
KITCHEN BOOST

Use these strategies to make your kitchen fun

More Motivation Tips from Victoria Shanta Retelny

- **Refresh your refrigerator!** Ignorance is bliss when it comes to what's in the recesses of your fridge. However, when you clear out the clutter and toss dated cartons, cans, and bottles, and refresh with new yogurt, produce and condiments, you'll feel better opening the refrigerator and creating a new eating experience.
- **Create cooking ambiance with inspiring music!** Next time you are in your kitchen and getting ready to make a meal, turn on the tunes!
- **Invite family and friends over to cook.** Let friends and family come to the rescue by inviting them over and cooking together.

Grab Great Tools:

Getting a new tool is a great way to renew your kitchen motivation. To zest citrus or grate Parmesan cheese, whole nutmeg, or garlic, Victoria Shanta Retelny, RDN, LDN, author of the website Simple Cravings, Real Food and the book Total Body Diet for Dummies, uses a handy dandy microplane.

Whether you are a planner or fly-by-your-seater, you can tenderize meat, poultry, fish, or root veggies with the Breville Fast Slow Pro TM . Victoria says, "It's great for soups, stews, chili, ratatouille – as well as pulled pork, chicken, risotto, and mashed potatoes. This has been a culinary lifesaver for me in the kitchen!"

