



# KITCHEN CLEANUP

**DON'T WAIT FOR THE CHALLENGE TO START:  
GET YOUR ENVIRONMENT SET UP TO HELP AID YOUR SUCCESS.**

## STEP 1

### ELIMINATE PACKAGED PRODUCTS

It's time to go through your cupboards, fridge and pantry to eliminate temptations that will derail your progress.

Refer to the **Clean Eating Guide** to search for specific products to ditch.

[ **ADDED SUGAR** | **FLOUR-BASED PRODUCTS** | **VEGETABLE OILS** ]

## STEP 2

### REPLACE WITH WHOLE FOOD

Now that your kitchen has been cleaned out, it's time to stock up with foods that will help you reach your goals.

Refer to the **Clean Eating Guide** to search for specific products to ditch.

[ **LEAN MEATS** | **FRUITS** | **VEGETABLES** | **WHOLE STARCHES** | **HEALTHY FATS** ]

## STEP 3

### KITCHEN ESSENTIALS

Now that the food products are on point, it's time to double check you have the necessary tools for success.

[ **POTS & PANS** | **KNIVES** | **ACCESSORIES** | **SLOW COOKER** ]

Cast iron or stainless steel are great options for stove-top cooking. Be sure you have a sharp knife (or two) to help you prepare your veggies each week. Do you have spatulas, measuring cups and spoons and a cutting board? Your slow cooker will be your best friend for bulk cooking -- why limit yourself to just one??

[ **BLENDER** | **STORAGE CONTAINERS** | **FREEZER BAGS** | **WATER BOTTLE** ]

Nutribullet or Ninjas are great for single serving shakes. Ditch your plastic storage containers and opt for glass -- Pyrex is great! Be sure to have gallon freezer bags if you plan to create freezer meals to use throughout the challenge. A good Nalgene bottle or two are great to make sure you are drinking plenty of water or for taking shakes to go.