

# CREATING SPACE FOR NEW HABITS

There is something extremely gratifying about creating space and by this I mean getting rid of things that are potentially holding you back from being your best. If we are going to create new behaviours and new habits, I believe it is extremely important to get rid of the old ones first. When you do this it is like lifting a weight off your shoulders or setting yourself free - free to begin something new. Since we are creating new habits and behaviours around food, we are going to get busy creating space in our pantries and fridges. Use these 5 Steps to begin setting yourself free...

Lets make this as efficient as possible...

To begin, pull EVERYTHING out of your pantry and spread the contents out over your kitchen bench tops (yip, you read that right, everything!)

Next, grab the first item (anything you please) and follow the 5 steps below

Once complete, grab the second item, then the third and keep going until everything from your pantry is accounted for... and then move onto your fridge

## READY, SET, GO

1. IS THIS ITEM A **TEMPTATION** THAT IS GOING TO MAKE IT HARDER FOR ME TO ADOPT A NEW WAY OF EATING?



YES - Throw it out or give it away



NO - Move to question 2



2. HAS THIS ITEM PASSED ITS **USE BY OR BEST BEFORE DATE?**



YES - Throw it out or give it away



NO - Move to question 3

3. WAS IT OPENED MONTHS AGO, **TASTED ONCE** AND NEVER LOOKED AT AGAIN?



YES - Throw it out or give it away



NO - Move to question 4

#### 4. WAS IT **BURIED AT THE BACK OF YOUR PANTRY/FRIDGE,** ALL COVERED IN DUST OR MAYBE EVEN FUNGUS?

 **YES - Throw it out (don't give these ones away)**

 **NO - Move to question 5**

#### 5. IS **SUGAR PRESENT ON THE INGREDIENTS LIST?**

Before you answer this one, you may like to consider that sugar is often disguised by being called a different name. Below I've listed some of the more common names used for sugar on food labels

- Cane juice
- Corn syrup
- Dextrose
- Glucose
- Honey
- Fructose
- Fruit juice
- Malt
- Maltodextrin
- Molasses
- Rice Bran syrup
- Sucrose
- Syrup
- Treacle



 **YES - Throw it out or give it away**

 **Keep it!** 

**Note:** We will continue to explore products and ingredients in more detail during the 6-week challenge but once you have completed these 5 steps you have set yourself up for a great start.

**NEXT STEP... UPGRADING YOUR PANTRY AND FRIDGE!!!**