away from the traditional white flour foods; they tend to add to the waist line vs take away from it.

Embrace this: Whole grain bread, wild rice, whole grain pasta, variety of dried beans (or canned) – these are a more nutrient dense choice and provide blood sugar stability. Make the switch from white to whole grain, you will find that it is tastier and more filling! The variety of beans will provide a nice source of protein plus a variation to your dishes. Explore the different kinds and cook differently. My favorite is stir fried Garbanzo beans in olive oil...Yummy !

Release this: chips and crackers which are easy to over eat on and end up not bringing you the satisfaction you are looking for.

Embrace this: nuts and seeds are high in essential fatty acids and will bring on a feeling of satisfaction.

Release this: Packaged sweets like cupcakes and cookies

Embrace this: Dried fruit – get the ones that have no additional sugar added and are sulfite free. These make a wonderful treat when the taste buds want something sweet.

Now your Kitchen is as cleansed as your body is going to be. Feels good, doesn't it? This is your first step to empowering yourself to living healthy at your natural weight. Enjoy!

