

KITCHEN DETOX



FRIDGE

- Unload the fridge
- Wipe down & sterilize
- Clean & cut veggies
- Take bulk items out of bags
- Place snacks into bags to grab
- Use bowls to group items
- Place veggies on a visible shelf
- Place same items together
- Throw out sauces/dressings*
- Package nuts/seeds in freezer
- Add fermented foods
- Organic, pastured meat/dairy

PANTRY

Pull out each item, read the label looking for whole food ingredients (items you can pronounce and recognize), and toss what shouldn't be there. Reorganize according to categories: soups, beans, grains, sauces, oils, etc.

- Pasta: whole wheat/veggie/bean
- Bread: sprouted grain/wholegrain
- Cans: BPA free, low sodium, organic
- Spices: read dates, no additives
- Cereal: high fiber (5:1 ratio)**
- Oils: no vegetable/canola
- Soups/Sauces: low sugar, sodium
- Supplements: whole food sourced

NOTES

CEREAL: Use the 5 to 1 Rule for Fiber (ratio of total carbs divided by fiber should not exceed 5, otherwise most of the carbohydrates are simple sugars. For example 35 grams total carbs divided by 5 grams fiber = 7. It exceeds 5, so this packaged food does not belong in your pantry. Look for organic, nonGMO cereals.

COOKIES, CHIPS, CRACKERS: most are made with unhealthy fats, processed grains and sugars, with high sodium. If you are opting to keep these on hand (I get it...I'm raising three children), use organic, nonGMO cookies, chips, or crackers made from real ingredients. My favorites include Mary's Crackers, Late July Chips, and homemade or Annie's cookie mixes.

SUPPLEMENTS: Toss supplements with ingredients that include names ending in -ate, -ite, or starting with the prefix "dl." Also the vitamins themselves cannot be the ingredient if being sources from a real food. Avoid products with phrases such as "Vitamin C as Ascorbic Acid." Those are tip offs for synthetic/chemically produced vitamins. Opt for real food sourced supplements. I recommend Purium's organic, nonGMO, whole food sourced nutrition that I personally use and recommend to all of my clients. Use my health coaching code "pacerkristen" at IShopPurium.com for \$50 or 25% off (the greater of the two).

ADDITIVES TO AVOID: soy lecithin, maltodextrin, cellulose fiber, modified corn starch, non-organic corn and soy products, high fructose corn syrup, MSG, carrageenan, trans fats, dyes, BHA/BHT, nitrates, nitrites

Full information on the blog:
<https://pacerkristen.com/spring-clean-your-refrigerator-for-optimal-health/>