



Where's the Beef?

		How can we redo the kitchen & not get fat?	We hate this mess & are eating all wrong	
The kids have awful manners with the kitchen all torn up			My partner just tore it all up, but everything is on backorder!	
I can't even finish the kitchen because I feel so yucky				We just fend for ourselves - bad for our bodies & no time together
	They don't like anything I make for dinner in this mess		Our home is a disaster zone so we just eat fast food	What kind of family will we have after this - it's gotta get better!

Where's the Beef?

What happens when you renovate a kitchen?

My husband is 'big-boned' (as politely put), and had been doing well with a new eating plan. But when we tore up the kitchen for several months, he had great trouble maintaining his diet. Fixing salads and low carbohydrate options became nearly impossible. It can take some time to undo what happens to a sensitive balance for a problem eater when the structure of the kitchen is disrupted. So, it is important to plan ahead in your facilities and attitude to keep eating healthy while kitchens (especially) are being renovated.

Begin your plan BEFORE you start the project

Survey your better eating plan before it gets disrupted. What are the central features that help you eat healthy? List the menus and methods of preparation. If any foods need to be eliminated from your diet while you renovate, figure on dumping the less healthy ones. In your makeshift kitchen, leaving the deep fryer out is not as healthy as keeping the steamer handy. Put the salad bowl on your list for sure! Look over your list and cooking methods for the best impact on your body. Imagine you will have to plan for two months. If it is shorter, all the better. If it is longer, read more chapters of this book, rent a movie, and email me in the morning. Seriously – take what you learn from this chapter and review your lists with your family for their input. Remember, they will live with your planning – and hopefully not with more pounds than they started with.

Think it through and communicate about the options

Figure on creating a good working platform for making important dishes such as salads or the other central dishes of your eating plan. Take a bit of time to design your ad hoc cooking space. It may mean converting part of a living room or den or even a bedroom into a mini-kitchen. Give yourself a good chance to envision cooking, eating, and cleaning flow in this space. Imagine each family member living with this arrangement. Write down the pitfalls. They may be: (lack of) cooperation with order and cleaning, loss of family dinner time, off-diet eating, greater expense, and more. Just pay attention to these considerations, and you may well find that you will want to adapt your plans. Or, you may brainstorm the situation with the family to see what options develop. Discussing the pitfalls ahead of

time can be great for teaching problem solving to the young ones, and can enlist teenagers and adults into coming up with solutions before the problems get large. Keeping notes of some sort is good, so you can look at plan “B” later if plan “A” has glitches. In any case, Listen. And don’t feel pressured by those who would not bother thinking through these issues; that is not buy-in, but plain old denial. As the grown-ups, you get to consider what will be most healthy for your family in lifestyle, habits, and also diet.

Reinvent your family’s ‘virtual’ kitchen



Picnic plans: Try setting up an alternative eating area that is pleasant and does not overlook the construction area. I have even suggested to some folks to hang a nice sheet, bedspread, or tablecloth to obstruct the view of the work site so that eating can be a calmer time and not crowded with thoughts of what is not yet done or what must be done next. Set aside the supplies necessary for that spot to work well. Maybe a computer cart is transformed into a small pantry with a microwave and access to disposable dishware, utensils, and some washable items that you can use for more substantial foods. Make sure that it is pleas-