

ADAPT A HEALTHIER LIFESTYLE

DETOX YOUR KITCHEN



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General Guide

These food lists are a general guide as to what you should exclude from your pantry, fridge and freezer for optimal success.

FRIDGE

- Soda Drinks
- Juice
- Processed Meats
- Alcohol
- Dips
- Sauces

PACKAGED

- Donuts
- Pastries / Bakings
- Cookies
- Candy
- White Breads
- Chocolate
- Chips

PANTRY & CANNED

- White Pasta
- Packaged Soups
- Sauces
- Cream Dressings
- Trans Fat Oils

FROZEN

- Pizza / Garlic Bread
- Ice cream / Popsicles
- Breaded Appetizers
- Fries / Breaded Meats
- Dessert(s) / Cake(s)
- Frozen Juice

MORE ELIMINATIONS

Add more items to eliminate if necessary below.

DISCLAIMER:

This material is not meant to diagnose, treat or replace conventional treatment and should not be used as a substitute for professional medical advice. Always consult your professional healthcare providers before beginning any supplementation or nutrition program.