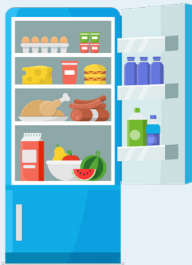




BALANCED BITES
WHOLESOME FOODS

KITCHEN CLEAN-OUT CHALLENGE



DAY 1
Clean out
your fridge.

DONE



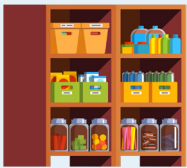
DAY 2
Ditch the junky oils
+ old spices.

DONE



DAY 3
Clean out
your freezer.

DONE



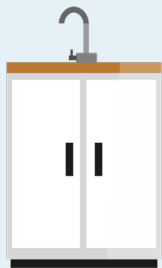
DAY 4
Check for
expired
products +
reorganize
pantry.



DAY 5
Restock
your pantry!



DAY 6
Audit your tupperware.



DAY 7
Clean out
under your
sink.

DONE



DAY 8
Get rid of utensils
you don't use.

DONE



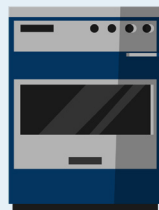
DAY 9
Declutter
your
countertops.

DONE



DAY 10
Wipe down
appliances.

DONE



DAY 11
Clean oven
& stove.

DONE



DAY 12
Wipe down
backsplash
& oven hood.

DONE

Join in by following @balancedbites and share your progress using #bbkitchencleanout!



ESSENTIAL CLEAN PANTRY LIST

Shopping the perimeter of the grocery store, where you'll find produce and fresh meats, is ideal for the majority of your foods, but add spices and some pantry items to your arsenal for cooking up tasty dishes, and have some pantry items on hand for when you need to make a meal in a pinch. Note that, although they're considered "pantry items," some of these foods need to be refrigerated.

HERBS & SPICES

Some herbs can be found in both fresh and dried forms. Including but not limited to:

Anise	Clove	Lemon	Pumpkin pie
Annato	Coriander	verbena	spice
Basil	Cumin	Licorice	Rosemary
Bay leaf	Curry	Mace	Saffron
Caraway	Dill	Marjoram	Sage
Cardamom	Fennel	Mint	Sea salt
Cayenne	Fenugreek	Mustard	Spearmint
Pepper	Galangal	Nutmeg	Star anise
Celery seed	Garlic	Onion powder	Tarragon
Chervil	Ginger	Oregano	Thyme
Chicory	Horseradish	Paprika	Turmeric
Chili powder	Juniper berry	Parsley	Vanilla
Chipotle	Kaffir lime	Pepper, black	Wasabi
Chives	leaves	Peppercorns, whole black	Za'atar
Cilantro	Lavender	Peppermint	
Cinnamon	Lemongrass		

CANNED & JARRED

Including but not limited to:

Anchovy paste	Fish roe	Salmon, wild	Tomato paste
Applesauce	Herring, wild	Sardines, wild	Tomato sauce
Capers	Olives	Sun-dried tomatoes	Tuna, wild
Coconut milk	Oysters	Sweet potato	
Coconut water/juice	Pickles	Tahini	
	Pumpkin		

NUTS, SEEDS, & DRIED FRUIT

Almonds	Coconut, shredded & flakes	Dried currants	Pecans
Almond butter	Dates	Dried figs	Pine nuts
Almond flour	Dried apples	Dried mango	Pistachios
Banana chips (check ingredients)	Dried apricots	Dried pineapple	Pumpkin seeds
Brazil nuts	Dried blueberries	Dried raspberries	Sesame seeds
Chestnuts	Dried cranberries	Hazelnuts	Sunflower seeds
Coconut butter		Macadamia nuts	Walnuts

FATS & OILS

Avocado oil
Bacon fat
Coconut oil
Extra-virgin olive oil
Ghee
Macadamia oil
Palm oil
Palm shortening
Sesame oil
Walnut oil

SAUCES

Coconut aminos* (soy replacement)
Fish sauce (Red Boat brand)
Hot sauce (gluten-free)
Mustard (gluten-free)
Vinegars: apple cider,* red wine, distilled, rice, and balsamic (avoid malt vinegar)

