Crossfit Southie

What the what's for dinner? And how to make it happen.

**Intro**

You are here because you have decided to make a change. Drop the four letter word that starts with **C** and ends with **ant**. This is not easy but can be done. In order to succeed **you** need to make it happen. Clean out your pantry, take responsibility for your actions and make this happen.

**Basics**

1. What to eat

* Think in terms of meals
* Meat, veg, nuts seeds, some fruit, little starch, **NO SUGAR!**
* Have ideas in your mind of things to try
* Know substitutions

2. Get it

* Know what you're looking for
* get what you came for
* Shop around the perimeter
* Don't shop hungry

3. Prep it

* find new recipes
* try new things
* basic cooking techniques and tips
* Make cooking an event/ social thing

4. Eat it

* eat what you made
* adjust as you go (add some spices during cooking, save the over spicing for the table)

5. Store for later

* Save extra servings
* have tupperwear will use
* pack meals for the next couple of days
* freeze extra

6. Keep foods on hand

* Be a friend to yourself i.e. make food available for your future self

**What to eat**

1. Repeat: meat vegetables nuts seeds some fruit little starch no sugar. If you apply this to each meal, meals will make sense.

2. Questions to ask, where is the protein? (meat, eggs), where is the carbs? (Vegetables, fruits), where is the fat? (olive oil, nuts, avocados).

3. Learn to appreciate the simple tastes of veggies and fruits. I don't like this and that, or I don't eat that is an excuse. You can have results or excuses not both. This negativity will do two things, make things suck more and lead you in a direction of old habits. Learn to love veggies. Start with vegetables you are familiar with (spinach, asparagus, broccoli, cauliflower ect) make them a staple in meals, something you have to have, the same way we have done with other things. "I have to have my oatmeal, or splenda with my coffee." Then regularly try new things.

4. Enjoy browsing recipes to look for new things to try, try them. Cooking for someone helps. Think grandma and how she loved to cook/ feed others. If not your grandma, think of someone else's grandma. "Are you hungry? Do you want some food?" were as regular as "Hey, who is that in the bushes?"

5. Know substitutions for things and continually learn more. Potato's? Try mashed roasted cauliflower. Spaghetti? Try spaghetti squash. Peanut butter go with Almond butter or cashew butter. These substitutions are not and will not be clones of the other. Don't be that that guy says "This mashed cauliflower doesn't taste like mashed potatoes or this spaghetti squash doesn't taste like real spaghetti " No duhhhh its something else, appreciate it for what it is, not what it's not. Negativity will not help you here.

**How to get it.**

1. Know what you're looking for, this is a continuation from the first step in knowing what the hell you're going to eat. Have a list, a shopping list silly not a list of people you want to have on your zombie task force. This list of foods stems from two places.

* First is a list of foods that you have lined up to create the meals that you have in mind, foods that you have a plan for. For example I am going to roast some chicken breast and veggies. Probably need at least

1. Chicken breast

2. Olive oil

3. Spices to work with

4. Veggies, Asparagus, broccoli, zucchini,

* The second is foods that you know you want to snack on. Foods that you know you want around the house to replace cookies and other stuff.

1. Nuts, get a big bag and a variety, bulk may be cheaper to mix your own. NO SALTED. "But what if?" "NOPE" "But how if?" "Nope"

2. Fruits. Fresh are best, a few dried in trail mix is all right. But dried fruits are very high in sugar, VERY HIGH.

2. Get what you came for. Trust the list. Wandering is fine, especially in the right sections like the produce and meat sections. However when you start wondering down the aisles and this is not for reading the back of labels and commenting on how shitty this and that is or why a cookie needs fifty seven ingredients, watch out. You may end up with things in your cart that you did not intend to gather.

3. Wandering brings me to the next point. Shop around the perimeter. This is always where the fresh meat and veggies are. Why because this stuff goes bad, fast and it's easier to restock. Secondly the produce is often right as you walk in the door. HOLY CRAP WHAT? How simple is that, get the crap, scuse me the wonderful stuff you walk right into into.

