



## Kitchen Confidential

Cooking tips & know how



# Be a **skinny** bitch

**Annette Lang of EXPAT KITCHEN reveals how just like the bestselling book *Skinny Bitch*, you too can lose weight while enjoying the flavours you love.**

## **Q** Can I eat the food I enjoy and still lose weight?

**A**bsolutely! As every skinny bitch worth her weight in frozen yoghurt knows, putting on weight usually happens because we eat too much, or are unaware of the hidden calories in certain foods. You might spot a svelte friend helping herself to hot chips and rich desserts, washed down with a soft drink or wine when she's out, but at home she'll be managing her intake by following these tips. Trust me, it's the only way she's fitting into those skinny jeans!

### **Skinny bitch tricks**

- 1. Avoid saturated fats and unhealthy vegetable fats, such as coconut and palm oil.**
  - Swap ice cream for low-sugar, low-fat yoghurt.
  - Use light evaporated milk, or half-and-half, rather than cream and skimmed milk rather than full-cream milk.
  - Opt for olive and canola oil spreads, rather than butter or margarine.
  - When baking low-fat muesli bars, use apple sauce as a sweetener.
  - Swap sour cream for low-fat natural yogurt.
  - Reach for 75 percent cocoa chocolate, or a higher quality brand.
  - Incorporate cottage cheese or ricotta, rather than yellow cheeses.
- 2. Adopt healthier cooking methods.**
  - Don't fry – roast, grill, broil, barbecue, steam or stir-fry in little or no oil.
  - Invest in a non-stick pan.
  - Use only sunflower, safflower, soybean, corn, cotton seed, grape seed, canola, sesame and olive oils.
- 3. Be mindful.**
  - Choose tomato-based dishes over creamy sauces and dressings.
  - Eat oily fish at least three times a week – it's good for your heart.
  - Snack on avocados, nuts and seeds in moderation.
  - Go for chicken breast (remove skin) and fish rather than red meat.
  - Eat low GI, high-fibre carbs at every meal – but not more than one cup at a sitting.  
Go for wholemeal, whole wheat and brown, rather than white, refined carbs.
  - Be conscious of your cholesterol levels.
- 4. Don't deny yourself.**
  - Once a week enjoy your favourite fried food, chocolates, desserts and alcohol. You'll probably find your taste buds will change over time and you won't need your "fix" in the same quantity or as often.
  - For the remainder of the week watch and manage your food consumption following the above tips.

And don't forget, skinny bitches also exercise three times a week, if not daily. But I can't help you in that department! **F**

**Expat Kitchen** is dedicated to empowering anyone – women, men, children and helpers – with an interest in cooking healthy western cuisine. Designed to give you a memorable cooking experience, *Expat Kitchen* has two streams of courses – Stream 1 includes their signature monthly helpers courses (Basic, Intermediate and Baking) and focus courses (Fab fish, Lunchbox Ideas, Fussy Kids and Substantial Salads). Stream 2 includes Modern Western cuisine classes for women and men, special holiday classes, cooking club nights and private functions.



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