BEVERAGES

Green tea
Herbal tea
Mineral water
White tea
Organic coffee

TREATS & SWEETS

For occasional use
Carob powder
Cocoa powder
Dark chocolate
Honey
Maple syrup
Molasses



RECOMMENDED BRANDS

BEVERAGES

Coffee

- Allegro Coffee
- Blue Bottle
- Chameleon Coffee
- Ethical Bean
- Equal Exchange
- Four Barrel
- Four Sigmatic
- Peace Coffee
- Ritual

- Stumptown

Mineral Water

- Crystal Geyser
- Perrier
- San Pellegrino

Tea

- 365 Organic
- Allegro
- Herbal Element

- Mighty Leaf
- Numi
- Organic India
- Pique Tea
- Pukka
- Traditional Medicinals
- Two Leaves
- Yogi

HERBS & SPICES

- 365
- Balanced Bites Spices
- Celtic Sea Salt
- Flavor God Spices
- Frontier
- Mountain Rose Herbs
- Penzy's
- Primal Palate Spices
- Redmond Real Salt
- Selina Naturally Celtic Sea Salt
- Simply Organic
- Spicely
- Trader Joe's

CANNED & JARRED

Capers & Olives

- Mediterranean Organics

Coconut milk

- 365 Organic
- Aroy-D
- Natural Value
- Native Forest
- Savoy Coconut Cream
- So Delicious
- Thai Kitchen
- Wilderness Family Naturals
- Tropical Traditions

Coconut Water

- 365 Organic
- Amy & Brian's
- Blue Monkey
- Coco Community
- Taste Nirvana
- VitaCoco
- Zico

Seafood

- Bar Harbour
- Bela Sardines
- Crown Prince
- Henry & Lisa's
- Wild Planet
- Pole and Line
- Raincoast Trading
- Bear & Wolf

Tomato Paste

- Bionaturae
- Eden Organic
- Jovial
- Muir Glen Organic
- S&W Organic

Tomato Sauce

- Cucina Antica
- Liberated Foods
- Lucini
- Mezzetta
- Monte Bene
- Muir Glen
- Raos

Vegetables

- Farmer's Market

NUTS, SEEDS, & DRIED FRUIT

- Dang
- GoRaw

SAUCES

- Annie's
- Eden Foods
- Tessemae's
- **Coconut Aminos**
 - Big Tree Farms
 - Coconut Secret
- **Fish Sauce**
 - Red Boat
- **Hot Sauce**
 - Arizona Gunslinger
 - Frank's Redhot
 - Harvest Foods
 - Oregon Brineworks
 - Wildbrine Sriracha
- **Mustard**
 - 365
 - Annie's
 - Eden
- **Vinegars**
 - Bionaturae
 - Braggs
 - Nuco
 - Vermont Village

FATS & OILS

- Artisana & Nutiva
- Fatworks

Avocado Oil

- Primal Kitchen

Coconut Oil

- Artisana
- Bronner's
- Kelapo
- Nutiva
- Spectrum
- Trader Joe's

- Tropical Traditions

Olive Oil

- Kasandrinos

Ghee

- 4th and Heart
- Ancient Organics
- Organic Indian
- Paleo Butter
- Pure Indian Foods
- Purity Farms
- Tin Star

Palm Oil

- Everyday Cuisine
- Nutiva
- Spectrum
- Tropical Traditions
- Wilderness Family Naturals

Palm Shortening

- Nutiva

Walnut Oil

- La Tourangelle

TREATS & SWEETS

Cocoa Powder

- Dagoba
- Essential Living Foods
- Equal Exchange
- Holy Cacao

- Lake Champlain
- Navitas
- Rapunzel
- Sunfood
- Superfoods
- TCHO

Dark Chocolate

- Akesson's
- Pure 7
- Creo
- Dandelion
- Domori

- Eating Evolved
- French Board
- Fruition
- Montezuma's
- Original Beans
- Pacari

- Pralus
- Ranger
- Ritual
- Soma