

Paul Plakas' Guide to a Cupboard Purge



Here are some tips for purging your fridge and cupboards of bad stuff and replacing it with nutritious, healthy foods.

1. Get rid of the easy stuff first: Foods you know are bad for you like pop, chips and chocolate.
2. Read food labels carefully and don't buy:
 - a. Any foods that have trans fats in them and avoid hydrogenated oils.
 - b. Any food product that has sugar or any ingredient with "ose" at the end listed in the first four ingredients
 - c. Any food product that has "artificial or natural flavoring" listed
 - d. Any food product that has a lot of salt or sodium, you are allowed 2400mg total in a day.
3. Don't buy any boxed cereal unless you get a minimum 7gms of fiber per serving
4. Get rid of all liquid calories like alcohol, pop and juice. You can have milk for your cereal only.
5. Get rid of condiments (mayo, ketchup, peanut butter, salad dressings, sugary jams all out)
6. Avoid any packaged food that you just open up and eat, add water to it and eat, or have to microwave.
7. Do spend one hour per week cutting up assortments of vegetables, fruit and lean cooked meat like chicken. Put them in separate containers in the fridge. You can then easily make a different salad every night in little or no time at all. Add nuts, feta cheese and cranberries as desired. Olive oil, balsamic vinegar and honey make a good dressing.
8. Have a jug of filtered water available at all times in the fridge.
9. If you are craving a sweet snack, real fruit juice popsicles are low calorie, sweet and refreshing. Frozen grapes are another great option.
10. Adding a stock to last night's meat dish can make a great homemade soup for lunches for the week.