

# Your Healthy & Nourished Kitchen

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The road to true wellness begins in your kitchen. It's where inspiration for nourishing and loving meals are created and born. And as my one of my favorite chef's, Julia Child's once said, "the kitchen is the beating heart and social center of the household ... both practical and beautiful, a working laboratory as well as a living and dining room." But in order to make room for the good stuff (and the yummy stuff, of course), you've got to get rid of the crap!

Now...where do you start?

# Step 1: It's time for the trash

Before you do anything at all, it is essential to toss anything that you have in your kitchen that has expired, donate what you know you won't use (or haven't used) and get ready for a complete overhaul.

Ask yourself these three questions:

1. Will you or someone in the household actually eat this?
2. Did you buy this because you needed it or wanted it?
3. Are these foods in alignment with your goals and desires for true wellness?

If your foods don't fall in line with your desires to be well, happy and free, then it's time to grab the trash bag!

Hint...if you have to think about whether or not it is junk...it probably is.

Toss it or donate it.

Here are a few common junk foods:

- Chips
- Cookies, cakes, prepackaged snacks (ahem, Poptarts, Fiber One bars-aka "healthy" candy bars)
- candy
- Soda/sweetened drinks (
- Instant foods like cake mixes and mashed potatoes (I can't believe this stuff is real)
- Margarine and other processed fats
- Frozen dinners

Questionable items:

- Sweetened yogurt and frozen yogurt
- Breads and bagels, unless they're made exclusively with whole grains
- Other baked goods (yes, I am talking to you, cheese danish)
- Breakfast cereals
- Crackers, even the whole grain ones (they have better options- we will get to that)
- Fruit, cereal, and/or granola bars

- Regular peanut butter and jam (loaded with sugar and other added ingredients- you want the pure, good stuff)
- Fruit juice (you want pure, 100% and drink it in moderation)

When in doubt ask yourself a few questions:

1. Does this food come in a bag, box, or plastic package?
2. Does it have more than a couple of ingredients on the label?
3. Can you pronounce all of those ingredients?
4. How far away is this food from what it used to be? (And do you even know what it used to be?)
5. Is this food perishable? Just about anything good for you goes bad quickly.

*A good rule here is to check the labels. Look for forms of sugar such as high fructose corn syrup as well as hydrogenated oil and preservatives.*

*You don't need to go insane...but just be mindful of what you have to make more conscious choices later.*

Helpful hint: If it lists health benefits on the front of the box, wrapper or whatever, it's probably not good for you. You don't see an orange or kale with a label listing it's benefits, right? That's because it's a real food. And to be well, we want and NEED REAL food.

## Step 2: Pick one spot, grab your cleaning tools, and start the refresh and reset process!

The most effective way to get to know your kitchen, (no matter the size, no matter what you have or do not have) is to clean it from the top to the bottom. I know. It sounds like a hassle, it sounds like tedious work. And it is. You do not need to do this all at once, which is why I suggest only choosing one spot. Choose one spot a week and watch an appreciation for your kitchen unfold. Not only will you have a spic and span place to cook, you can totally pat yourself on the back that you did it!

### Here are a few ways to get started:

- Start with the sink. Scrub, dust, wipe away any muck.
- Mop the floors
- Wipe down cabinets
- Empty and wipe down the fridge
- Clean out and organize the freezer
- Wipe down light fixtures
- Scrub the oven, stove top
- Clean out drawers and utensil holders

Helpful hint: pick up new cleaning supplies. Make sure they're non-toxic (hey, you will be eating creations from this kitchen! Let's make it safe) and you say loving things to your kitchen while you clean. Remember the phrase, the walls have ears? Well! Your kitchen hears you too!

### My favorite cleaning supplies and brands:

- Mrs. Meyer's Clean Day
  - dish soap
  - multi-surface concentrate (this is great for mopping too!)
- Bon Ami Powder Cleanser
- Murphy's Oil
  - for the floors and cabinets (keeps things shiny and like new without extra chemicals and toxic ingredients)

# Step 3: Time to restock & go shopping!

My favorite part...go shopping. A few of my top tips and recommendations I give clients is to go shopping when you're in a good mood, have time to move slowly and calmly and to not shop when hungry (this means going with a well thought out list and it will keep you from buying unnecessary items-and ultimately save you money).

