



Level Up Your Life

With

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Supporting The Phases Of Your Evolution.

## Kitchen Clean Out Cheat Sheet

Set yourself up for a nourishment upgrade by cleaning out your kitchen.

This guide will help you toss out foods that are not generally not health-promoting and give you suggestions on how to replace them with healthier options.

### Vegetables and Fruit

**Toss Out:** over-processed, low nutrient content fruits and vegetables (think canned mixed vegetables and canned fruit, fruit juices and fruit cocktails)

**Choose:** fresh local or organic produce whenever possible. If buying all organic is not in your budget look at the EWG Shoppers Guide to Pesticides to learn about the Dirty Dozen <https://www.ewg.org/foodnews/> and buy organic for the most sprayed crops.

- ◆ *Fresh vegetables: onion, garlic, yam, potato, carrot, beet, radish, squash, rutabaga, leafy greens, kale, arugula, Swiss chard, spinach, watercress, tomato, cabbage, lettuce, celery, broccoli and others in season. Eat a rainbow!*
- ◆ *Sprouts and microgreens: sunflower sprouts, buckwheat sprouts, alfalfa sprouts, pea shoots etc.*
- ◆ *Frozen vegetables: kale, spinach, rapini, peas, corn*
- ◆ *Tomato sauce and paste (look these in glass jars and make sure they do not have sugar in the ingredients)*
- ◆ *Fresh fruit in season, as well as some nutrition packed tropical fruit like papaya, pineapple, mango, banana*
- ◆ *Frozen berries and other mixed fruits*
- ◆ *Lemons and limes*
- ◆ *Dried fruit (figs, dates, apricots, apples, currants, raisins, goji berries, coconut, etc. - buy unsulphured and organic if possible)*

## Whole Grains

**Toss Out:** white flour and whole wheat flour products (even “whole grain flours” will can spike blood sugar whereas the grain itself won’t.)

**Choose:** a variety of the whole grain or gluten-free products below.

Note: kamut, spelt, rye, and barley are not gluten free but if you can tolerate gluten these are more digestible choices than wheat-based products.

- ◆ *Brown rice (long-grain, short-grain, basmati, jasmine, wild, etc.)*
- ◆ *Grains in whole form: quinoa, millet, steel cut oats, buckwheat (no relation to wheat), teff, amaranth. (Barley, wheatberries OK unless you’re avoiding gluten)*
- ◆ *Hot cereals for porridge (oats, quinoa, brown rice, teff make a delicious porridge!)*

## Beans

**Toss Out:** low quality canned beans that contain table salt and preservatives and BPA in the can lining.

**Choose:** dried peas and beans and cook from scratch whenever possible but for convenience use organic frozen or BPA- free canned beans and peas. Don’t let perfect be the enemy of good.

- ◆ *Try some of these: green and yellow split peas, kidney beans, black beans, chick peas, red and green lentils, navy beans, mung beans, adzuki beans, white beans. Tip: smaller legumes tend to digest better than large ones.*
- ◆ *When using soy products always choose organic (almost all non-organic soy is genetically modified and heavily sprayed). Organic and fermented / sprouted soy products are even better (sprouted: tofu, fermented: tempeh, miso, tamari, shoyu)*

## Meat, Poultry, Fish

- ◆ **Toss Out:** factory-farmed meats, meats raised with antibiotics and hormones, grain fed meats, lunch meats preserved with nitrates, meat products additional processed ingredients, farmed fish and seafood.
- ◆ **Choose:** naturally raised and/organic meats (grass fed, antibiotic/hormone free), meat products that are 100% meat with no added ingredients (spices are okay), lunch meats preserved without nitrates, wild-caught fish and seafood.

