



KITCHEN PREPARATION

*educate your kitchen and
the menu will take care of itself*

How serious are you?

Get to know your Green and Orange Lists and keep them available - keep up a variety. This is a life style change and you are about to embark on the purist form of preparation – make it yourself!

The trick to Banting is to not allow yourself to get hungry. If you are hungry EAT!!! Max out your plate, sit down, eat and be merry. Don't dream of what you left on your plate but rather what's in your stomach, keeping you full and productive and free from snack attacks. Maxing out your plate is a trick worth learning; so if you going to just have salad, make it awesome, add biltong and seed mix with cream cheese and plenty of salad dressing. Make a big plate and eat. Need an afternoon treat or head start to a busy day ... make coffee with cream, feel indulged and ready.

Don't misunderstand, it's not about being a pig☺, but eat till you feel full, enjoy it, don't deny yourself good healthy food. Your aim is to sustain yourself for a period of 5-8hrs between meals. Most people settle very happily on 2 meals a day, when fully adapted to the Banting lifestyle.

STOCK UP THE PANTRY

Prepared foods

Maximise on your cooking time for the main meal – just make MORE, cook for left overs.

- Keep your favorite cracker in stock (brilliant to fill a hole and keep you regular).
- Trail seed and nut mix – with flakes of dried coconut and biltong shavings.
- When you Roast chicken, do two and keep one in the fridge.
- Boiling eggs? Boil more – but don't forget which is which.
- Stop buying mini packs of cold meats – buy bulk and save, munch on good things.
- Buy veggies at the market, fresh and full of colour, process and steam for a quick soup.
- Make double the amount veggies and use as omlette fillers or put over a salad.
- Make big batches of sauce when doing slow cooked meals like Oxtail, stew and even bolognaise, use sauce over veggies or to add taste to another dish.
- Consider packed lunches.
- Bulk up sauces with veggies to bulk up fiber content in your diet, creamy aubergine, a real winner to add creamy texture and thickens sauces, freezes well.
- Have condiments ready, like tomato sauce and salad dressing.

- Buy catering packs of streaky bacon and put on a tray beneath your Sunday roast, slowly does it, till they are crispy and snap, perfect for anything including cream cheese flavouring or on a salad or to stir in sauces instead of a stock cube, adds a nice Smokey flavour and enriches the dish. Makes excellent lard for cooking later.
- Chicken liver pate is also very good as a flavourant in soups and stews.

BUY

- Nuts & Seeds
 - Almonds, Macadamias & Brazils are best, with
 - Sunflower, pumpkin, sesame & flax seeds
- Olives
- Avo
- Butter
- Cream
- Tomato and Salads
 - Try interesting leaves like Rocket and Watercress
- Meat from a Butchery
 - C-Grade with bone and fat for maximum flavor
 - Get some Biltong while you there

Portions:

Don't get paranoid about your portions but be sensible and consider your calorie intake, eat till you are full.

Protein —Rule of thumb is 0.8g per kg, depending on exercise level

Carbs —25-50g per day, no more

Menu Plan:

It's important to have an understanding of menu, but that being said, understand the diet and the rest will fall into place.

- Start with Breakfast, snack, lunch, snack, dinner with 2 hot drinks through the day,
- then drop snacks the following week
- then shift your breakfast to early lunch or late breakfast, with dinner or early breakfast with late lunch or early dinner.

The idea is to stretch the gap between your meals, to get to 2 meals a day with a mid-snack and beverage break. Listen to your body and your schedule.