

PREVIEW_ Kristie Sullivan - 2nd Interview (SD 2017) 1

Kristie Sullivan: Because I'm one of those moms, when I leave work I go straight home... the kids are there, there's homework to be done, food to be cooked and then you want to spend a lot of quality time with them as well.

And so I learned those new habits. I would keep brown ground beef or brown sausage, I always have the ingredients to make an Italian meal and so I can pull that out and make a spaghetti sauce and then use low-carb noodle with that.

So that's a very quick meal when you've planned ahead. But really, key is having new habits, because if you don't create new habits, you're going to slip into the old ones.

When you go home and the kids are hungry, and you're tired, and you've had a really full day at the office and you don't have an option, you're going to go back to pulling those chicken tenders out of the freezer, or worse you're going to go to a drive-through and there aren't always great options there.

So that's probably my number one tip, is to create new habits. Think about new meals that you can get on the table quickly that the family will actually like.