

LOVE YOUR BODY BACK TO HEALTH.

THE RADICAL

TLC

SOLUTION



JEN WITTMAN CHHC, AADP

THE PANTRY PRO GUIDE

Take stock and stock up—to turbocharge your kitchen for thyroid & autoimmune healing.

THE TLC PANTRY PRO GUIDE



Look at you! - rolling up your sleeves and digging into your pantry.

You are going to feel so much freer and healthier once you've finished. I know cleaning and organizing your pantry can seem like a daunting task but it doesn't have to be. Use the pantry purge as your personal pantry feng shui moment, work together with your neighbors by creating a block party food drive or make it a family affair by involving the kids. You'll not only be spending quality time with them, by being involved and engaged in food choices, they can begin understanding diet and nutrition better.

A pantry makeover can be achieved in a few simple steps. When you're done, you'll feel refreshed and energized and ready to eat those delicious and healthy pantry staples.

As our first step towards a healthier diet, I'm going to ask you to clear out your pantry and free yourself from the unhealthy foods that are harming you.

This is easy for some people and super hard for others. If you find yourself having a hard time letting go of some foods that are former favorites, or making excuses like, "I have to keep this around for my husband/kids," I just want to remind you of something very important:

Food can't love you. Only you can love you.

That cookie or brownie or whatever it is that's singing its siren song to you from the pantry shelves doesn't actually have the love you're looking for. And, in my experience, when we eat for the wrong reasons, it almost always boils down to looking for love

STEP 1: DIVIDE & CONQUER

The first step is to clear off your shelves (I can see the dust flying already!) and throw out or donate what is not serving you. Items that have been unopened and are not expired can be donated to a food pantry. Need help finding your local food pantry? Check out Feeding America at www.feedingamerica.org.

WHAT NEEDS TO GO?

Anything expired has to go! I can't tell you how often I cringe when I go through my mom's pantry back home and still find items in there from when I was in middle school and still had a perm! Also, if it smells or is bulging, it needs to be tossed. Your pantry is not the place for secret science experiments. If you doubt the freshness or edibility of a product, put it in the trash.

Anything white – Most white dry goods have been highly processed and are void of valuable nutrients. These include:

a. Sugar – Substitute sugar with raw honey, molasses or agave nectar instead. I personally prefer raw honey for its anti-bacterial and healing properties. For pancake syrup, buy actual, real maple syrup. *Please note: stay away from sugar substitutes such as splenda, nutrasweet, Sweet N' Low, Equal or anything made with similar ingredients. They are dangerous to your long-term health. Sugar goes by many names and can often be listed more than once as an ingredient. Hidden sugar terms to be on the look-out for are dextrose, dextran, sucrose, fructose, galactose, glucose, lactose, maltodextrin, and maltose.

b. White Flour – White flour has been bleached and the fiber and nutrients have been stripped from the grain. It's truly a processed food and converts quickly into glucose (sugar) causing blood sugar spikes and subsequent dips. Not only should you purge your pantry of white flour, you should purge it of any other processed foods containing white flour. Great substitutions for baking are almond flour and coconut flour.

c. White Rice – Similar to white flour, rice has been stripped of valuable nutrients and cause similar blood sugar issues as white flour. Replace white rice with brown rice or quinoa or eliminate it altogether as a staple in your diet. Your belly will thank you!

d. Unhealthy Fats – Anything with hydrogenated oils (trans fats), corn oil, vegetable oil, canola oil, margarine, shortening. I'm going to say something bold – wholesome fats do not create fat; sugar does! When you throw out products with hydrogenated oils, low-fat claims and unhealthy fats, your

health can improve. (remember this is a pantry purge to make your pantry and your body more healthy). Hydrogenated oils or Trans Fats raise levels of bad (LDL) cholesterol while lowering levels of good (HDL) cholesterol, which can lead to such health concerns as heart disease and even some cancers. Food companies can claim that a product has "No Trans Fats" if it contains .5 grams of trans fat or less per serving. That's tricky because if you polish off a small bag of chips, snacks or cookies, you could still be ingesting dangerous trans fats. For a healthy substitution, cook with pasture-fed butter such as Kerrygold, unrefined organic coconut oil and biodynamic cold pressed olive oil.

e. Food processed with soy – We'll talk more about soy in a minute. In the meantime, throw out anything with soy oil, soy isolates, or soy lecithin in the ingredient list.

f. Corn Syrup, High Fructose Corn Syrup (HFCS) – HFCS is one of the most pervasive food preservatives in processed foods. Check out the ingredient list on most pre-packaged foods and you'll find it listed at or near the top! HFCS is especially dangerous as your body doesn't know how to process it properly. We're not meant to digest it. Because of the difficulty in processing this additive, HFCS has been linked to diabetes, obesity, hypertension, inflammation, tooth decay and even depression. Basically, it has been shown to cause ill health and is in virtually all highly processed foods. Corn syrup and HFCS can be found in anything from salad dressings to sodas, fruit juices, sports drinks, BBQ sauces, snacks, crackers, chips, microwave popcorn, gravy mixes, cookies, pastries and even bread. By cleaning out your pantry, you're creating space to hold whole food ingredients so that you can quickly create your own fresh juices, sauces, dressings and snacks.

