



LINDGREN  
functional medicine

# 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 |