## Nuts, Seeds, Fats & Oils

**Toss Out:** conventional nut butters made with hydrogenated oils and sugar, roasted nuts and seeds (some are okay: just make sure they are dry roasted or roasted in a high- quality oil such as coconut oil), highly refined oils such as, sunflower, safflower, cottonseed, and peanut; butter made from factory-farmed dairy. There's room for debate about canola

**Choose:** nut and seed butters made without added sugar or hydrogenated fats (they should just have one ingredient on the label (almond butter should just contain almonds, for example), raw nuts and seeds, high quality oils listed below

- ◆ *Nuts (raw almonds, cashews, walnuts, pecans, pine nuts, organic peanuts, brazil nuts etc.)*
- ◆ *Nut butters (almond, hazelnut, cashew etc.)*
- ◆ *Seeds (sunflower, pumpkin, hemp, sesame, hemp, flax and chia (look for sprouted versions)*
- ◆ *Tahini (sesame paste)*
- ◆ *Extra virgin olive oil*
- ◆ *Avocado oil*
- ◆ *Coconut oil (good for cooking/baking)*
- ◆ *Hemp seed oil (do not cook with this)*
- ◆ *Flax oil (do not cook with this)*
- ◆ *Organic grass- fed butter and ghee (good for cooking/baking)*
- ◆ *Other cold-pressed oils - walnut, sesame, grape seed*

## Dairy and Substitutes

**Toss Out:** Traditional dairy products produced from factory farmed dairy, dairy substitutes that are sweetened or contain a lot of processed ingredients and preservatives, factory farmed eggs.

**Choose:** Organic, grass fed dairy products, dairy substitutes that are unsweetened and have minimal ingredients.

Note: **dairy may not be appropriate for everyone.**

- ◆ *Yogurt and kefir (organic and unsweetened)*
- ◆ *Butter and Ghee (organic, grass fed. Ghee contains no lactose.)*
- ◆ *Unsweetened Alternative milks: almond, hemp, coconut, (I don't recommend soy)*
- ◆ *Organic or farm fresh eggs*

## Herbs, Spices, Seasonings, Condiments & Miscellaneous

**Toss Out:** Table salt, highly processed condiments and seasonings that contain white sugar, preservatives, and low-quality oils, spices and seasonings that contain MSG. MSG is often hidden under the label “yeast extract,” “hydrolyzed vegetable protein,” or “\_\_\_\_\_ glutamate.”

**Choose:** Minimally processed condiments and seasonings with better quality ingredients, use more fresh and dried herbs and spices, vinegars and oils for flavor

### Herbs and Spices:

- ◆ *Fresh herbs - parsley, basil, thyme, oregano, tarragon, coriander, sage, etc.*
- ◆ *Dried herbs and spices (make sure you buy non-irradiated - Frontier is a good brand, or the bulk section of your local natural foods store): Allspice, Basil, Cayenne, Celery seed, Chili powder, Cinnamon, Cloves, ground Coriander, Cumin, Curry, Dill, Ginger, Nutmeg, Mustard powder, Oregano, Paprika, Parsley, Rosemary, Sage, Tarragon, Thyme, Turmeric etc.*
- ◆ *Himalayan pink salt (which is rich in minerals), Celtic sea salt, Real Salt,*

## Seasonings and Condiments

- ◆ *Tamari, Coconut Aminos, Braggs Liquid Aminos,*
- ◆ *Ketchup made with natural sweeteners*
- ◆ *Mustard made with apple cider vinegar and sea salt*
- ◆ *Bottled salad dressings made with high quality oils and natural sweeteners*
- ◆ *Sauerkraut (raw/unpasteurised)*
- ◆ *Natural mayonnaise (made with high quality oils like avocado, and without white sugar)*
- ◆ *Vinegars: balsamic, apple cider, rice, red wine*
- ◆ *Red pepper flakes, chipotle peppers*
- ◆ *Celtic sea salt, Himalayan salt, Herbamare*
- ◆ *Dulse flakes, kelp or dulse shakers*
- ◆ *Nutritional yeast (gives a cheesy flavor without the dairy)*

## Miscellaneous

- ◆ *Arrowroot powder (to use instead of cornstarch as a thickening agent)*
- ◆ *Real vanilla extract (Frontier Organic is a good brand)*
- ◆ *Aluminium- free baking soda/powder*

## Sweeteners

**Toss:** white sugar and anything that contains it, anything that contains high fructose corn syrup, erythritol, artificial sweeteners and anything that contains them (aspartame, Splenda, Nutrasweet, Equal, erythritol etc.)

**Choose:** natural sweeteners in limited amounts

- ◆ *Coconut sugar*
- ◆ *Maple Syrup*
- ◆ *Molasses*
- ◆ *Raw Honey*
- ◆ *Sucanat*
- ◆ *Rice syrup*
- ◆ *Stevia*