## Kitchen clean-out

New diet? New food! Maximize your chance of success by removing as much temptation as possible. Toss (or give away) all sweet and starchy high-carb foods from your pantry, fridge and freezer. The more you eliminate, the better. Need more clarity on what to toss? Here’s our list:

### Pantry

- Beans (dried, canned and baked)
- Bread (white and whole grain loaves, buns, rolls, etc.)
- Cake
- Candy
- Cashews and other high-carb nuts
- Cereal
- Chips (all kinds, even if they sound “healthy”)
- Chocolate (keep very dark varieties with >85% cacao)
- Cookies
- Crackers
- Flour
- Fruit (canned, dried, fresh, and preserved)
- Grains (barley, quinoa, rice, wheat, etc.)
- Honey
- Jam, jellies, chutneys, and marmalade
- Oatmeal
- Pasta (regular and whole-wheat)
- Pastries
- Peanut butter and nut butters*
- Popcorn
- Potatoes and sweet potatoes
- Snacks
- Spaghetti sauce*
- Spice mixes (taco, BBQ, fajita, etc.)*
- Sugar in all forms
- Syrups
- Taco shells
- Tortillas
- Wraps

### Fridge

- Applesauce
- Beer
- Fruit
- Fruit juice
- Jam, jellies, chutneys, and marmalade
- Ketchup*
- Margarine
- Milk
- Peanut butter and nut butters*
- Relish*
- Salad dressings*
- Salsas*
- Sauces*
- Soft drinks
- Sports drinks
- Syrups
- Vitamin water
- Yogurt (all except plain, full-fat yogurt)
- All low-fat, fat-free, light, or lite products

### Freezer

- Bread (white and whole grain loaves, buns, rolls, etc.)
- Cakes
- Cookies
- French fries (all frozen potato products)
- Frozen corn
- Frozen dinners
- Frozen pizza (pizza crusts and pizza-like products)
- Frozen yogurt
- Ice cream
- Pastry (filo pastry, pie crusts, and pastry dough)
- Popsicles and other frozen treats
- Sorbet
- Toaster strudels
- Toaster waffles

* Most commercial and ready-made sauces, spices, salsas, and other bottled products contain sugars and/or starches. Learn more about how to read a nutrition facts label here: [www.dietdoctor.com/low-carb/nutrition-facts-label](http://www.dietdoctor.com/low-carb/nutrition-facts-label)