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3 new additions and no junk food in sight – My new improved table

Saturday, October 20, 2012

Last month I wrote about the daily challenge of living with the junk food king, including a picture of my kitchen table.

This is how it looks now.



The peanut butter is mine – part of my breakfast every morning for the past decade. Further back you can see DH's Nutella peeking out from behind the napkins. Not a bad choice, except that's part of his 1st breakfast. There are always one or two more before lunch. Yesterday it was cheese Danish. I know because I saw the wrapper in the garbage.

The water bottles are there just to be handy to grab as I run out the door. I always want one with me. Note the new SP inspired additions – 3 bottles (vegan omega-3 since I'm allergic to fish, vitamin D3 since my test showed I'm low normal and a multivitamin). Why are they upside-down, you may ask? That's how I know whether or not I remembered to take them. One with each meal and, as SP advised, dependent on what I am eating. (The body can't absorb more than 500 mg of Vitamin C at a time etc.)

The junk food is still in the house, only it's been banished from my sight. I know my table won't get Martha Stewart's approval. That's a bunch of old mail at the far end and no pretty centerpiece. But it's much more conducive to a healthy lifestyle than it used to be.

Just for comparison, here's the old photo.

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EDIT: Onmymed's comment reminded me that I should have added that I do use a reusable water bottle, but I visit a lot of places during the day where I find the water source questionable. So when I need a refill, I have an alternative and I do recycle always.

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LESLIE871948

enjoyed this, and the other blog as well. It is going to happen again here any time now. My dogs are begging, but no walk today. At least no long walk. I am going to go out in the back and watch the sun rise with those guys.

3158 days ago



CD12911945

Love this blog. The "now" table is a wonderful accomplishment.

Kate

3159 days ago



MAHGRET



3159 days ago



SUZYMOBILE

It sure looks neat, and maybe if the junk isn't as obviously handy, your hubby will have less of it. Stranger things have happened. Like Bill quitting all wheat products, including BEER, and proselytizing about it!

3159 days ago



MOOSLADY

Sounds good. I know with my husband who also would love to nibble of chips and Krispy Kremes, I have to plan something healthy for those nibbly moments, cutting off any snacking just makes him buy worse stuff whenever her fills the gas tank which is both expensive and unhealthy.

3159 days ago



MISCHAKEO

Great job of getting the junk food out of sight. Your turning upside down bottles..made me smile. I have to put my supplements in one of those week boxes as I can't remember if I have taken them also. I also use those water bottles..and do recycle..but have them everywhere.. Cute picture and blog.

3159 days ago



MISSILENE

Way to go...You get my grade of 10.

3159 days ago





CD13136117
Headed in the right directions!! Congrats!
3159 days ago



SOUTH_FORK
Very nice, don't you find a nice, clear space calming? I do, its like a blank page, just full of possibility...
3159 days ago




CD12388607

3159 days ago



WILSONWR
Definitely making progress!!
3159 days ago



CD4382497
Doing a great job!

3159 days ago



CD8113065
Well done. Going in the right direction. Now, stop buying bottled water and buy yourself a reusable water bottle filled from the tap. Just a thought.
3159 days ago




HAYBURNER1969
Good idea about the vitamin bottles!
3159 days ago




Comment edited on: 10/20/2012 8:07:10 AM



TRYINGHARD54

My junk food is out of site also....I need to get it out of my house for good.
3159 days ago



CD7895805
Looks like progress.

3159 days ago



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