

## KITCHEN RESET 2016

*Clear out your pantry of unhealthy, processed foods and restock with affordable, delicious, and clean foods to jumpstart your New Years Resolution!*

The first step to eating healthy is having a well-organized and uncluttered pantry. Do you find yourself searching for ingredients that you know that you have but can't locate? Do you have the staple ingredients to prepare quick and healthy meals? Conversely, do you have tempting processed foods that are too hard to resist when you are short on time?

Together we will go through your fridge and pantry to identify the foods that need to be tossed and replaced. We will eliminate the foods that are packed with harmful additives and preservatives, and ones that are lacking in nutrient density. We will take the mystery out of label reading and how to store produce so that it lasts. Finally, we will create a shopping list to build your nourishing pantry, stocking it with healthy and nutritious real food that you can use to create quick snacks and meals.

### **DURING THE CLEANOUT, I WILL SHOW YOU HOW TO:**

- Effectively read packaged food labels
- Store produce so there is less waste
- Use organized meal planning and shopping lists to help stock a healthy pantry, refrigerator, and freezer
- Identify healthier options for processed food
- Create a shopping list of nourishing foods