g. Chemicals — If your tongue gets twisted just trying to pronounce one of the ingredients on a package or the ingredient list is really long, toss it. Sugary snacks, cereals, prepackaged meals, mixes, processed foods and anything flavor enhanced should be purged from yo' pantry. Regardless of the health claims (advertisements) on packages, chemicals are not processed in the same way that nutrients from whole foods are processed. The idea that a food is "fortified" is a marketing tool used to trick you into thinking you'll be absorbing the extra nutrients and minerals they add to the food via chemicals. It's no good. Ingesting chemicals suppresses the immune system, wreaks havoc on your body's natural processes and can cause disease. Stay away from chemicals, additives and flavor enhancements. You don't need to flavor enhance a strawberry, peach or apple now do you?

WHAT CAN STAY?

(Put these items aside until the shelves are clean.)

Is there anything left you might ask? Well, I hope there are some things! And if not, look at this as an opportunity to start fresh. Take your first step to a truly healthy and vibrant life; full of nourishing food.

Keep anything made of whole food ingredients which contain no food additives or chemicals of any kind (check the ingredient list to be sure!). Examples can be canned goods such as artichokes hearts, olives, low-mercury tuna, red peppers, anchovies, hearts of palm, beans, pasta sauces, etc. EVERYTHING on the list of ingredients should be a real whole food, water or olive oil.

STEP 1: TIME TO CLEAN

Before loading things back on to the shelves, take a second to wipe off the dust, vacuum up the crumbs and clean the shelves with natural cleaner. For some amazing ideas on easy-to-make natural home cleaners, check out [Healthy Blender Recipes](#).

There are easy blender recipes for making eco-friendly kitchen cleaner, scouring cream, mold and mildew cleaner, wood furniture polish, bathroom cleaner, glass cleaner and more! It's a great resource.

STEP 3: START FRESH!

Now that you can see what is left and what needs to be replenished, let's get you organized!

It's important to restock your pantry smartly.

HERE ARE SOME TIPS ON HOW:

1. Create Zones in Your Pantry

- a. Baking Items** – coconut flour, almond flour, baking soda, etc.
- b. Oils** – coconut oil & olive oil
- c. Canned Goods** – olives, artichokes, roasted peppers
- d. Condiments** – vinegars, sauces
- e. Grains** – quinoa, brown rice, etc.
- f. Herbs & Spices** – organic, non-irradiated herbs and spices, the only ingredient should be the herb or spice. No additives or chemicals.
- g. Paper Goods** – paper towels, plates, cups
- h. Pet Food**

2. What goes where? Decide which zones go on what shelves in your pantry.

- a. **Top Shelves** – items you use seldom
- b. **Middle Shelves** – items you use often
- c. **Bottom Shelves** – heavy items

3. What to buy for your new pantry?

- a. **Step Stool** – Utilize pantry space, save yourself some time and go easy on your body by having a step stool on hand to stock and store in out of reach spaces. Add a light if you need to as well.
- b. **Containers/Organizers/Spice Jars** – Having a clean and organized pantry saves you time! When you can find what you're looking for with ease, preparing meals becomes quick work.
- c. **New pantry staples** – Only buy items that support your health. Always buy as much organic items as fits within your budget. Pantry items should have very limited ingredients – only whole foods, water or olive oil.

STEP 4: START COOKING!

1. Many of the items in your pantry can be made quickly and easily at home with whole food ingredients. By making these items from scratch, you can avoid hidden sugars, chemicals and high levels of salt in your food.

- a. **Dressings:** Whisk 2 parts olive oil to 1 part vinegar of choice (balsamic, red wine, champagne), add garlic,

fresh herbs and salt and pepper to taste. Takes about 1 minute to prepare and no sugars, chemicals, MSG or additives!

- b. **Seasonings:** Such as taco, curry and chili powders
- c. **Syrups:** just put some fresh, ripe fruit in a pan, fill pan with water so it reaches halfway up the fruit and simmer until it is syrupy. The fruit and water will make a sweet and delicious syrup which can be used over gluten-free, paleo friendly pancakes, waffles, in crepes or yogurt. You can even drizzle some over cheese (if you tolerate dairy.) Yum yum!

2. Create a menu and plan out recipes. Save money and time by taking 20 minutes per week to plan out your weekly menu and create a grocery list. This way, you'll be able to easily keep to your healthy eating goals and keep money in your pocket by avoiding eating out too often. For individual support and to learn how to make quick, delicious menus, check out **The Radical TLC Solution: Thyroid & Autoimmune Meal Plan + Cookbook** Way to go! You have just taken a huge step toward healing yourself and improving the health of your family. Don't underestimate what you did right here. You put ill-health behind you and invited nourishment into your life. This is the beginning of your journey back to health and I am so excited for you. Now that you're done with your pantry, we can move on to your refrigerator! It probably needs some love. :-)

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