



# Kitchen Cleanout Cheatsheet

Time to get rid the items that aren't serving you well! This will make your challenge *much* easier - after all, it's harder to eat something if it's not in the house! Donate unwanted items to your local food pantry.

Toss or give away all items below, including processed foods, grains, legumes, sugars, dairy, alcohol and caffeine (and all items containing any of these ingredients).

## FRIDGE/FREEZER

- Beer
- Butter
- Buttermilk
- Cake
- Cheese
- Chicken nuggets
- Cottage cheese
- Cream
- Cream cheese
- Custard
- Dips\*
- Energy drinks
- French fries
- Frozen meals
- Hummus
- Ice cream
- Imitation meat or seafood
- Kefir
- Lunch meats (check label for wheat and other unwanted ingredients)
- Macaroni and cheese
- Margarine
- Marinades\*
- Meatballs
- Meatloaf
- Milk
- Pie
- Pizza
- Salad dressing\*
- Sandwiches
- Soda (including diet)
- Soup\*
- Yogurt

## PANTRY

- Agave syrup/nectar
- Aspartame (Equal/Nutrasweet)
- Bagels
- Baking mixes
- Barley
- Beans
- Biscotti
- Bread
- Brownies
- Brown rice syrup
- Brown sugar
- Cake
- Candy
- Canned beans
- Canned soups
- Canola oil
- Caramel
- Cereal
- Chips



## ADAPT Health Coach

- Coconut sugar/nectar
- Coffee
- Condensed milk
- Cookies
- Corn
- Cornbread
- Corn syrup (also high fructose corn syrup)
- Corn oil
- Cottonseed oil
- Couscous
- Crackers
- Cream of wheat
- Crisco
- Crisps
- Date sugar
- Doughnuts
- Evaporated cane juice
- Evaporated milk
- Flour
- Grapeseed oil
- Gravy
- Grits
- Honey
- Jam
- Jelly
- Juice
- Lentils
- Malt
- Maple syrup
- Matzo
- Molasses
- Muffins
- Oats/Oatmeal
- Palm sugar
- Pasta
- Pastries
- Peanut butter
- Peanut oil
- Pop tarts
- Quinoa
- Rapadura sugar
- Rapeseed oil
- Rice, rice cakes, rice crackers, and rice noodles
- Saccharin (Sweet N' Low)
- Safflower oil
- Scones
- Seasoning/Seasoning Mixes\*
- Sesame oil
- Snack bars
- Sorghum syrup
- Soup\*
- Soybean oil
- Soy sauce
- Spirits/Liquor - vodka, tequila, whiskey, rum, etc
- Sucralose (Splenda)
- Sugar - all kinds, including artificial
- Sweet Teas
- Vegetable oil
- Turbinado sugar
- Whey protein
- Wine
- Yacon syrup

\* - Check label for unwanted ingredients like wheat, sugar, dairy, and vegetable oils. If ingredients are 100% Paleo-friendly, you can keep these items.