## Pantry

### Grains:

- Hard red winter wheat berries (I soak these babies to make my wildly wonderful wheat berries)
- Rolled, old-fashion oats and steel cut oats (for overnight oats baby)
- Rice: basmati, brown (short grain), forbidden rice (black rice), jasmine rice, arborio (for risotto)
- Farro
- Whole wheat, & brown rice pasta
- Quinoa
- Flours: whole wheat all purpose flour, spelt flour, almond meal or flour, corn meal

### Beans & Legumes:

- A variety of organic canned beans (black beans, chickpeas, pinto beans, kidney beans)
- Lentils (red, yellow and green)
- Mungbeans

### Nuts:

- brazil nuts
- raw cashews

- raw almonds
- walnuts
- hazelnuts (occasionally)
- pistachios

#### Seeds & Dried Fruit:

- chia seeds
- hemp seeds
- flax seeds
- raisins
- cranberries
- apricots

#### Oils & Vinegars

- toasted sesame oil
- ghee (homemade- or store bought)
- coconut oil
- extra virgin olive oil
- brown rice vinegar
- raw organic apple cider vinegar
- balsamic vinegar

#### Seasonings

- sriracha and cholula hot sauce
- braggs liquid aminos
- tamari or shoyu (or soy sauce, similar to one another except one is gluten free)

#### Sweeteners

- Raw honey
- Brown rice syrup
- Medjool Dates
- Grade B Maple Syrup
- Organic Sugar

#### Superfoods

- maca, spirulina, raw cacao, cacao nibs
- protein powder (plant based or whey)

#### Random Pantry Must-Haves:

- A variety of loose teas
  - green tea, matcha, ginger, black tea
- Dark chocolate chips
- Canned tomatoes (whole peeled and crushed)
- Jarred marinara sauce (go for organic, less ingredients, no sugar added)
- Gluten free pasta (penne, lasagna, pappardelle. Random favorites)

- Soba noodles, edamame mung bean noodles (just 3 ingredients and high protein? Amazing)
- Coconut milk and coconut cream
- Canned artichokes (frozen or fresh work best, but these are great for quick dinners)
- Vegetable, chicken and beef stock (organic, low sodium)

## Fridge

### Produce

- Avocados
- Bananas
- Apples
- Oranges
- Mixed berries (blackberries, raspberries, blueberries- fresh or frozen is fab)
- Greens, greens, and more greens (kale and spinach are great starting points)
- A variety of veggies depending on what you are making and what's in season
  - zucchini
  - broccoli
  - yellow squash
  - butternut squash
  - sweet potatoes
  - mixed potatoes (purple, red skinned, white)
  - snap peas.
  - bell peppers
  - tomatoes
  - cucumbers
  - carrots
  - beets
  - celery
  - artichokes
- Fresh herbs
  - cilantro, rosemary, scallion, thyme, parsley
- Lemons (lots of them)
- Limes
- garlic, onions and ginger

### Protein, Dairy & Non-Dairy Items

- Organic nitrite free bacon- for bacon egg and cheese muffin cups
- Organic free range eggs (when I make frittatas and quiches and some baked goods)
- Organic cheeses (parmesan, raw cheddar, organic sliced cheeses for sammies)
- Kefir, yogurt (full fat, unsweetened, plain)
- Organic grass-fed Irish butter (Kerrygold please)

- Organic Tempeh and sprouted extra firm tofu
- Homemade almond milk (or organic unsweetened unflavored- I prefer 365 brand from whole foods, this does not have many additives like other brands)
- Organic milk

#### Nut Butters

- Almond butter and peanut butter unsweetened (and only get the one with 3 ingredients, the simpler the better)

#### Liquid Essentials

- Homemade chai concentrate
- Coconut water

#### Odds & Ends

- Coconut flakes
- organic better than bouillon vegetable base (for moments when you don't have stock and need the flavor)
- mellow white miso



## Step 4: Pick up the bare necessities for organizing your kitchen in a loving manner

Co-creating an inspired and loving meal really starts with the tools you have in your kitchen. It is absolutely essential to have everything from a sharp knife to a blender. You don't need to go buy out Target or the mothership, Williams Sonoma. Keep it simple but keep the necessities on hand and you'll have the tools for success. And less frustration in the kitchen. TRUST ME!

