











# Kitchen Makeover

## Getting Rid of the Low-Quality Foods

How many low quality foods, canned goods, highly processed items, sauces, dressings, snacks, additives do you think you have in your kitchen? Check it out. Then throw them out. (or donate to a local shelter)

## Appliance and Storage Inventory

Make sure you have the following in your kitchen:

-  A good set of pots and pans
-  A good set of knives
-  A blender
-  A tea pot for green tea
-  Shaker bottles for drinks on the go
-  Food storage containers
-  A food weight scale
-  Measuring cups and spoons
-  Aluminum foil or plastic wrap
-  Zip-top bags



## Restocking Your Kitchen

Fill up your kitchen with high quality foods and keep organized! By keeping a tidy fridge and freezer as well as keeping foods and appliances organized in the pantry, food prep will be much easier and quicker.