



# Kitchen Clean-Out

Do you want to maximize your chances of success? Especially if you have difficult cravings/sugar addiction, it is smart to throw out (or give away) sugary and starchy foods, low-fat products, etc. Here's a list of what to get rid of:

## Pantry

- Candy
- Chocolate
- Cookies
- Sugar in all forms
- Muffins
- Breakfast cereals
- Potato chips
- Popcorn
- Snacks (dried fruits etc.)
- Crackers
- Wheat flour
- Pasta
- Rice
- Potatoes
- Beer
- Bagels
- Bread
- Fruit
- Soup cans
- Beans

## Fridge

- Soft drinks and fruit juices
- Applesauce
- Jams
- Margarine
- Everything that says "low fat" or "no fat"
- Ketchup
- Bottled sauces
- Ready made spice mixes (taco, bbq, fajita etc.)
- Ready made salsas

## Freezer

- Ice cream
- Buns
- Cakes
- Ready made waffles

Why not do it now?