



## KITCHEN REHAB GUIDE

Stress causes disease and misery. It also prevents you from living your life to the fullest. The first week of the **30-Day Green Zone Detox** is a lot about setting the stage for a long-term success and that includes your pantry and the fridge. Think about it as a “spring cleaning” even if it is not spring. We will clean up and dust off the kitchen. We will populate your kitchen with fresh, quality, inspiring items. You will feel fresh and new!

### CABINETS/PANTRY:

- **Dry herbs/spices:** If you have not used them for a year or more, discard them. If not sure, give it a sniff – are they still fresh? Save the empty glass bottles and find a store with organic bulk section for herbs and spices. Otherwise, buy these in sealed bottles but only if organic – locally or online.
- **Baking soda and baking powder:** this is a great opportunity to replenish these if old. Buy aluminum free baking powder and save the old baking soda for cleaning.
- **Boxed Foods:** Any baked products should be donated/given away: anything that has ingredients you do not understand and the word “flour” in it (that means “gluten”). All chips go, including “vegetable chips”. Literally give those away, so you do not have to deal with looking at them and being tempted.
- **Condiments:** toss those past expiration date and with ingredients we do not want such as sugar, high fructose corn sugar and chemicals you do not recognize.
- **Rancid fat goes into the garbage** – anything containing fat will eventually go rancid and that is a very unhealthy fat and you definitely want to stay away from it. That’s just more free radicals (you’ll learn all about oxidation, free radical damage and bad oils!):
  - a. **Oils:** only coconut oil will not go rancid for up to 2 years at room temperature. All other oils deteriorate and oxidize (aka go rancid) due to air (oxygen – hence “oxidation”) and heat. Invest in the best quality olive oil and coconut oil you can. Make sure olive oil/hemp oil/flax oil should be in dark bottles and in addition, flax and hemp and their oils need to be refrigerated. Keep all your oils away from light and heat. Sniff the oils you currently have stocked. Do they smell off, a little stale or plain rancid? They have to go. Perhaps you can polish your shoes with them. In future, only buy one bottle at a time and make it smaller. Then replenish it as you go. Do not “stock up” on oils.
  - b. **Flours:** Whole grain flours contain fat and thus they oxidize. How long have you stored your flours? More than a year? A quick sniff again. What are you smelling? If stale/rancid, toss. Watch for grain weevils. If not, give away. We will not use wheat flours for now. You can buy quinoa flour, brown rice flour, or teff flour or even almond meal flour to replace some recipes (except baking – for that you need ready-made recipes for specific flours – experimenting with substitutions rarely works). We will stay away from GF flours - they are highly processed. Store whole gluten-free grains in glass.
  - c. **Nuts and seeds:** Have you stored them in plastic bags or plastic boxes in the pantry or the cabinets? Smell the bag and if not sure, taste one in each bag for rancidity/staleness. Only buy a small bag, preferably in a bulk section, organic when you can, and immediately put in the fridge.

### FRIDGE:

1. **Clean up any UFOs** (unidentified food objects!) and wilted vegetables.
2. **Empty all the fridge and clean** up the shelves, the door, and the walls before putting foods back in.



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3. **Small greens like cilantro or dill weed** – if you plan to eat these within 1-2 days, you can put them in a glass filled with water; for storage, wrap these in paper towel and then in a plastic bag and keep in the fridge. My most favorite idea, however, is to wash the whole bundle immediately, pat it dry and chop it all, and keep that in a glass container in the fridge ready for use.
4. **Vegetables needing cleaning:** if you have time after grocery shopping, wash, peel, chop and otherwise process your vegetables immediately before putting them in the fridge. You will find that if you have some [silicone bags](#) of chopped carrots or cabbage, you may be much more inclined to actually grab them to make a meal.

### FREEZER:

1. **Are there any foods that have been there for a year or more?** Any foods that have freezer burn? Any UFOs? Then that is a toss.
2. **Frozen fruits and vegetables in the original bags:** check ingredients. For example, your unsuspected bag of frozen sweet peas may have these ingredients: sweet peas, sugar. You will be surprised! We will replenish the freezer with organic frozen berries.

### PANTRY BASICS [ORGANIC IF POSSIBLE]

- Extra Virgin Olive Oil
- Virgin coconut oil
- Balsamic Vinegar (Aged), White and Red Wine Vinegar, or Apple Cider Vinegar
- Wheat Free Tamari (gluten-free soy sauce) or Brags Aminos or Coconut Aminos
- Nutritional Yeast
- Organic Almond butter
- Lemons
- Quinoa
- Organic Brown Rice or 100% brown rice pasta
- Celtic Sea Salt
- Cinnamon (powder and sticks)
- Cardamom seeds (not pods; powder is ok if no seeds available)
- Turmeric
- Coriander, whole\*
- 1 or 2 whole nutmeg\*
- Cumin, whole\*
- Basil, dried
- Marjoram, dried
- Chipotle pepper\*\*\*
- Cayenne pepper\*\*\*

\* Spices always taste the best when they are freshly ground. It is worth it to delegate a coffee grinder just for herbs, spices and seeds. I have used one for years just for that. If you cannot do it, then buy the ground version of the spice. The only spices you do not want to grind in a coffee grinder: nutmeg, cinnamon sticks and cloves. Buy cloves in powder.

\*\* Nutmeg is grated best with a [microplane](#) - it is one of my most favorite things in the kitchen!

\*\*\* If you have active rheumatoid arthritis, you may want to stay away from these for now.

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