



How to clean out your pantry

PHASE **IN**



Plain, low-fat yogurt—add real fruit and/or honey

Whole grains: barley, quinoa, oats, brown rice, bulgur, and 100% whole-grain bread, pasta

Low-fat milk, unsweetened iced tea, coffee, water

Legumes: black, white, navy, kidney, garbanzo beans, lentils, peas, edamame

Fresh and frozen vegetables: steamed, sauteed, roasted

Plant-based fats: avocados, nuts, nut butters, seeds, olive oil, flax oil

Canned fish: herring, tuna, salmon, sardines

Homemade dressings, marinades

PHASE **OUT**



Fruit-flavored and “fruit-on-bottom” yogurts

Refined grains: white and highly processed pasta, rice, bread, cracker products

Sweetened or artificially flavored waters, teas, coffee, and juices

Canned baked beans, chilis, and soups

Mashed potatoes, vegetables with added cream and butter

Margarine, mayonnaise, highly-processed vegetable oils

Heavily processed, cured, and salted meats

Store-bought dressings, marinades