

5 WEEKS TO A NEW YOU!!

Kitchen Clean Out Check List

Before you get started on changes for a healthier you, take a good look at your kitchen – the fridge, what's lining your cupboard, the pantry – and get rid of all the things that might tempt you.

- Toss processed, packaged foods** – chemical ingredients, artificial sweeteners, and trans fat – your body doesn't recognize them as food, and will spend a lot of energy processing, detoxifying, and eliminating them.

This includes:

- Cold cereals with more than 4 grams of sugar per serving
- Soda, juice and fruit cocktails or drink mixes
- Cookies, cakes and candies
- Chips, crackers, and pretzels
- Granola bars, breakfast bars and energy bars
- Frozen dinners
- Bacon, high sodium lunch meats and sausages
- Artificial sweeteners and products with artificial sweeteners

- Toss old condiments that you hardly use** – these are often hidden sources of added sugar, sodium and fat that maybe harboring mold or other pathogens

This includes:

- Mayonnaise, Ketchup
- Salad dressings
- Cream cheese and cheese spreads

- Replace vegetable or canola oil with organic extra virgin olive oil or coconut oil.**
- Replace plastic food containers with BPA-free glass containers.**
- Check your non-stick cookware for scratches and rust. Replace with Teflon-free cookware.**
- Rid your fridge of any “fridge experiments” lurking in the back.** Set up a labelling system to ensure that leftovers are eaten in 2-3 days.