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## Kitchen Cleanout Cheatsheet

Time to get rid the items that aren't serving you well! This will make your challenge *much* easier - after all, it's harder to eat something if it's not in the house! Donate unwanted items to your local food pantry.

Toss or give away all items below, including processed foods, grains, legumes, sugars, dairy, alcohol and caffeine (and all items containing any of these ingredients).

### Fridge/Freezer

Beer  
Butter  
Buttermilk  
Cake  
Cheese  
Chicken nuggets  
Cottage cheese  
Cream  
Cream cheese  
Custard  
Dips\*  
Energy drinks

French fries  
Frozen meals  
Hummus  
Ice cream  
Imitation meat or seafood  
Kefir  
Lunch meats (check label for  
wheat and other unwanted  
ingredients)  
Macaroni and cheese

Margarine  
Marinades\*  
Meatballs  
Meatloaf  
Milk  
Pie  
Pizza  
Salad dressing\*  
Sandwiches  
Soda (including diet)  
Soup\*  
Yogurt



## Pantry

Agave syrup/nectar	Cream of wheat	Peanut oil
Aspartame (Equal/Nutrasweet)	Crisco	Pop tarts
Bagels	Crisps	Quinoa
Baking mixes	Date sugar	Rapadura sugar
Barley	Doughnuts	Rapeseed oil
Beans	Evaporated cane juice	Rice, rice cakes, rice crackers, and rice noodles
Biscotti	Evaporated milk	Saccharin (Sweet N' Low)
Bread	Flour	Safflower oil
Brownies	Grapeseed oil	Scones
Brown rice syrup	Gravy	Seasoning/Seasoning Mixes*
Brown sugar	Grits	Sesame oil
Cake	Honey	Snack bars
Candy	Jam	Sorghum syrup
Canned beans	Jelly	Soup*
Canned soups	Juice	Soybean oil
Canola oil	Lentils	Soy sauce
Caramel	Malt	Spirits/Liquor - vodka, tequila, whiskey, rum, etc
Cereal	Maple syrup	Sucralose (Splenda)
Chips	Matzo	Sugar - all kinds, including artificial
Coconut sugar/nectar	Molasses	Sweet Teas
Coffee	Muffins	Vegetable oil
Condensed milk	Oats/Oatmeal	Turbinado sugar
Cookies	Palm sugar	Whey protein
Corn	Pasta	Wine
Cornbread	Pastries	Yacon syrup
Corn syrup (also high fructose corn syrup)	Peanut butter	
Corn oil		
Cottonseed oil		
Couscous		
Crackers		

\* - Check label for unwanted ingredients like wheat, sugar, dairy, and vegetable oils. If ingredients are 100% Paleo-friendly, you can keep these items.