

Kitchen clean-out

New diet? New food! Maximize your chance of success by removing as much temptation as possible. Toss (or give away) all sweet and starchy high-carb foods from your pantry, fridge and freezer. The more you eliminate, the better. Need more clarity on what to toss? Here's our list:

Pantry	Fridge	Freezer
<p>Beans (<i>dried, canned and baked</i>)</p> <p>Bread (<i>white and whole grain loaves, buns, rolls, etc.</i>)</p> <p>Cake</p> <p>Candy</p> <p>Cashews and other high-carb nuts</p> <p>Cereal</p> <p>Chips (<i>all kinds, even if they sound "healthy"</i>)</p> <p>Chocolate (<i>keep very dark varieties with >85% cacao</i>)</p> <p>Cookies</p> <p>Crackers</p> <p>Flour</p> <p>Fruit (<i>canned, dried, fresh, and preserved</i>)</p> <p>Grains (<i>barley, quinoa, rice, wheat, etc.</i>)</p> <p>Honey</p> <p>Jam, jellies, chutneys, and marmalade</p> <p>Oatmeal</p> <p>Pasta (<i>regular and whole-wheat</i>)</p> <p>Pastries</p> <p>Peanut butter and nut butters*</p> <p>Popcorn</p> <p>Potatoes and sweet potatoes</p> <p>Snacks</p> <p>Spaghetti sauce*</p> <p>Spice mixes (<i>taco, BBQ, fajita, etc.</i>)*</p> <p>Sugar in all forms</p> <p>Syrups</p> <p>Taco shells</p> <p>Tortillas</p> <p>Wraps</p>  	<p>Applesauce</p> <p>Beer</p> <p>Fruit</p> <p>Fruit juice</p> <p>Jam, jellies, chutneys, and marmalade</p> <p>Ketchup*</p> <p>Margarine</p> <p>Milk</p> <p>Peanut butter and nut butters*</p> <p>Relish*</p> <p>Salad dressings*</p> <p>Salsas*</p> <p>Sauces*</p> <p>Soft drinks</p> <p>Sports drinks</p> <p>Syrups</p> <p>Vitamin water</p> <p>Yogurt (<i>all except plain, full-fat yogurt</i>)</p> <p>All low-fat, fat-free, light, or lite products</p>    	<p>Bread (<i>white and whole grain loaves, buns, rolls, etc.</i>)</p> <p>Cakes</p> <p>Cookies</p> <p>French fries (<i>all frozen potato products</i>)</p> <p>Frozen corn</p> <p>Frozen dinners</p> <p>Frozen pizza (<i>pizza crusts and pizza-like products</i>)</p> <p>Frozen yogurt</p> <p>Ice cream</p> <p>Pastry (<i>filo pastry, pie crusts, and pastry dough</i>)</p> <p>Popsicles and other frozen treats</p> <p>Sorbet</p> <p>Toaster strudels</p> <p>Toaster waffles</p>   

* Most commercial and ready-made sauces, spices, salsas, and other bottled products contain sugars and/or starches. Learn more about how to read a nutrition facts label here: www.dietdoctor.com/low-carb/nutrition-facts-label