

THINGS YOU DIDN'T KNOW
YOU NEEDED IN THE
KITCHEN



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BRIEFCASE MEDIA GROUP

HERE'S THE SCOOP!



*Y*ou can't escape the kitchen in your quest to get or stay in shape. It's the little things in your diet that add up over time, say an extra bit of butter or way too much cream in your coffee.

Here are a few items that you probably never thought of using.

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A scale

Watching what you eat can be hard, especially when it comes to extra ingredients, like cream in your coffee, apple cider vinegar in your lemon water, and blackstrap molasses, ceylon cinnamon, and ginger in your morning oatmeal. These little items add up in a big way.

Sure you can grab a teaspoon or tablespoon, but what about those times when a recipe calls for "heaping" of something? It's often easier just to get out the scale and measure in grams. Most packages have serving sizes listed that way.

*5 grams = 1 teaspoon (or if you want to get really precise
- 4.745 grams)
15 grams = 1 tablespoon*

More basic scales just have single digit readouts while others are more precise, reading down to the 10th or 100th of a gram. I have both versions and use them daily for different purposes. Cream and apple cider vinegar get the bigger scale.

EatSmart Precision Pro Digital Kitchen Scale



Finer items, like spices or Vitamin C powder, get this one.

American Weigh Scales Black Blade Digital Pocket Scale



I'd love to use just one for everything but the main flaw in the smaller one, is well, that it's smaller. Larger items like bowls and plates cover up the readout.

If you're still afraid of the metric system, they also have readouts in ounces and pounds.

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MASON JARS

These handy items may have become over associated with skinny-jeaned hipsters the last few years, but your great-grandmother used them all the time. And the best thing is they're made of glass, not endocrine-disrupting, BPA-leeching plastic.

Versatility is also the name of the game with mason jars. Use the 32 oz for just about anything from making shakes and smoothies to just drinking plain water. You can also store left-over coffee in the fridge for a nice pick-me-up of iced coffee in the afternoon.

Ball Wide Mouth Quart



Or get the 24 oz version for your morning coffee fix.

Ball Jar Wide Mouth Pint and Half Jars



Or even the 16 oz size for less of a jolt.

Ball Mason Jars Wide-Mouth 16 oz.

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JUICER

THINGS YOU DIDN'T KNOW YOU NEEDED IN THE KITCHEN

Juicing is a healthy way to start the day. For the best in fresh-squeezed citrus, check out a manual juicer.

Norpro Bamboo Citrus Reamer



I've tried a few, starting out with a bamboo version that works great for travel. The downside? Where to put the juice.

Enter this version, made of non-endocrine disrupting, BPA-free glass with a handy dandy bowl around the juicer. It even keeps (most of) the seeds from getting into the bowl. With a pour spout on the front you can't go wrong.

Glass Citrus Juicer



For more handy diet and exercise tips, check out HomeGymStrong.com

ABOUT THE AUTHOR



Alex P. Keaton was my idol growing up. I've always had that dual nature of being interested in business (numbers, wearing a suit, working in an office) while also being a creative at heart (singing/playing guitar in alt/punk bands, writing, and acting).

My academic advisor in college told me to learn a trade after I told her I wanted to be a writer. Being 20 and infatuated with Goethe and the Romantic movement, that wasn't what I wanted to hear. I wanted to be an ARTIST, not work in an office.

Fast-forward 20 years and the office worker has won out the majority of the time while I've still dabbled as an artist. Having worked for a number of years in corporate recruiting, I've always had side gigs, be it playing in a band, DJing, writing freelance entertainment articles, acting, or voiceovers.

I live in Chicago with my beautiful wife, Carrie, and am

currently working on several upcoming books while also commanding my day job and Caribbean adventures.

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Visit my website, chadvholtkamp.com to stay in the know.

You can also visit HomeGymStrong.com and follow my workout adventures on a more frequent basis.

