



*Kevin's Healthy Kitchen
Essentials*

*A Guide to Set Yourself Up
for Success*

Acknowledgements

Kevin's Healthy Kitchen is not affiliated with any of the products named in this book. We included them as products we like and have used to obtain weight loss and a healthy lifestyle.



Kevin's Healthy Kitchen Essentials

Setting Yourself Up for Success!

There are many paths to successfully achieving your good health goals. Each of us has different tastes and preferences where food and exercise are concerned. The key is to make things easy and accessible so you're more likely to make a healthy choice when the time comes. Having the right items in your kitchen and pantry will set you up for success for good! This means not only filling your kitchen and pantry with healthy food, but also replacing the items you know are a problem for you.

Replacing Your Temptations

We all have at least one thing (maybe several!) that we just can't stay away from. The best way to succeed here is to get whatever it is out of the house *and* not buy it again. This is especially true if you're just starting out or renewing your commitment. We have been very pleased to see our local grocery stores offering more and more lighter versions of so many products we love. See if you can either find a lighter version of your temptation or just find something light to replace it with altogether, so you'll be able to grab something healthier in a pinch.

Fill Up With Healthy Choices!

The following pages are key items we have in our kitchen consistently. We have provided you with items that not only help in creating the recipes in *Kevin's Kitchen; Low-fat American Classics*, but a general list of items that will make your kitchen a beautiful healthy place to be and cook deliciously!



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Dairy Products

- ❖ **Butter** - Light margarine is our choice. *
- ❖ **Cheeses** - Reduced fat versions for sandwiches, pizza and parmesan for pasta dishes.
- ❖ **Milk** - 1% or skim.
- ❖ **Cream** - Fat free half & half is a definite staple in our kitchen.
- ❖ **Yogurt** - light versions, the containers have the added bonus of easy portion control.
- ❖ **Ice Cream** - We like frozen yogurt but there are also fat free or sugar free versions out there that are great too.
- ❖ **Sour Cream** - Reduced fat for Tex-Mex or egg dishes, fat free for baking.
- ❖ **Cream Cheese** - Reduced or fat free.
- ❖ **Whipped Cream** - The reduced fat or fat free Ready Whip is great, but fat free Cool Whip is awesome!
- ❖ **Mayonnaise** - We have compared the reduced fat and fat free versions of brands on the market and concluded the reduced fat versions were healthier overall. We encourage you to read your labels when buying mayonnaise and decide what's best for you.
- ❖ **Egg Whites** - a carton of these go a long way and save you the trouble of separating eggs and throwing the yolk away.

* It's hard to know what product to choose when considering butter or margarine. To help you make a good choice, check out this graphic written by the heart specialists at the [Cleveland Clinic](#).



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Fiber

- ❖ **Whole Wheat Products** - Bread, wraps, pitas and baguettes.
- ❖ **Fat Free Croutons** - Grind these up in a food processor. They are great for breading fish, chicken, pork and even onion rings!
- ❖ **Breakfast Cereal** - There are so many cereals on the market to choose from its overwhelming. We like anything that is low in sugar, high in fiber and most of all tastes good! No twigs for this family. The important thing to note here is to read you labels and try different brands. We tend to eat Special K cereals and a new Chex cereal that is gluten free and tastes great!



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Reduced Sodium Products

- ❖ **Tomato Sauce** - This is one of those products that can have a lot of hidden salt. Make sure you read the label and get the one that says, "no salt added."
- ❖ **Chicken and Beef Bouillon Base** - We use the reduced sodium version of Better than Bouillon.
- ❖ **Broths** - Fat free, reduced sodium chicken, beef and vegetable.
- ❖ **Soy Sauce** - You won't miss any flavor with the reduced sodium version of this popular sauce.



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Fruits and Vegetables

- ❖ **Fresh** - A bowl of fruit on the kitchen counter was something we never used to have. Now you'll find a bowl of apples, bananas and anything seasonal on our counter! Apples are great to eat before you have dinner out. They can keep your appetite in check so you make the right portion decisions when it counts!
- ❖ **Frozen** - Having a bag of frozen veggies, fruit or berries in the freezer will help with making a quick soup, side dish or smoothie.



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Go-To Snacks

This is a list of some of the snacks we like to have in the house to beat that moment between breakfast and lunch or when you get home from work hungry, but dinner is at least 90 minutes away.

- ❖ **8oz. Can V8 Juice** - This really helps fill you up fast and takes the edge off. We buy them by the case and keep them in an extra downstairs fridge.
- ❖ **Light Popcorn** - Make sure you purchase light versions without all the artificial butter and salt. We like the single serving bags for easy portion control. The bigger bags are nice for the whole family to share.
- ❖ **Hard Boiled Eggs** - We cook up a batch of a half dozen, keep the shells on for storage in the fridge and eat them throughout the workweek.
- ❖ **Granola/Protein Bars** - The choices here are overwhelming. People eat these for different reasons weight loss, building muscle, increased energy etc. Dr. Oz put together a nice [buying guide](#) to help us wade through the sea of choices. As far as Granola bars, we like the 90-calorie Quaker Oat bars. If we're looking for protein, Fiber One has a great selection, including a Cookies and Cream option our 13-year-old loves.
- ❖ **Banana with Peanut Butter** - One of our favorites! Our 13-year-old son recently picked this one up. The trick is to measure a tablespoon of peanut butter and make sure you don't overindulge.



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More Go-To Snacks

- ❖ **Light Cheese Sticks** - Great grab and go snack to take to work or have at home. Weight Watchers has a great 1 point cheese stick we have as a snack, but we have also been known to put them in a cheese grater to top pizza and pasta dishes too.
- ❖ **Fruit** - Generally we stick with apples, bananas and oranges but there are really no wrong choices here.
- ❖ **Dill Pickle** - These will get your crunchy and salty fix in!
- ❖ **Raw Veggies with Fat Free Ranch Dressing** - We love the fat free ranch dressing options out there now. The creamy texture and tangy flavor are all there with these products.
- ❖ **Almonds** - Most experts say raw unsalted almonds are best for you. We find them bland at best. There are packaged almonds you can buy that are roasted and salted with sea salt. They are yummy and only 100 calories. The best part though is that they are pre-packaged so the portion size is controlled for you!
- ❖ **Frozen Grapes** - We first heard of this from someone at Weight Watchers. We love this snack especially at work. Sitting at a desk writing while savoring a frozen grape makes for great thinking!
- ❖ **Low Fat Triscuits with Laughing Cow Cheese** - These are awesome and go a long way. Make sure you pay attention to the serving size here; 7 Triscuits is one serving.



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Kitchen Tools for Easy Portion Control

- ❖ **Measuring Cups and Spoons** - we use these regularly to measure out portions when cooking. Once you get used to using them it becomes a healthy habit. When you are away from home, your newly trained eye will notice how much restaurants put on a plate, and trust us, it's a lot more than a single serving!
- ❖ **Food Scale** - This helps portion everything from lunchmeat to steak, fish and anything else you need to weigh. We find 1.5-2 oz of lunchmeat is good for sandwiches and 3 oz for steak, chicken and fish.
- ❖ **Sandwich Bags** - These help with things like crackers or chips and anything that comes in a larger package that holds multiple servings. When you bring these items home from the grocery store open the package and portion out each serving and store as usual. This way you'll grab the perfect portion every time!

