



Kitchen Clean Out Challenge

1 Toss Expired and Spoiled Food Items

Taking inventory of your refrigerator, freezer and pantry is the first step to the Kitchen Clean-out. You're looking to throw away expired food items, spoiled food and food items you don't use anymore.

What should you look for?

- Expiration dates
- Opened and unfinished foods and sauces
- Stale foods
- Expired foods
- Old leftovers
- Freezer-burned foods
- Forgotten frozen foods

Keep in mind that even bulk foods like nuts and seeds, flours and spices don't last forever. For example, most herbs like dried oregano, dried thyme, ginger powder, and turmeric powder have a shelf life of two to three years while raw nuts and seeds may only last a few months before turning rancid if not stored in a cool, dark spot, like your fridge. The fresher the ingredients, the more nourishing they will be.



2

Toss or Donate Junk Foods

Reduce or eliminate foods that don't support your health and progress, especially those you're allergic to, sensitive to, or advised to avoid. If discarding unopened, non-perishable items, consider donating them to a local food bank.

Foods that commonly cause food sensitivities and food allergies include:

- Wheat and gluten
- Cow's milk and dairy products
- Corn
- Shellfish and fish
- Tree nuts and peanuts
- Soy
- Eggs
- Nightshades

There are many other common ingredients that can cause adverse effects depending on the individual. Here's a list to look out for if any of them don't agree with you:

- Wheat and gluten
- Food additives (artificial flavors and colors)
- Artificial preservatives
- High-fructose corn syrup
- Artificial sweeteners
- Refined sugar
- Alcohol
- Caffeine and coffee
- GMOs (genetically modified organisms)

3

Wipe It Down

It's important to keep your kitchen clean to reduce the likelihood of bacterial growth, insects and cross-contamination. It is equally important to use a non-toxic cleaner when washing areas where food will be prepared or stored.

Here's a simple, economical yet effective, non-toxic cleaner to try:

- 1 cup of distilled white vinegar
- 1 cup of water
- 5-10 drops of tea tree essential oil

Directions: Add all ingredients in a spray bottle and gently shake to combine.

Not a fan of tea tree oil? Try grapefruit, lemon or eucalyptus essential oils instead.



4

Replace & Restock

Now that you've made room for health 🍏, restock your kitchen with health-promoting foods.

Replace discarded foods with fresh and nutritious whole foods. Out with the old, and in with the new. What new items will be part of your healthy lifestyle? Are there any local and seasonal foods that you've been looking forward to trying?

Natural Sweeteners <ul style="list-style-type: none"> Organic cane sugar Raw honey Pure, maple syrup 	Flours, Grains, and Starches: <ul style="list-style-type: none"> Wheat-free oats Brown rice Quinoa Gluten-free pasta 	Beans and Legumes: <ul style="list-style-type: none"> Black beans Chickpeas Green or brown lentils Kidney beans
Vegetables: <ul style="list-style-type: none"> Spinach Bell peppers Onions Cauliflower Broccoli Mushrooms Carrots Zucchini 	Frozen Foods: <ul style="list-style-type: none"> Blueberries Strawberries Broccoli Green Beans Mixed veggies 	Dried Herbs and Ground Spices: <ul style="list-style-type: none"> Himalayan pink sea salt Black peppercorns Thyme Oregano Ginger Curry powder Red pepper flakes Cumin Cinnamon Bay leaves
Fruits: <ul style="list-style-type: none"> Avocados Apples Pears Tomatoes Lemons Berries 	Nuts and Seeds: <ul style="list-style-type: none"> Almonds Almond butter Flaxseeds Chia seeds Tahini 	Condiments: <ul style="list-style-type: none"> Tamari (gluten-free soy sauce) Dijon mustard Ketchup
Canned and Jarred Items: <ul style="list-style-type: none"> Tomatoes: sauce, diced, and paste Vegetable and/or chicken stock Coconut milk 	Oils and Vinegar: <ul style="list-style-type: none"> Cold-pressed extra virgin olive oil Sesame oil Coconut oil Apple cider vinegar 	Non-Dairy Milk: <ul style="list-style-type: none"> Coconut milk Almond milk Miscellaneous: <ul style="list-style-type: none"> Ground coffee

5

Reorganize

Restocking your kitchen is the perfect opportunity to reorganize your space.

When organizing your kitchen, keep healthier foods at eye level. It's important to store food you should be using most at eye level so that they're the first thing you see when you go to grab a bite. Any snacks and junk food that should only be an occasional treat can be stored out of sight and/or out of reach.

Take a day where you can devote a couple of hours to this project so that you can see it through. This may also be a great project to share with your loved ones as they can be a part of making better decisions about their health as well. When your kitchen is organized and stocked with delicious, healthy foods, making home-cooked meals can be easy, fun, and much healthier than eating out.



YOU DID IT!

Congratulations!

