



Ground Zero

- Freezer Clean Out
- Refrigerator Clean Out
- Pantry Clean Out
- Shop and Chop
- Ground Zero Tasks
 - o Watch assigned videos
 - o Make assigned recipes
 - Spiced Olives
 - Breading
 - Carson's/Isabella's Crackers
 - Taco Seasoning (available in office)
 - Dry Rub (available in office)

Helpful Tips:

- Store food items for others in a solid colored Rubbermaid container
- Label foods that are off limits.
- Our goal is to create a kitchen of ingredients that will allow you to create a variety of meals at any time.

How do I clean out my freezer?

We know this isn't the first time you have cleaned out your freezer, but have you ever cleaned it out with the intent on creating a freezer that fights disease instead of feeds it? We want to help you create a freezer that will provide you with the ingredients and the storage space to be successful on this journey.

- ❑ Take EVERYTHING out. Dump the ice out of the ice maker. We mean EVERYTHING!
- ❑ Wipe down all shelves and the icemaker. Vinegar is a great natural cleaning solution.
- ❑ Throw away all items that are expired or have freezer burn.
- ❑ Make the following ingredient swaps. As far as the ingredients to go are concerned, you can set them aside for a period of time (Good option), Label them to be eaten by someone who isn't on a journey towards health with you (Better Option) or Toss them completely (Best Option).

Set Aside, Label or Toss	Replace with
Fruit or veggies with added sugar or sauce	Organic, no sugar added, 1 ingredient fruits and veggies (Onions, carrots, green beans, broccoli and berries at a minimum)
Canned Juices	
Baked Products	
Frozen Dinners	1 Emergency serving of Fish, Chicken and Beef for those nights when there's "nothing for dinner"
Sweet Treats	Frozen Fruit for smoothies.

What do I need in my refrigerator?

We are working to build a refrigerator that stores ingredients in a way that the produce drawer is no longer the place where good intentions go to rot. Let's prepare our food to be eaten, not wasted!

- ❑ Take EVERYTHING out. We mean EVERYTHING!
- ❑ Wipe down all shelves and remove any drawers. Vinegar is a great natural cleaning solution.
- ❑ Throw away all items that are expired. Check the dates on all condiments.
- ❑ Read the ingredients on any remaining condiments. Keep only minimal ingredient condiments without added sugar or artificial sweeteners.
- ❑ Make the following ingredient swaps. As far as the ingredients to go are concerned, you can set them aside for a period of time (Good option), Label them to be eaten by someone who isn't on a journey towards health with you (Better Option) or Toss them completely (Best Option).

Set Aside, Label or Toss	Replace with
Breads, Tortillas (either canned or fresh)	Sprouted grain bread per physician recommendation
Juice (canned or bottled)	Whole fruit (label for after detox phase)
Beverages with artificial sweetener or added sugar	Coffee, tea, sparkling water (w/fresh citrus)
Dairy (label organic dairy for use by others or for use after the detox phase)	Coconut milk, Pecorino Romano cheese, unsweetened coconut yogurt
Packaged treats	Olives, herbs, fresh fruits and vegetables, mustard, maple syrup, butter, pasture raised eggs
Jams or Jelly	Whole fruit preserves (sparingly, label for later)
Highly processed meats (hotdogs, lunchmeat, etc)	Nitrite/Nitrate free, organic non-gmo lunch meat

*Be mindful to avoid purchasing foods with high fructose corn syrup and added sugar.

Pantry Clean Out

- ❑ Take EVERYTHING out. We mean EVERYTHING!
- ❑ Wipe down all shelves. Vinegar is a great natural cleaning solution.
- ❑ Throw away all items that are expired. Check the dates on everything.
- ❑ Read the ingredients on any remaining products. Keep only minimal ingredient products without added sugar or artificial sweeteners.
- ❑ Make the following ingredient swaps. As far as the ingredients to go are concerned, you can set them aside for a period of time (Good option), Label them to be eaten by someone who isn't on a journey towards health with you (Better Option) or Toss them completely (Best Option).

Set Aside, Label or Toss	Replace with
Artificial Sweetener	Coconut sugar, organic maple syrup, raw honey
Canned Tomatoes or premade/jarred spaghetti or pizza sauce	Boxed or jarred tomatoes
Syrup	
Flour, sugar, salt, vegetable/canola oil	Coconut oil, olive oil, coconut and almond flour, sunflower seeds, flax seeds, sesame seeds, hemp seeds, chia seeds, pumpkin seeds, black sesame seeds
Boxed cereal, instant oatmeal	Granola, rolled oats, steel cut oats
Pasta, cornmeal, instant potatoes	Spelt pasta, sweet potatoes, white potatoes (label for later)
Packaged snacks (pretzels, chips, popcorn, etc)	organic popcorn kernels, Carson's crackers, nuts (cashews, pecans, walnuts, almonds, macadamia nuts, pistachios), seeds
Candy	Fresh fruits and berries
Milk Chocolate	72% dark chocolate or above, higher percent = more health benefits
Baking Mixes	See flour alternatives

*Be mindful of purchasing foods with high fructose corn syrup and added sugar.

Shop and Chop

Preparation is the key to success! The following ingredients will be a great start to building a kitchen. These can be purchased on [amazon.com](https://www.amazon.com) or from your local grocery store (many of them in the bulk bins). Quantities listed are minimum requirements for ground zero preparation. Feel free to purchase more to have in the future.

Sunflower Seeds- 1 ½ cups

Pumpkin Seeds- 1 ½ cups

Sesame Seeds- 1 ½ cups

Hemp Seeds- 1 cup

Flax Seeds- 1 ½ cups

Chia Seeds- ½ cup

Shredded, unsweetened coconut- 4 cups

Almond flour- 1 cup

Coconut flour- ½ cup

Coconut sugar- ½ cup

Maple syrup

Chili powder- 1 c

Paprika- ½ cup

Tumeric- ¼ cup

Cumin- ¼ cup

Granulated garlic- ¼ cup

Dried onion- ¼ cup

Pink Himalayan Salt- 2 cups

Dried Italian Spice

Pecorino Romano- 2 cups (Readily available for lower prices at wholesale retailer)

Olives- 2 Cups

Olive Oil

Coconut Oil