

# Home & Kitchen Clean-Out

## Pantry

### Reduce

- Pasta
- Crackers
- Flour
- Bread
- Popcorn
- Bagels
- Cereal
- Oats
- Quinoa
- Pastries
- Fruit juice
- Soda
- Energy bars
- Sweets
- Candy
- Chips
- Dried fruits
- Sugar
- Sweeteners
- Table salt
- Legumes
- Soy products
- Beans
- Sauces
- MSG
- Food colouring
- Flavour enhancers
- Vegetable oil
- Seed oil
- Hydrogenated oil
- Canola oil

### Stock up

- White rice
- Coconut Flour
- Almond Flour (Limited-Use)
- White rice pasta
- Raw or salted nuts
- Soaked overnight nuts
- Sea salt
- Coconut sugar
- Raw honey (local/manuka)
- Coconut milk
- Almond milk
- Herbal tea
- Dark chocolate (75%+)
- Apple cider vinegar
- Red wine vinegar (dry)
- Balsamic vinegar
- Dry herbs
- Spices
- Tomato paste (organic)
- Tomato sauce (organic)
- Fish sauce (soy free)
- Coconut aminos
- Organic mustard
- Curry paste
- Pesto (homemade)
- Canned tuna (water/olive oil)
- Canned sardines (olive oil)
- Olive oil
- Avocado oil
- Coconut oil
- Ghee

All agents that we use from our hand soap, shampoo, cleaning products and air fresheners are made up of synthetic chemicals that rob us of our health. They destroy all good and bad bacteria, damaging our gut lining. Try to substitute chemical products for natural when you can. Living a natural life is the best way we can ensure we are healthy and strong.

## Fridge

### Reduce

- Fruit juice
- Soy beverages
- Soda
- Gatorade
- Dairy
- Sauces
- Mayo
- Cheese
- Sugary fruits
- Margarine
- Dressings
- No fat products
- Conventional meat
- Non organic veggies
- Ice cream
- Conventional eggs

### Stock up

- Water
- Kombucha
- Coconut water
- Minimally Pasteurized Kefir
- Unpasteurized cheese
- Organic kimchi
- Avocado mayo
- Sauerkraut
- Grass-fed butter
- Ghee
- Lots of organic vegetables
- Organic fruits
- Grass-fed beef
- Wild Caught Fish
- Organic chicken
- Pasture raised eggs

## Household

### Eliminate

- Non-stick pans
- Plastic trays
- Commercial dish soap
- Commercial hand soap
- Hand moisturizers
- All purpose cleaner
- Chemical cleaners
- Commercial shampoo
- Commercial conditioner
- Commercial body soap
- Commercial makeup
- Commercial toothpaste
- Detergents
- Air fresheners
- Sanitizers

### Stock up

- Stainless steel cookware
- Tempered glass cookware
- China cookwear
- China plates
- Steel cutlery
- Cast iron cookware
- Natural dish soap
- Natural lotions
- Vinegar water (cleaner)
- Natural makeup products
- Natural makeup remover
- Natural toothpaste
- Natural detergent
- Essential oils
- Lemon oil and water