

## *The Keto Lifestyle for Women*



### *It's Time to Clean out the Refrigerator & Pantry*



If you are serious about getting your health back, shedding the weight and maximizing your success in this new way of eating, then it's time to get rid of the temptations! If you crave sugar or carbs, this is the best thing you can do for you and your health!! Here is your list of what you need to trash:

#### **Pantry**

- Candy
- Chocolate
- Cookies
- Sugar in all forms
- Muffins
- Breakfast cereals
- Potato chips
- Popcorn
- Snacks (dried fruits etc.)
- Crackers
- Wheat flour
- Pasta
- Rice
- Potatoes
- Beer

- Bagels
- Bread
- Fruit
- Soup cans
- Beans

#### Refrigerator

- Soft drinks and fruit juices
- Applesauce
- Jams
- Margarine
- Everything that says “low fat” or “no fat”
- Ketchup
- Bottled sauces
- Ready made spice mixes (taco, BBQ, fajita etc.)
- Ready made salsas

#### Freezer

- Ice cream
- Buns
- Cakes
- Ready made waffles