

KITCHEN MAKEOVER

FOR WEIGHT LOSS SUCCESS!

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- LICENSED CLINICAL PSYCHOLOGIST
 - CERTIFIED PERSONAL TRAINER
 - CERTIFIED NUTRITION COACH
- CERTIFIED EXPERT LEVEL LIFE COACH
- CERTIFIED INSOMNIA TREATMENT CLINICIAN
 - BEST SELLING AUTHOR
- PRIVATE PRACTICE AND ONLINE DIY PROGRAMS



DIET AND WEIGHT STATS

- 91% OF WOMEN HAVE DIETED
- 50% OF WOMEN ARE ON A DIET NOW
 - 98% OF DIETS FAIL
- OBESITY INDUSTRY IS 3% OF THE US ECONOMY
 - 35% OF DIETERS BECOME “ADDICTED”

KITCHEN SET UP



HOW DO YOU DECIDE HOW TO SET UP YOUR KITCHEN?





**RE-
THINK**

THE REFRIGERATOR

1) FRONT & CENTER



THE REFRIGERATOR

2) VISIBLE



THE REFRIGERATOR

3) ACCESSIBLE



THE PANTRY

- 1) FRONT & CENTER
- 2) ACCESSIBLE
- 3) VISIBLE



THE PANTRY

4) LARGE PACKAGING



THE COUNTERTOP

1) ACCESS THE GOOD

- ❖ PREWASHED FRUITS & VEGGIES
- ❖ SPICES
- ❖ WATER

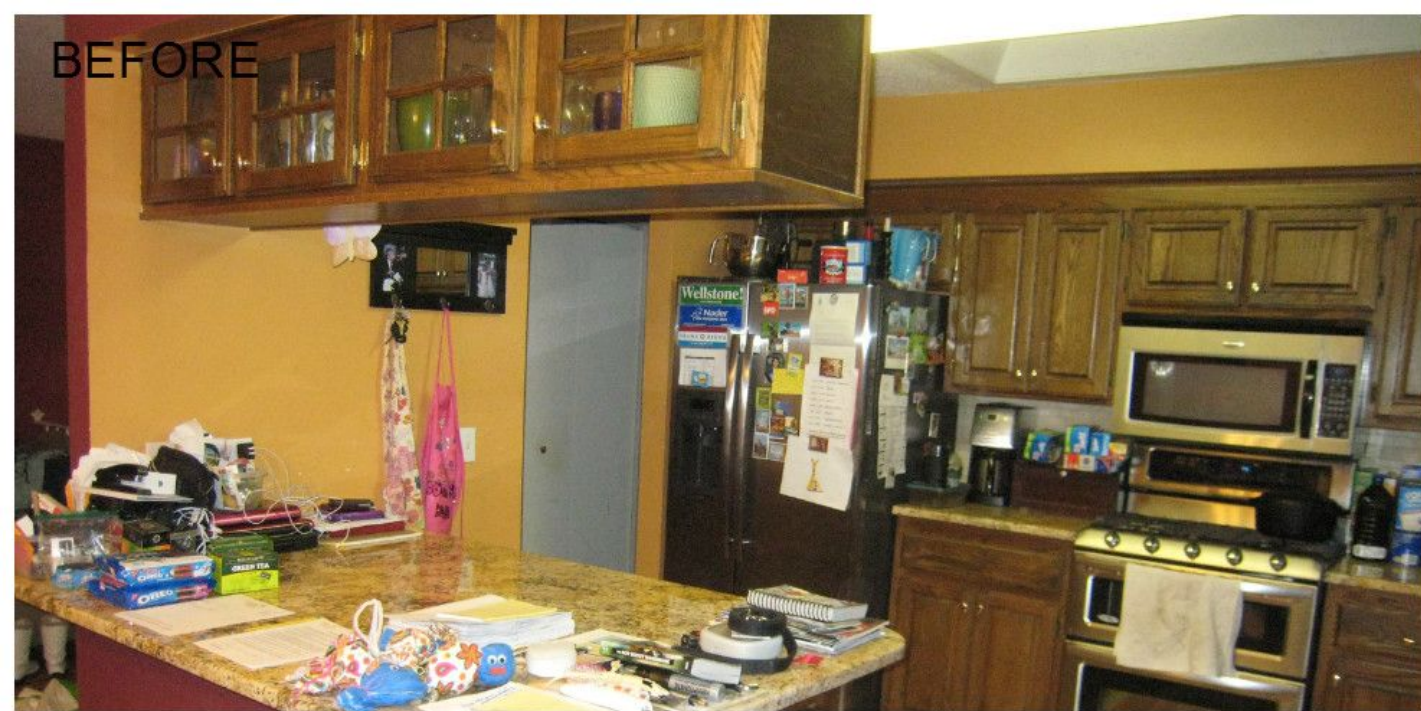


THE COUNTERTOP

2) ZEN IT OUT



BEFORE



