

PANTRY AND REFRIGERATOR SPRING CLEAN

A step-by-step guide to a healthy, nutrient-dense pantry and fridge

Updated 2026 Edition — now with an expanded shopping list

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Steps in Cleaning Out Your Pantry and Fridge

A great way to start your health journey is by cleaning out your pantry and fridge of any items you don't use, and those with ingredients you don't want to consume.

Where we source food matters — additives and preservatives have crept into so much of what's on shelves today. It's also far easier to eat well when unhealthy foods simply aren't available in your kitchen.

Follow the steps below to restock your pantry and fridge as your first step toward a healthy, happy life.

Steps to Restock Your Pantry and Fridge

1. Toss out or use old items.

Use up any leftovers in the fridge and toss out expired items like sauces and cheeses. Do the same in the pantry.

2. Check your fats.

Get rid of refined vegetable oils — canola, sunflower, rice bran, corn, and peanut oil. Check ingredient lists in the fridge and pantry for these inflammatory oils too. Replace them with good-quality extra-virgin olive oil, coconut oil, and avocado oil.

3. Ditch the chemicals.

Food dyes, artificial sweeteners, preservatives, MSG, artificial flavourings, and thickening agents offer no nutrient benefit and can drive inflammation. Rule of thumb: if you can't pronounce it, it has a number or colour in the name, or it says "processed" — don't buy it.

4. Find the sugar.

Sugar hides behind more than 50 different label names. Favour whole-food sweeteners like raw honey and maple syrup and treat dark chocolate (70%+) as your go-to indulgence.

5. Replace refined foods.

Check packaged goods for refined, bleached flours and swap in wholegrain varieties — spelt, buckwheat, quinoa, sprouted flours, almond, arrowroot, and coconut flour. Make your own versions at home when you can't find them in-store.

6. Introduce nutrient-dense groceries.

Once your fridge and pantry are cleared out, build your list of nutrient-dense staples: sauces made with honey, mayonnaise made with olive oil, and a good-quality grass-fed collagen or protein powder for smoothies. The expanded shopping list below will get you started.

56 DIFFERENT NAMES FOR SUGAR	
AGAVE NECTAR	BARLEY MALT
BLACKSTRAP MOLASSES	BUTTERED SYRUP
CANE SUGAR	CAROB SYRUP
CONFECTIONER'S SUGAR	CORN SYRUP SOLIDS
DATE SUGAR	DEXTRAN
DIASTATIC MALT	ETHYL MALTOL
FLORIDA CRYSTALS	FRUIT JUICE
GALACTOSE	GLUCOSE SOLIDS
GOLDEN SYRUP	HIGH-FRUCTOSE CORN SYRUP
ICING SUGAR	LACTOSE
MALTODEXTRIN	MAPLE SYRUP
MUSCOVADO	PANOCHA
REFINER'S SYRUP	SORGHUM SYRUP
SUGAR	TURBINADO SUGAR
BARBADOS SUGAR	BEET SUGAR
BROWN SUGAR	CANE JUICE CRYSTALS
CARAMEL	CASTOR SUGAR
CORN SYRUP	CRYSTALLINE FRUCTOSE
DEMERARA SUGAR	DEXTROSE
DIATASE	EVAPORATED CANE JUICE
FRUCTOSE	FRUIT JUICE CONCENTRATE
GLUCOSE	GOLDEN SUGAR
GRAPE SUGAR	HONEY
INVERT SUGAR	MALT SYRUP
MALTOSE	MOLASSES
ORGANIC RAW SUGAR	RAW SUGAR
RICE SYRUP	SUCROSE
TREACLE	YELLOW SUGAR

My Shopping List — Expanded Edition

This list has been broadened to cover every corner of a nutrient-dense kitchen, including brain-boosting herbs and spices and a fuller rundown of proteins, produce, and pantry staples.



Herbs, Spices & Brain Boosters

Look for good-quality, glass-bottled varieties, and use fresh herbs where you can.

Neuroprotective

- Cinnamon
- Ginger
- Sage
- Rosemary
- Turmeric

Anti-Inflammatory

- Basil
- Cloves
- Marjoram
- Oregano
- Parsley
- Tarragon
- Mint

Everyday Warming Spices

- Black Pepper
- Cayenne
- Cumin
- Fennel
- Nutmeg
- Paprika
- Thyme



Nuts, Seeds & Healthy Fats

Nuts & Seeds

- Almonds
- Brazil nuts
- Walnuts
- Cashews
- Chia seeds
- Hemp seeds
- Macadamia
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

High Smoke Point (cooking)

- Avocado oil
- Coconut oil
- Ghee
- Grapeseed oil

Low Smoke Point (drizzle only)

- Olive oil
- Flaxseed oil
- Walnut oil
- Sesame oil



Protein

Free-range, pasture-fed and organic where possible.

Meat & Eggs

- Eggs
- Grass-fed beef
- Bison
- Chicken
- Turkey
- Duck
- Lamb
- No pork

Fish (wild-caught)

- Salmon
- Sardines
- Mackerel
- Anchovies
- Trout
- Sole
- Cod
- No shellfish

Dairy (raw / low-temp)

- A2 cow's milk & cheese
- Goat's milk & cheese
- Kefir
- Sheep cheese & yogurt



Fruit & Vegetables

Organic where available — eat the rainbow, and keep cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, cabbage) on high rotation for their anti-inflammatory glucosinolates.

Vegetables (everyday)

- Broccoli
- Kale
- Spinach
- Asparagus
- Bell peppers
- Cucumber
- Garlic
- Onions
- Squash
- Tomatoes

Dark-Colored Fruits

- Blueberries
- Blackberries
- Raspberries
- Cherries
- Red grapes
- Pomegranate

In Moderation

- Banana
- Mango
- Pineapple
- Brown/wild rice
- Sweet potato
- Quinoa
- Beans



Fermented Foods & Beverages

Fermented Foods

- Sauerkraut (unsweetened)
- Kimchi
- Olives
- Coconut kefir

Beverages

- Green tea
- Herbal teas
- Kombucha
- Sparkling water
- Coconut water

Sweeteners (moderation)

- Raw honey
- Maple syrup
- Date syrup
- Stevia



Pantry Staples & Condiments

Staples

- Brown basmati rice
- Sprouted / wholegrain flours
- Nut butters
- Arrowroot flour
- Canned wild fish
- Tomato paste

Condiments

- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Mustard
- Salsa
- Tamari

Occasional Indulgence

- 70% dark chocolate
 - Trail mix
 - A glass of wine
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Conclusion and Next Steps

Now that your pantry is spring-cleaned, the trick is making sure you don't slip back into old habits.

Staying organised helps you stay on track: purchase glass containers and label them, keep your shopping list handy, and research the best products available to you.

Book a grocery store trip with me so I can show you the best options at your local store — or book a one-off consult or package that includes health history, blood analysis, and symptom review.

To book your appointment, visit alivehealthier.com or email me at alivehealthier@icloud.com



Thank you!