



A CLEAN SWEEP OF YOUR KITCHEN AND STOCKING YOUR PANTRY

Let's start your four week program off with a pantry, fridge, and freezer full of fresh and inspiring ingredients.

YOUR GOALS:

1. Clean out your kitchen
2. Stock your pantry with healthy pantry basics

Don't forget to bring a notebook and pen into the kitchen with you to make a list of all the items that are being tossed out and those that will need to be replaced.

Spices Go through all the spices in your pantry and get rid of any that are past their prime. (Give them a quick sniff if you aren't sure; if a spice no longer smells pungent and fresh, it's worth replacing with a new bottle.) Consider reusing glass spice containers and refilling from the bulk spice section. While you're at it, check your baking soda and baking powder and toss out the old stuff or save it for cleaning.

Oils & Grains Sniff or taste all the oils stored in your pantry or fridge and get rid of any bottles that have a rancid or unpleasant odor or taste. Give your flours and grains a sniff, particularly any whole grains, and toss any with an "off" smell, a sign that the oils in the grains have gone bad. Check for signs of pests like grain weevils.

Nuts & Seeds Check all the nuts and seeds in your pantry and freezer by sniffing or tasting them, checking for rancidity or freezer burn. Throw away anything that smells or tastes bad.

Condiments Go through all the condiments in your refrigerator, tossing any that have gone bad, are long past their expiration date, or are unlikely to ever be used again.





Quickly glance through the ingredients and toss anything that has 'high fructose corn syrup.' While you're there, clean out old leftovers and any other questionable items.

Freezer Excavate the depths of your freezer and get rid of items that are freezer-burned or otherwise unusable. Move older items to the front, so they will be eaten before they go bad.

STOCKING UP: Pantry Basics

Quality matters. Whenever possible aim for the best ingredients you can afford especially when it comes to olive oil and balsamic vinegar. It really makes a difference in the overall taste of your food. For the spices I recommend getting a small amount of each from the bulk spice section. You will save money and, by buying a small amount at a time, have fresher and more flavorful spices. *You can download a pdf of this pantry list off the member site, main page post.

Pantry Basics

- Extra Virgin Olive Oil
- Virgin coconut oil
- Balsamic Vinegar (Aged)
- White and Red Wine Vinegar
- Wheat Free Tamari (gluten free soy sauce)
- Nutritional Yeast (1 cup)
- Almond butter (fresh ground preferred – keep in pantry, not frig)
- Jarred pesto
- Lemons (3-4 per week)
- Quinoa (5 cups dry) and Quinoa Pasta
- Brown Rice (long grain)
- Sea Salt
- Black Pepper
- Cinnamon
- Ground cumin
- Basil, dried
- Red chili flakes
- Chipotle pepper
- Cayenne Pepper
- Baking Soda

