

Kitchen Declutter Checklist

What you bring into your kitchen is what you'll bring into your body.

Let's set you up for success by giving your kitchen a makeover.

PANTRY

- ☐ White flours
- ☐ White sugars
- ☐ Brown sugars
- ☐ Refined oils (canola, sunflower, safflower, vegetable)
- ☐ White bread, buns, bagels, pitas, wraps, pastas
- ☐ Sugary cookies & pastries
- ☐ Milk chocolate
- ☐ Sodas, diet sodas
- ☐ Gum with aspartame
- ☐ Sugary cereals

REPLACEMENTS

- ☐ Whole-grain flours (whole wheat, spelt, rye, buckwheat.)
- ☐ Unrefined cane sugar (Sucanat), coconut sugar, maple syrup, molasses, and stevia)
- ☐ Unrefined oils (olive, coconut, sesame)
- ☐ Whole grain bread, buns, bagels, pitas, wraps, pasta
- ☐ Homemade treats or whole foods treats like Larabars and Nakd bars
- ☐ Dark chocolate
- ☐ Carbonated water (selzer or soda water) with a splash of juice or soda
- ☐ Muesli or oatmeal with fruit and nuts

FRIDGE

- ☐ Meats, poultry, fish
- ☐ Sandwich meats
- ☐ Cheese
- ☐ Milk
- ☐ Yogurt
- ☐ Eggs
- ☐ Packaged meals

REPLACEMENTS

- ☐ Beans, legumes, tempeh
- ☐ Hummus
- ☐ Nut cheese
- ☐ Almond milk
- ☐ Coconut yogurt
- ☐ Flax seeds
- ☐ Batch cooked homemade meals

FREEZER

- ☐ Meat+cheese pizzas
- ☐ TV dinners
- ☐ Meat+cheese burritos
- ☐ French fries
- ☐ Frozen waffles and breakfast pastries
- ☐ Ice cream
- ☐ Freezer pies and cakes

REPLACEMENTS

- ☐ Batch cooked homemade meals
- ☐ Veggie burritos
- ☐ Peel and freeze ripe bananas for smoothies and creamy sorbet
- ☐ Coconut ice cream
- ☐ Frozen berries, mango, melon
- ☐ Healthy desserts (whole-food brownies, muffins, cookies, fruit pies)