

# Kitchen Set-up Assessment

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NAME

.....  
DATE

## Berardi's First Law

Berardi's First Law, named for Precision Nutrition co-founder Dr. John Berardi, states:

If a food is in your house or possession, you will eventually eat it.

The corollary of Berardi's First Law is:

If a healthy food is in your house or possession, you will eventually eat it.

## Your surroundings: your "trusted safety system"

**Keep healthy stuff near you and convenient.** Make your routines and environment support your coaching journey.

**Keep unhealthy stuff away from you and inconvenient.** Make it hard for unhealthy stuff to get to you. If it doesn't help you reach your goals, you don't need it near you.

A good kitchen set-up makes things easy.

When you have a clear structure and a trusted system, you don't have to think. You can just execute. And it's simple.

## Red, yellow, and green light foods and drinks

We like the "traffic light" concept: red, yellow, and green light foods and drinks.

Each person will have a slightly different list of red, yellow, and green lights.

### Red

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**"Red light" foods are foods that are just bad news for you.**

Maybe they make you feel sick, or they trigger you to eat too much, or you know they're an unhealthy choice for you, etc.

Red means "no go". (Or at least very rarely.)

### Yellow

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**"Yellow light" foods are foods that are sometimes OK, sometimes not.**

Maybe you can eat a little bit without feeling ill, or you can eat them sanely at a restaurant with others but not at home alone, or you can have them as an occasional treat, etc.

Yellow means "approach with caution".

### Green

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**"Green light" foods are foods that make you feel good mentally and physically, and that you can eat normally, slowly, to feeling satisfied.**

These are usually things like fruits and vegetables, lean protein, and legumes

Green means "go for it!"

## Kitchen review: Food and drink

Review your cupboards, pantry, freezer, fridge, and anywhere else you have food and drinks.

### Red

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What “red light” foods and drinks do you have?

What “red light” foods and drinks are you willing to part with or make more inconvenient to get to?

### Yellow

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What “yellow light” foods and drinks do you have?

What “yellow light” foods and drinks are you willing to part with or make more inconvenient to get to?

### Green

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What “green light” foods and drinks do you have?

What “green light foods” and drinks could you stock up on or add?

## Kitchen review: Equipment

**What kitchen equipment do you have right now?** Check all that apply.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Slow cooker   | <input type="checkbox"/> Wooden spoon(s)                 | <input type="checkbox"/> Cookie sheet(s)                       |
| <input type="checkbox"/> Blender   | <input type="checkbox"/> Spatula(s)                      | <input type="checkbox"/> Aluminum foil                         |
| <input type="checkbox"/> Hand blender  | <input type="checkbox"/> Whisk(s)                        | <input type="checkbox"/> Parchment paper                       |
| <input type="checkbox"/> Mixer   | <input type="checkbox"/> Mixing bowl(s)                  | <input type="checkbox"/> Storage containers (e.g., Tupperware) |
| <input type="checkbox"/> Food processor  | <input type="checkbox"/> Non-stick frying / sauté pan(s) | <input type="checkbox"/> Cutting board                         |
| <input type="checkbox"/> Grater  | <input type="checkbox"/> Small saucepan(s)               | <input type="checkbox"/> Strainer / colander                   |
| <input type="checkbox"/> Measuring cups  | <input type="checkbox"/> Medium saucepan(s)              | <input type="checkbox"/> Salad spinner                         |
| <input type="checkbox"/> Measuring spoons  | <input type="checkbox"/> Large soup pot(s)               | <input type="checkbox"/> Other:                                |
| <input type="checkbox"/> Chef's knife  | <input type="checkbox"/> Ovenproof casserole dish(es)    | .....  |
| <input type="checkbox"/> Other prep knives<br>(e.g., paring knife, boning knife) | <input type="checkbox"/> Roasting pan(s)                 | .....  |
|  |  | .....  |

**What other equipment, if anything, might you need?**

**What other equipment, if anything, are you willing to add right now?**

## Kitchen review: Organization and systems

**Right now, how would you rank your overall kitchen organization?**

- CHAOS AND FILTH    (1)    (2)    (3)    (4)    (5)    (6)    (7)    (8)    (9)    (10)    MARTHA STEWART IS JEALOUS

**Right now, do you have a system for regular food preparation? (e.g., weekly meal prep, making lunches the night before) If yes, what?**

- (Y) (N)

**Right now, do you have a system for shopping and stocking food? (e.g., creating weekly shopping list)**  
If yes, what?



**What, if anything, could you do to improve your kitchen's organization and food preparation systems?**