



KITCHEN CLEAN UP

DON'T WAIT TO START:

Get your environment set up to help aid your success.

<p>STEP 1</p>	<p>ELIMINATE PACKAGED PRODUCTS</p> <p>It's time to go through your cupboards, fridge & pantry to eliminate temptations that will derail your progress. (Added Sugar – Flour-Based products – Vegetable Oils)</p> <p>Refer to the Clean Eating Guide to search for specific products to ditch.</p>
<p>STEP 2</p>	<p>REPLACE WITH WHOLE FOOD</p> <p>Now that your kitchen has been cleaned out, it's time to stock up with foods that will help you reach your goals. (Lean meats – Vegetables – Fruits – Whole Starches – Healthy Fats)</p> <p>Refer to the Clean Eating Guide to search for items to stock up on.</p>
<p>STEP 3</p>	<p>KITCHEN ESSENTIALS</p> <p>Now that the food products are on point, it's time to double check you have the necessary tools for success.</p> <p>(Pots & Pans – Knives – Accessories – Slow Cooker) Cast iron or stainless steel are great options for stove-top cooking. Be sure you have a sharp knife (or two) to help you prepare your veggies each week. Do you have spatulas, measuring cups and spoons and a cutting board? Your slow cooker will be your best friend for bulk cooking – why limit yourself to just one?</p> <p>(Blender – Storage Containers – Freezer Bags – Water Bottle) Nutribullet or Ninjas are great for single serving shakes. Ditch your plastic storage containers & opt for glass – Pyrex is great! Be sure to have large freezer bags if you plan to create freezer meals. A good BPA free bottle or two are great to make sure you are drinking plenty of water or for taking shakes on the go.</p>