BEFORE



AFTER



AFTER



Early Bird
Mom
EarlyBirdMom.com



Before



After

IN YOUR CABINETS

1) PLATE SIZE



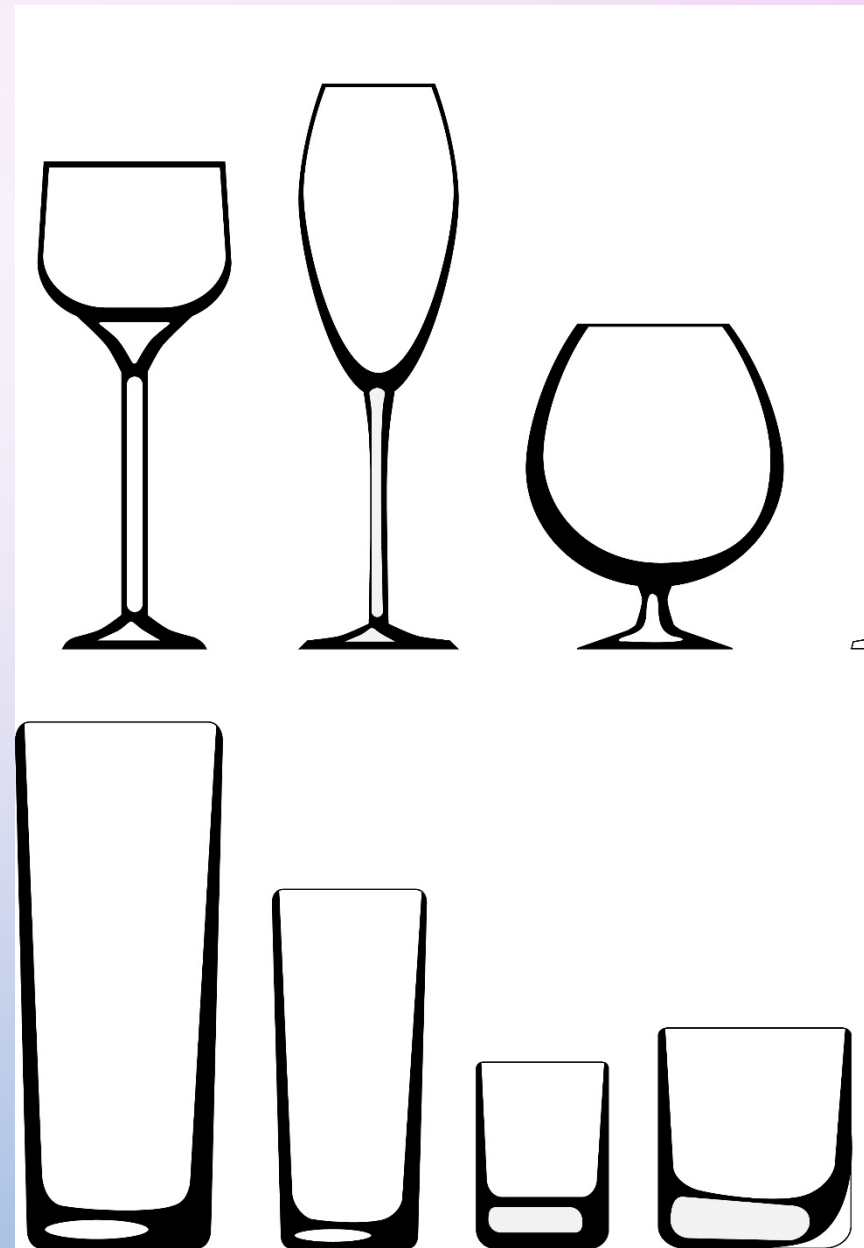
IN YOUR CABINETS

2) PLATE COLOR



IN YOUR CABINETS

3) GLASSWARE SIZE



IN YOUR CABINETS

4) CUTLERY SIZE



THE KITCHEN VIBE

1) TALK TO YOURSELF



THE KITCHEN VIBE

2) THROW IN SOME RED



RECAP

- 1) FRIDGE- HEALTHY AT EYE LEVEL
- 2) FRIDGE- HEALTHY IN VISIBLE CONTAINERS
- 3) FRIDGE- FOOD WASHED AND PREPPED
- 4) PANTRY- HEALTHY AT EYE LEVEL
- 5) PANTRY- HEALTHY IN VISIBLE CONTAINERS
- 6) PANTRY- HEALTHY PREPPED & READY
- 7) PANTRY- LARGE PACKAGES BROKEN DOWN
- 8) COUNTERS- ONLY GOOD THINGS OUT
- 9) COUNTERS- ZEN IT OUT
- 10) CABINETS- 10" PLATES
- 11) CABINETS- DIFFERENT COLOR PLATES
- 12) CABINETS- TALL THIN GLASSWARE
- 13) CABINETS- SMALL CUTLERY
- 14) VIBE- TALK TO YOURSELF
- 15) VIBE- SEE RED

Questions?



THANK YOU!

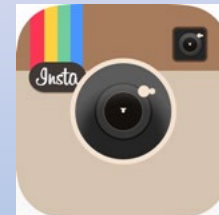
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