



KITCHEN MAKEOVER GUIDE

GET FIT IN THE GYM GET LEAN IN THE KITCHEN



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Kitchen questionnaire

Name: _____ Date: _____

There is law of nutrition and nature that goes like this...

IF THERE IS FOOD IN YOUR POSSESSION OR LOCATED IN PLAIN SITE YOU EVENTUALLY WILL EAT IT.

We need to remove all foods that are not a part of your new you eating program and replace them with nourishing healthy foods.

How do you know what foods are good and what foods have to go? Answer this questionnaire honestly. Remember we are looking at the health of your kitchen.

Questions

1. Do you have the following items in your kitchen?

Good set of pots and pans	Scale for weighing food	A) I have all of them (-5)
Good set of knives	Sealable containers for meals	B) I have more than half of them (-2)
Spatula	Small portable cooler	C) I have less than half of them (+2)
Blender (magic bullet)	Shaker bottle for shakes	D) I don't have any of them (+5)
Tea Kettle		

2. Do you have the following items in your pantry?

Whole oats	Green Tea	A) I have all of them (-5)
Quinoa	Protein supplements	B) I have more than half of them (-2)
Natural peanut butter	Fish oil supplements	C) I have less than half of them (+2)
Mixed nuts	Green food supplements	D) I don't have any of them (+5)
Canned and bagged beans		
Extra virgin olive oil		

3. Do you have the following items in your fridge or freezer?

Extra lean beef	At least four variations of Veggie	A) I have all of them (-5)
Chicken breasts	Flax seed oil	B) I have more than half of them (-2)
Salmon	Water filter	C) I have less than half of them (+2)
Omega 3 eggs		D) I don't have any of them (+5)
Packaged egg whites		
At least four variations of fruit		

4. Do you have the following items in your pantry?

Potato or corn chips	Chocolate or candy	A) I have all of them (+5)
Fruit or granola bars	Soft drinks	B) I have more than half of them (+2)
Regular or low fat cookies	Regular peanut butter	C) I have less than half of them (-2)

Crackers	All four types of alcohol	D) I don't have any of them (-5)
Instant foods cake mix, potatoes		
Bread crumbs, croutons		

5. Do you have the following items in your fridge or freezer?

At least 4 types of sauces	Frozen dinners	A) I have all of them (+5)
Juicy steaks or sausage	At least 2 types of bread/bagel	B) I have more than half of them (+2)
Margarine	Take out or restaurant left over	C) I have less than half of them (-2)
Fruit juice	Big bowl of mashed potatoes	D) I don't have any of them (-5)
Soft drinks	Big bowl of pasta	
Baked goods		

6. Do you have bowls of candy, chips, crackers, or other snakes sitting around at home?

A) yes (+5) B) no (-5)

7. When you have parties or dinner guests, do you serve them what you think they will like or what you think is healthy?

A) What is healthy (-3) B) What they want (+3)

8. When food shopping do you buy economy sized packages or smaller portions?

A) Economy (+3) B) Smaller (-3)

9. How often do you shop for groceries?

A) Fewer than 3 times a month (+5) B) About once a week (-1) C) More than once a week (-5)

10. **Do you keep food in plain view around the house?** A) Yes (+3) B) No (-3)
11. **Do you think healthy eating is low fat eating?** A) Yes (+2) B) No (-2)
12. **If someone were to point to a food in your kitchen would you know whether it was composed of mostly carbohydrate, protein or fat?** A) Yes (-2) B) No (+2)
13. **When you prepare meals from recipe book, do you use those that contain healthy recipes?** A) Most of the time (-5) B) What they want (0) C) Almost never (+5)
14. **Do you prepare meals in advanced to take with you to work, on day trips, or on vacations?** A) Yes, always (-5) B) More than half the time (-2) C) Less than half the time (+2)
15. **Are you hesitant to throw out unhealthy leftovers or gift foods that don't fit into your nutritional plan?** A) Yes, I hate throwing food out (+5) B) No, More than half the time I throw it out (0) C) No, I always throw this stuff out (-5)

YOUR SCORE AND WHAT IT MEANS

32 TO 63 POINTS

You scored high on the kitchen makeover. But this means you may need some adjustments to your kitchen set up or your shopping habits. That's no problem, we will be working on this in the coming weeks.

0 TO 31 POINTS

Your kitchen environment could use some improvements. I'll be happy to show you what to do as we continue through the weeks.

-31 TO 1 POINTS

You're doing pretty well in the kitchen department. Negative scores mean a great kitchen environment. Nice work, in the coming weeks I'll be happy to share even more strategies for keeping the great kitchen environment going.