

# Kitchen Purge and Re-Stock

periodFix



# Items to Toss

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- White refined sugar (anything containing it, too)
- homogenized, pasteurized nonorganic milk, yogurt, or butter
- Margarine
- Ordinary table salt
- Refined white flour and anything made from it (breads, tortillas, crackers, pasta, cereal, and so on)
- Deep-fried anything (nuts, etc.)
- Polyunsaturated refined oils (sunflower, corn, soy, canola, and so on)
- Meat and poultry raised by factory farming methods - meaning, most supermarket meat and packaged or cured meats of all kinds
- Eggs from factory farms
- Synthetic beverages (Coke, Pepsi, Kool-Aid, Tang, SunnyD)
- Instant or microwave oatmeal
- All processed microwaved foods (popcorn, instant meals, and so on). And get rid of your microwave, too!
- Non-organic corn (non-gmo)
- Soy sauce
- Boxed processed foods, mixes (cereals, rices, instant packaged meals)
- Chemical cleansers
- Anything containing high fructose corn syrup (yep those 5 cent candies too)
- Drinks containing sodium benzoate or potassium benzoate

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- Foods with butylated hydroxyanisole (BHA), a preservative
  - Sodium nitrates and sodium nitrites (processed luncheon meats)
  - Blue, green, red, and yellow food colouring (the artificial colours blue 1 and 2, green 3, red 3 and yellow 6 have been linked to thyroid, adrenal, bladder, kidney and brain cancers.)
  - Monosodium glutamate (MSG)
  - Canned foods that aren't BPA free
  - Canned tomatoes - So, canned tomatoes have an especially high risk of leaching BPA into the tomatoes because of the acidity. This is not to say that other canned goods do not also pose BPA exposure risks (they most certainly do), but tomatoes are one of the worst offenders.

#### Clean out your House Products & Beauty Products

- All plastic containers, food wrap
- Plastic water bottles
- Chemical Cleaners, dish soap, hand soap
- Chemically laden beauty products like face cleansers, moisturizers & makeup
- Shampoo & conditioners that contain: Sulfates, Parabens, Fragrance, Triclosan, Polyethylene Glycol

Now that's you've cleared out some space, here are a few staples to buy. Get organic and /or wild-harvested products when possible:

# Pantry Restock Items

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- Herbal teas
- Fermented beverages such as kefir and kombucha
- Nut milks, including almond and coconut
- Nut butters, including almond and cashew
- Natural salts such as Celtic sea salt, and Himalayan salt
- Spices - cinnamon, clove, cardamom, allspice, turmeric, and so on
- Fermented products such as kimchi, sauerkraut (or see recipe book to make your own) and miso
- Garbonzo miso paste
- Apple cider vinegar
- Sweeteners such as organic stevia (liquid), raw honey, maple syrup
- Amino products like Coconut Secret Aminos and Bragg's Liquid Aminos
- Cold-pressed, organic extra-virgin olive oil, coconut oil, grape0seed oil, sacha niche oil, avocado oil, and toasted sesame oil
- Raw organic nuts and seeds, soaked and sprouted whenever possible
- Organic local fresh herbs, veggies, and fruits
- Organic sprouts
- Organic free-range/pasture-raised meat, if you're eating meat
- Unpasteurized, organic grass-fed butter and organic free-range eggs
- Glass storage containers
- Cast iron cookwear

# Some Kitchen Appliances you may want:

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- Vitamix (high-powered blender for smoothies, soups, purees, and so on)
- Dehydrator (low-temperature cooking for preservation of nutrients and enzymes; a great kitchen tool for making snacks such as kale chips and dried fruits and veggies)
- Toaster oven (for conserving energy ; faster than a bigger oven)
- Steamer (keeps the veggies out of water and the steam, minimizing nutrient loss)
- Coffee grinder (for grinding dried spices and seeds)

## Water Maker Options

- Countertop distiller (in a glass bottle, with added crystal salt for drinking)
- Air-to-water machine (takes water out of the air and filters it for drinking)
- Reverse osmosis filters (OK if you add Himalayan crystal salt i a glass bottle)
- Vortex machine (stirs and structures water)