



WORKSHEET #10

Cooking Prep School

Kitchanatomy - 10 Step Kitchen Detox

Falling in love with your kitchen is easy when you stay positive, plan ahead and continue to grow. Please take a little time reflecting on the things that you excel at and what still needs work. In the short term you can find recipes where you can use the skills you are good at. To improve on skills look for recipes that use techniques you need to work on. This will help you gain more confidence in the kitchen. Confidence equals less frustration and helps you start that love affair with cooking!

1. List the cooking skills that you are good at. Maybe it is one of these: baking, grilling, boiling, steaming, roasting, poaching, etc.

2. List the cooking skills that still need work. These are good examples: knife skills, frying, raw food prep, fermenting,

3. Write a plan of action to acquire the skills you want to improve upon. Like, take a class, practice on weekends, try new recipes, or read a book on the subject.

I have said it before; you have to be in love with your kitchen to have a successful health journey. You must form a relationship with it to make things as easy as possible. Making lifestyle changes is hard and making lasting ones can even be harder. We are here with you every step of the way, helping you find the joy in cooking and a healthy lifestyle.