### Tools

- Kitchen aid mixer
- Blender
- A good chef's knife (this is an investment but ultimately worth it)
- Mixing bowls
- cutting boards (I love my bamboo one- multiple boards are needed- one for meat, one for veggies)
- vegetable peeler
- can opener
- grater- microplane
- dutch oven
- 11 inch cast iron skillet (get another one for meat prep- if you're not into sharing these things)
- pots and pans of a variety of sizes-
- measuring spoons and measuring cups
- baking sheet and muffin tin
- baking dish
- mason jars- for storage and pantry (my favorite way to organize)
- food processor
- potato masher
- french press
- food storage containers- glass only!
- wine opener
- serving plates, spoons, bowls, salad bowl
- cooling rack
- oven mitts
- spatula and spoonula (this is a such an awesome invention)
- rolling pin

- whisk
- Wooden spoons

## Step 5: Treat yourself

You have recreated a beautiful kitchen (from the ground up) for you and your loved ones so the next step, which is the most fun, is to treat yourself.

Here are a few ways to treat yourself and your kitchen:

- Pick up some funky plates in different sizes and shapes (Target has a few great ones for reasonable prices). This makes eating more enjoyable and colorful.
- Hook yourself up with some kitchen prints or artwork, if you have the space (this can be fruit/veggie art prints, or sculptures or even a fun foodie inspired clock)
- Decorate with candles, flowers and plants
- Need more space? Get yourself some new easy to install shelves or cabinets (check out Wayfair, you can save a lot)
- Change up the color of your kitchen
  - Red is great for stimulating appetite
  - Orange and yellow is fabulous for digestion
  - Green promotes wellbeing and health

# Budget Friendly Recipes

## Fabulously Simple Frittata

Serves 4

Total time: 20-25 minutes

### Ingredients:

- 12 large organic pasture raised eggs
- 1 shallot, diced
- 3 cloves of garlic, minced
- 1 sprig of thyme, leaves removed
- 1 cup of kale, roughly chopped
- 1 large vine ripened tomato, chopped
- 1 cup mushrooms, chopped
- 1 cup gruyere cheese, grated (feel free to use cheddar or monterey jack)
- 2 tablespoons sea salt
- 1 tablespoon black pepper
- 2 tablespoons organic grass fed butter

### How You Make It:

1. Preheat oven to 375 F.
2. In a large bowl, whisk eggs with salt and pepper until combined. Grab your cheese and stir in gently. Set aside and get ready for the veggie fun!
3. In a large cast iron skillet, melt butter over medium-high heat. Sauté shallot and garlic until soft. Add thyme, kale, mushrooms, tomato to the pan and cook for a few minutes until everything is soft.
4. Make sure the ingredients evenly cover the pan. Pour the egg and cheese mixture slowly and evenly across the veggies. Let sit for 1-2 minutes or until the edges are set.
5. Pop into the oven for 15 minutes and cook until it is fluffy and golden on top.
6. Cool slightly and slice into wedges.