4. Shopping hungry is a risky endeavor; avoid it. Be warned you may wake up in the icecream isle covered in cookie dough wondering what day it is and where your pants went.

5. My lovely girlfriend brought up a great point. Your cart or basket should look a whole lot like your plate. Some meat, lots of veggies, nuts and seeds, some fruit, little starch, NO SUGAR! If your cart/basket looks like this, you are a whole lot more likely to eat like that. If its something else you will probably eat like that.

6. Think frozen veggies. As long as they are not from China. They keep well and have the same sometimes better nutrient content as fresh.

**Prep it.**

You have got to learn some basic stuff to succeed. You will have to learn how to cook. No way around this one. This to a lot of people seems like a daunting task. Like cooking is the plague. I understand things can seem scary, "what if I burn it, what if I get someone sick, what if it taste bad, I'm not good at it, I don't know how" I get it. Learn to cook, Period. No way around it. You may find that you are better than you think or know more than you realize. You have got to get involved with the stuff that goes in your face.

1. Back to the recipes. A lot of the time recipes mention how to cook various things. If they don't google that shit. Watching the food network or online shows on cooking will defiantly open your eyes to not only the simplicity but the artistic and creative nature of food prep.
2. From here you may have to scale recipes like we scale workouts, sub a side of veggies for a potato or almond meal for flower. Get inspired, creative and try new things.
3. First of all I am not a world class chef but I can handle my own food prep and a bit for others. There are numerous resources on ways to cook, slice, dice, chop, mince, cube and deliciousify food. This is meant to outline BASIC STUFF, K?
   * 1. Have clean surfaces and utensils
     2. Wash fruits and veggies before prepping, cooking and eating.
   1. **Basic** cooking Jargon
      1. Bake/ roast , heat oven, throw food in that beast till done, on fire/smoking is overdone and a right of passage - Wiki say: **Baking** is the technique of prolonged [cooking](http://en.wikipedia.org/wiki/Cooking) of [food](http://en.wikipedia.org/wiki/Food) by dry heat acting by [convection](http://en.wikipedia.org/wiki/Heat_convection), and not by [radiation](http://en.wikipedia.org/wiki/Thermal_radiation), normally in an [oven](http://en.wikipedia.org/wiki/Oven), but also in hot ashes, or on hot stones. Chuck say: Roasting is nearly the same thing as baking except with different ingredients, cakes are baked, slabs of meat and vegetables are roasted.
      2. Grilling - uses heat from the bottom, often time open flame. But it can be done on the stove top with a grill pan. That is a pan that has raised line looking things, no drips on the stove and no braving the 20 degree weather to get a steak. However it does get smokey inside.
         * 1. Broiling is usually done in the oven and involves overhead fire, this allows the food to maintain its juices a bit more. Broiling may cook things REALLY FAST compared to baking. Similar times to grilling. Great way to light dinner on fire.
      3. Water boarding. It's a torture technique and horribly inhumane, nothing

to do with cooking, now wake up.

* + 1. cooking with water. Boil, Blanch, steam, double boil, pressure cook
       1. **Boil**- taking hot bubbly water and tossing things in it until soft. Not really a big fan of it. It removes some of the nutrients and leaves mushy veggies. However if you are going to make a soup or consume the fluid its meh, all right.
       2. **Blanch** - take veggies and toss in boiling water for like 30- 60 seconds, then immediately remove immediately and transfer to ice water. The heat begins to break down the fiber and brings out the color and flavor of certain hard to eat raw vegetables like broccoli and cauliflower. Maintains nutrients n stuff. I recommend this for either vegetable platters and for adding veggies to salads. It makes the veggies more flavorful and a bit softer and easier to eat.
       3. **Steam**- taking food and placing it above boiling water where the heat and moisture from the water pot cooks the food. There are steamer baskets or cook wear for this. You can also do this in the microwave by adding a few table spoons of water to the container, covering the container and nuking for a few minutes. It's fast, and easy makes clean up a breeze. Steaming when not done to the max, is good for softening vegetables while maintaining nutrient content the key is lightly steamed.
       4. **Double boil** similar to steaming except instead of a basket in the first pot, there is a second pot on top of the first so no moisture is transferred. This is often done with chocolate and cheese.
       5. **Pressure cook.** It's a special pot that seals in the heat, moisture and pressure. This cooks things real fast and tenderizes tough meat.

