

Prepare Your

PANTRY



4 EASY STEPS

How to effectively reset your environment to ensure success with health goals.

FROM CART TO PANTRY

Where to begin and how to plan ahead from the pantry to the grocery and back again.



READY FOR ANYTHING

That the week throws at you .
Be stocked and prepared with the essentials you need to reset health .

mindset

Making dietary changes can be challenging. It may require changing deep-rooted habits and behaviors that you likely don't think twice about. This is where resetting your environment can make the difference between success and set-backs

It's important to not bite off more than you can chew - small, incremental adjustments are key! You have made the commitment to a healthier life and this is just part of the journey. This guide is designed to help make this reset as seamless as possible.

If you feel overwhelmed, take a breathe and work with just one thing at a time. You might choose to start with a certain food group, just the freezer for now, or throwing out the processed snacks. Over time, these small changes will evolve into a healthy, whole-food pantry before you know it.

The most important thing is being prepared for the week ahead in regard to food accessibility. Make sure you have the foods you need, and that they're easy to access. This is key to ensuring success.

If you don't like throwing food out, move it to the back where it's out of reach. You can also donate non-perishable items to food banks.

This process should feel liberating. Be proud of each small but positive change you're making for better health. If it starts to feel like too much, ask yourself why it's challenging you. Is it throwing out a comfort food? Why does this food provide comfort? How can you shift that connection to a healthier perspective? Is there a healthier substitute that can fill it's space? Take your time and go at your own pace. Before you know it, it will become innate to eat this way.

STEP 1:

THROW IT OUT

You won't know what you actually **need** without first throwing out what you **don't** and taking inventory. Grab a trash bag and let the purging begin. If you end up negotiating with yourself on whether or not you should keep it, you probably should not. But again, baby steps are key. Don't let it be overwhelming.

Non-negotiables:

• Expired foods

- Sauces
- Dressings
- Spices
- Baking ingredients
- Condiments
- Frozen meals

Top inflammatory foods

Sugary/high carb snacks and foods

- Cookies
- Candies
- Little Debbie cakes
- Chips
- Crackers
- Fruit cups in sugar

Microwave/instant meals

- Hot Pockets
- Pizza-roles
- Lean Cuisine
- Pizzas
- Microwave dinner meals

Sugar sweetened beverages

- All cola/sodas
- Energy drinks
- Sweet Tea
- Flavored coffee creamers
- Fruit juices

Cured meats

- Canned meats
- Deli meats
- Chopped ham
- Hot dogs
- Bologna
- Sausage & bacon

Sugary breakfast foods

- Sugary cereals
- Instant oatmeal
- Poptarts
- Breakfast breads
- Pancakes & waffles
- Donuts & bagels

Commercial Salad Dressings

- Hidden Valley
- Heinz
- Kraft
- Wish Bone
- other Big-Name brands

White bread

- Bread
- Pasta
- Pastries

Margarine, trans fats, vegetable oils

- Canola oil
- Soy bean
- Shortening
- Vegan butter
- Vegetable oils
- Margarine



ADDITIONAL ITEMS TO TOSS

Spices and rubs/seasoning brands with low-quality ingredients

McCormicks, Old Bay, A1, most generic "all-purpose seasoning", etc.

Any spice or seasoning with MSG as an ingredient.

Spices that no longer smell - they have lost their potency and are likely no good.

Table salt - iodized salt or sodium chloride

Highly processed items - ketchup, mayonnaise, yum-yum sauce, etc.

High sugar foods - flavored yogurt, fruit juice, ketchup, sugar coated nuts and seeds, trail mixes with candies, dried fruit, or "honey roasted" ingredients.

Highly processed foods and empty calorie foods - ramen noodles, single-sliced cheese, deli meats, microwave meals, "junk" foods

Foods labeled as "fat free" or "sugar free"

STEP 2:

PLAN AHEAD

Now that you have an inventory of the healthful foods you have, you know what else you need to fill its place. It is also important at this phase to **plan ahead for the next week's meals**. This ensures you're aware of additional items to grab at the grocery store.

Refer to your food list, meal plan, recipe book, and healthy food alternatives list to figure out what you'll need from the store.

MAKE A LIST!

Don't try to do this from memory - especially if you have a typical grocery store route you often follow.

A grocery list is a must-have to ensure you're prepared for the coming week. Nothing is worse than being halfway into preparing a meal and realizing your missing important ingredients!





STEP 3:

GET WHAT YOU NEED

Now that you know what you need, you have two options. Order groceries online or head to the store. Each has their advantages and disadvantages.

Order online and pick-up/delivery: most stores offer curbside pickup. Instacart & Uber eats are great options for delivery. **Thrive Market** is an entirely online store with great prices on organic items.

Pros:

Great for when you're short on time.
Ideal for those who tend to "shop with their eyes" or who are easily tempted by foods.
Convenient.
Autoship and "remember order" options make future shopping easier

Cons:

Must place orders a certain amount of time beforehand and pick-up at a certain time.
Control over food quality and brand choices.
Inability to fully investigate food labels before purchasing.
Usually an additional fee and may not be able to use certain coupons.

In store shopping: Decide which store(s) have all or as many of the items on your list to avoid having to stop at multiple different places. This new way of shopping might take some getting used to but after a while it will become natural.

Pros:

Ability to read labels to ensure the best quality ingredients.
Better time-wise for those who have unpredictable schedules.
Get inspired by exploring food items not on your list/foods not familiar with.
No additional fees and easier to use coupons

Cons:

Temptation can be strong from the comfort foods you might have to walk past in the aisle.
More time consuming.



GROCERY HACKS

MAKE THE MOST OF YOUR TIME

- **Shop at stores that are budget friendly** when it comes to clean whole foods. Aldi, Kroger, & Ingles tend to be the most economical but may be limited in certain food items.
- **Stay on the outer perimeter** as much as possible. Ultra-processed foods are mostly stored on the inner isles. Most of the items you'll be shopping for will be found on the outer edges and you can avoid temptation.
- **Limit processed foods** to only what can fit in the child seat if you are still easing into these new changes.
- **Never shop hungry - online or in store!**
- **Buy healthy, grab-and-go items** like vegetable trays, protein bars, clean nuts/seeds, etc. for quick access to healthy foods when you're short on time and need a snack of quick-fix.
- **Avoid overstocking.** Many produce items will only have a few days to use before they go bad.
- **Purchase only what you need for the week.** For items with short shelf lives, plan to use these in earlier meals in the week.

STEP 4:

ORGANIZE

Bring it all home and put the plan to action. This is where you will start meal prepping and putting away the items you purchased. These steps will help with sticking to your food plan throughout the week ahead.

Wash and prep items ahead of time:

This is a huge time saver! Wash, clean, and chop produce items all at once rather than when you need them.

Pre-portion and placement:

Measure out healthy snacks and grab-and-go items ahead of time. Put these items at eye level and in the front - what you see is what you eat, **convenience is key**.

Avoid clutter!

It makes preparing meals stressful. Have designated areas for certain foods and items. I.e a breakfast section in the pantry/fridge, keep veggies and meat separated in the freezer, keep salad items together, have a dedicated spice cabinet, etc. The same applies to kitchen utensils and appliances.

Make it easy to find what you're looking for:

Use clear glass containers when possible or ones that are clearly labeled to know what is where.

