



# PANTRY UPGRADE CHALLENGE

DITCH	STOCK
corn, soybean, canola, & vegetable oil	extra-virgin olive, avocado, & coconut oil
margarine	butter or coconut oil
dressings & sauces with inflammatory oils	dressings with healthy oils, vinegars
chips, crackers, cookies with many ingredients or hydrogenated oils	snacks with healthy oils, nuts, & seeds
microwave popcorn	whole kernel or pre-popped popcorn
cereal & granola (esp with added sugar)	oats, whole food granola, coconut flakes
candy, chocolate, cookies, pudding, jello, baked goods, sugary granola bars	dried fruit, 70% dark chocolate, cacao nibs, trail mix, natural energy bars
refined pasta	whole grain/pasta from rice, quinoa, beans, lentils, veggies
refined bread & bagels	sourdough or sprouted bread, rice cakes
refined baking flour	whole grain, nut, coconut, root flours
refined baking sugar	honey, maple syrup, dates, coconut sugar
baking ingredients & mixes with artificial colors or flavors	baking ingredients & mixes with whole food ingredients
fake syrup, jelly with lots of added sugar	maple syrup, honey, date syrup
processed peanut butter	natural nut butter
artificial flavor mixes; anything with MSG	spices & herbs
canned soup & broth with many ingredients, MSG, artificial flavor	canned soup & bone broth with whole food ingredients
soda, juice, beverage mixes with lots of added sugar or artificial coloring	sparkling water, tea, coconut water, drinks with natural or minimal sugar
misc: anything with many ingredients, toxic oils, sugar, flavorings, colors, etc	misc: canned fish, olives, beef jerky, tahini, seaweed, superfood powders, etc