4**) Make cooking a social event**. Learn to love to cook and eat. Cooking with friends and families can and should be a time to bond, learn, create and enjoy. If you have a radio in the kitchen turn it on, not the TV, unless it's a cooking show and your following along. Other than that make the meal and its prep the main event. This is a great time to get dialogue going on ideas for other meals or things you like or would like to try. Grandma would spend hrs and days in the kitchen, not because it was a chore but because she loved to do it. Plus you get first dibs on extras, trimmings, stuff like that.

**EAT IT**

Like you have heard before, finish you plate. I'm not here to parent you. Take what you can finish, go back for more if you would like if not save the rest. This will help you stay full.

1. **Know what you should be eating**. Meat, veggies, nuts seeds, some fruit, little starch no sugar.
2. **Eat what you know you should be eating**.
3. **Learn to enjoy your food, even if you don't now**. Think of that little pouty kid at the table, crying and whining "I DONT WANNNA, I HATE GREEN THINGS" It's not that bad. Learn to enjoy them.

However this is also the time to adjust thing. Feel free to add more spices to, well, spice things up. A fruit salad can have some pop with a dash of cinnamon and ginger. Or next time go easy on the steaming. You get the idea.

**Store for Later**

Being prepared is huge. This can be accomplished by making more servings than you will eat in one meal and save the rest. When you cook, cook for the next couple of days. You tomorrow will thank you.

1. If **portion control** is a problem this is the time to pre package the portions you know you should be eating.
2. **Get and use Tupperware.** IT packs nicely in the fridge and can be taken with you in a jiffy. Pre package meals. They have Tupperware that has sections. Cool. Remember that Roasted veggi chicken thing. A bit of that with an apple is a decent meal and packs easily.
3. **Having these meals will** enable you to grab the things you know you should be eating thus increasing the likelihood that you will eat them in a tight spot. If you're not prepared to succeed you're preparing to fail.

Be a friend to yourself.

Be prepared, be nice to your future self, enjoy your food and company.

**Staples**

Salad contains 5 items

1. Mixed greens

2. Vegetables (cucumber, peppers, cauliflower, asparagus)

3. Nuts and seeds (sunflower, pumpkin, slivered almonds, pecans)

4. Some fruit (apple, pear, tomato, raisins)

5. Simple dressing (oil and vinegar)

Soup/Veggie pure

1. Roast, veggies, squash, carrots, onions, garlic ect

2. Add to a bit of broth

3. With a hand blender, blend untill desired texture

4. Store/ freeze extra servings

5. Thaw reheat add cooked sliced chicken breast for a quick meal.

Roast

1. Preheat oven to 375

2. Spice chicken breast add to roast pan

3. Chop and add desired vegetables, carrots, sweet potato, onions, garlic, ect.

4. Add a bit of red wine.

5. Roast about 15-25minutes until chicken is done.

Frittata

1. In cast iron pan/ broiler safe pan. Sauté veggies like spinach onions

2. Add eggs and cook for about 3 minutes

3. Transfer to broiler for about 3 minutes until top is golden and just starts to brown.

4. TURN OFF THE FIRE!

5. Remove and let sit for 5-7 minutes, the heat from the pan will cooking the inside of the dish.

6. Cut, serve or store for breakfast the next morning.

Good sites for stuff

http://robbwolf.com/

http://www.performancemenu.com/recipes/index.php

http://paleodietlifestyle.com/paleo-diet-recipes/