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Kitchen Overhaul

Remove

Meat, animal fat, meat stock, food products containing meat

Dairy Products: Cheese, milk, yogurt, butter, ice cream, etc.

Jams with refined sugars/high fructose corn syrup
Oils, Mayonnaise, Salad Dressings

White Flour

White Pasta

White Rice

White Sugar

Baked Goods with any of the above ingredients

Packaged Foods containing more than 2.5 grams of fat per 100 calories

Read Ingredient Labels

(Not just the RDA labels)

REMEMBER: No more than 2.5 grams of fat per 100 calories

AVOID

Processed Oils

Glycerin

Hydrogenated

Partially Hydrogenated

Mono and Diglycerides

Fructose Syrup

High Fructose Corn Syrup

Refined sugars

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TOOLS TO KEEP IN YOUR KITCHEN

The items below can be found very affordably at your local next-to-new shop.

Knives: butcher, paring, and tomato
Serrated spoon
Spatulas—one for flipping pancakes and tofu, one for scraping mixing bowls
Wooden stirring spoons
Soup ladle
Salad tongs
Long-handled tongs (just the thing for tortillas and roasting peppers)
Potato masher
Garlic press
Citrus squeezer (handheld)
Grater/zester (microplane)
Measuring cups
Measuring spoons
Cutting boards
Colander
Sieve (perfect for smaller grains such as quinoa)
Steamer
Three mixing bowls: small, medium, large
Canisters (for storing rice, oats, cereals, and legumes)
Storage containers (Tupperware and Ziploc-type bags)
Nonstick pans with lids (large skillet, soup pot, saucepan)
Baking sheet
Casserole dish
Muffin tin, nonstick
Loaf pan, nonstick
Rice cooker

Blender
Cuisinart-type food processor
Mini-Cuisinart (optional for small jobs and easy cleanup)
Immersion blender (for soups—inexpensive and well worth it)