

KITCHEN CLEANOUT



Kitchen Clean Out Seven Steps To Get Rid Of The Junk

One of the biggest steps to getting healthy, losing weight, improving skin and detoxing is getting rid of the toxic food you are eating. The first step in doing this is cleaning out your refrigerator and pantry! If something is readily at your disposal, you are more likely to eat it when you are feeling snacky, bored, or emotional. We're going to stock your house with healthy, nourishing foods! Get stoked.



Kitchen Clean Out Seven Steps

Step 1: Get rid of any products in your fridge or pantry that contain vegetable oils (corn, soy, canola, safflower, cottonseed, sunflower seed, etc).

Step 2: Get rid of any products in your fridge or pantry that contain wheat, wheat gluten, or anything derived from wheat.

Step 3: Get rid of any products in your fridge or pantry that contain sugar, high fructose corn syrup, rice syrup, aspartame, sucralose, splenda, or any other unnatural sweeteners.

Step 4: Get rid of any products in your fridge or pantry that contain processed foods. Granola bars, protein bars, frozen meals, crackers, "diet" foods or snacks, cookies, etc. If you know they are not healthy and you shouldn't be eating it, toss it.

Step 5: Get rid of anything containing top GMO foods, ie- soy, corn, canola, dairy from inorganic sources and sugar (from sugar beets).

Step 6: Get rid of products with ingredients you don't recognize or cannot pronounce.

Step 7: Get rid of any products with monosodium glutamate (MSG), sulfites, sulfates, carrageenan, food dyes (like red #40), butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), splenda, low-fat ingredients, fat-free ingredients, guar gum, modified food starch, "natural and artificial flavors", soy lecithin, malt extract or yeast. Again, if it is unfamiliar, if you can't pronounce it, if it is over 10 letters long, if a product has more than 5 ingredients, if it looks like it may have been developed in a lab, get rid of it!