## Spicy Kale Salad

Serves 2

Total time: 10-15 minutes

### What You Need:

#### *For the Salad*

- 1 bag or bunch of Tuscan kale (you can get a bag of organic Tuscan kale from Trader Joes), chopped
- 1 tbsp organic extra virgin olive oil
- 1 cup of radishes, sliced
- 1 red grapefruit, sectioned (skin removed) 1 orange, sectioned (skin removed)
- 1 avocado, sliced
- 1/2 cup slivered almonds

#### *For the Dressing*

- 3 tbsp organic extra virgin olive oil
- 1 tbsp Sriracha (or more to taste)
- 1 clove of garlic, minced
- 2 tbs fresh cilantro, chopped
- Juice of one lime
- Sea salt to taste

### How You Make It:

1. Add kale to a large bowl. Drizzle in one tablespoon of olive oil and begin to massage the olive oil into the kale with your hands. Continue to massage until the kale has wilted and slightly darkened (this will remove the bitterness of the kale and bring out the amazing nutrients in this perfect green).
2. Toss in the rest of the ingredients for the salad. Let sit for a few minutes while you whip up the dressing.
3. In a small bowl, mix together the ingredients for the dressing. Season with sea salt or a little extra sriracha if you like!
4. Serve with slivered almonds and a smile.

## Easy Peasy Coconut Curry

Serves 4-6

Total time: 35-45 minutes (including prep time)

What You Need:

- 1 cup broccoli florets, diced
- 1 cup snow peas or sugar snap peas, roughly chopped
- 1 tomato, diced
- 2 carrots, peeled and chopped
- 1 red onion, diced
- 4 cloves of garlic, smashed and chopped finely
- 1 tablespoon freshly grated ginger or 1 tsp ginger powder 1 tablespoon olive oil
- 1 tablespoon curry powder
- 1 8 oz can organic coconut cream (Trader Joe's has this!) 1 8 oz can organic light coconut milk
- 1 cup vegetable stock
- Pinch cayenne (or more if you like it hot baby :))
- Sea salt and black pepper to taste

How You Make It:

1. In a large pan over medium heat add olive oil, onion, garlic, ginger. Stir and cook until softened. Season generously with sea salt and black pepper.
2. Add curry powder and cayenne to the pot and mix until fragrant. This helps liven up the spices and brings you the most flavor.
3. Toss in broccoli and carrot along with the coconut milk and veggie stock. Bring to a simmer, cover and cook for 15 minutes.
4. After 15 minutes toss in the snow peas or sugar snap peas and tomatoes to the pot. Cook for an additional 5 minutes. Season with sea salt and black pepper as needed.
5. Serve hot over brown rice.

Note: You can make this easily with chicken! Or any other favorite protein.

## Luscious Veggie Lasagna

Makes 1 large tray of lasagna

Total Time: 40-60 minutes (including prep time)

What you need:

- 1 box of organic or gluten free lasagna sheets, cooked according to package directions and rinsed
- 1 Jar of your favorite marinara sauce
- 1 15 oz container of organic full fat ricotta cheese
- 1 tablespoon of freshly chopped basil
- 3 cloves of garlic finely chopped
- 1 bag of baby spinach, washed and set aside
- 2 zucchini, cubed
- 2 yellow squash, cubed
- 1 small bag of pre-shredded mozzarella cheese
- 1 cup of freshly grated Parmesan Cheese (or Romano- equally as yummy)
- Salt & Pepper, to taste

How you make it:

1. Preheat your oven to 375 degrees Fahrenheit.
2. In a mixing bowl, combine spinach, ricotta and basil. Season generously with sea salt and black pepper. Set aside.
3. In a skillet, heat extra virgin olive oil over medium heat. Add garlic. Once fragrant add zucchini and yellow squash. Sauté for about 3 minutes and season with salt and pepper. After 5 minutes, remove from heat and strain excess liquid from the squash.
3. Take a deep lasagna pan and gently spread a light layer of marinara sauce to cover the bottom. Top with 3 lasagna sheets, add vegetable mixture, ricotta and a handful of mozzarella and parmesan. Continue layering in the same order (pasta, marinara, vegetables, ricotta, handful of cheese) to your hearts desire.
4. Once you reach the last layer, spread marinara sauce over the top of the lasagna. Sprinkle with a small amount ( $\frac{1}{4}$  a cup) mozzarella, parmesan and cover with aluminum foil. Bake for 20 minutes with foil on. After 20 minutes, remove the foil and cook for an additional 20 minutes. Hint: Feel free to add some panko breadcrumbs for added crunch to the top layer.
5. Enjoy it while it's warm and serve with a salad on the side.