



VEGETABLE OIL

KITCHEN DETOX ASSIST

IDENTIFY & REPLACE

DETOX & REPLACE

Its Time to Take Action

Now it's time to get into your kitchen, roll up your sleeves, and start clearing out the toxic food. Many people have found it helpful to have a list like what I've included here. It provides a plan of attack to jump-start the project.

Reading through this list will help you to better understand the scope of the problem, and reveal how seed oils find so many ways to seep into our lives. Other people don't feel that they need a list to follow.

Before we jump in, a note: I know that getting rid of a bunch of food can be an emotional (and expensive) endeavor. You may wish to take smaller steps. Instead of throwing away a lot of food from your cupboard and fridge in one fell swoop, you might commit to not buying any more, and replacing any vegetable oils and vegetable-oil-containing foods with healthier options as you finish them. It's up to you—whatever feels right for your budget, your comfort with risk, and your family's health.

Be patient. It will take time to go through every product in your kitchen. And it may take you a few grocery trips before you find your new go-to foods, so that you can just grab a familiar item without reading the label. (Though, be careful here, too—sometimes brands will change their ingredients without warning, so it's good to check even if you think you've picked up an old standby.) With time, you'll become adept at spotting these ingredients on labels and will be able to quickly move on to a better choice.

Cheers! 

KITCHEN DETOX & REPLACEMENT PLANNER

HOW TO USE THIS CHECKLIST

- Pull items from your cupboards, fridge etc by group (each card is a group).
- Review ingredients for the Big # according to Lessons 1 and 2 of this Module.
- Make notes as follows:
 - Mark ✓ to indicate that the product(s) are acceptable and do not need replacing.
 - Mark X to indicate one or more products in this category need replacing, and then write the unhealthy product you need to replace on the REPLACE card.
 - LEAVE THE BOX BLANK if you do not use the product.
- SEE PAGE 7 for HOW TO FIND REPLACEMENTS
- Write down how you plan to replace each item under the name of each item (shown here in a different color pen).

SAUCES & SPREADS

- PEANUT BUTTER
- SALAD DRESSINGS
- MAYO
- HUMMUS
- DIPS
- BBQ SAUCE
- HOT SAUCE

REPLACE

- PEANUT BUTTER
fresh grind pb (wegman's)
- CEASAR DRESSING
motherraw.com
- RANCH DRESSING
motherraw.com
- MAYO
Primal Kitchen (Publix)

EXAMPLE

CONDIMENTS, SPREADS, & TOPPINGS

- PEANUT BUTTER
- PASTA SAUCE (MARINARA AND ALFREDO)
- SALAD DRESSINGS
- MAYONNAISE
- HUMMUS
- DIPS
- STORE-BOUGHT GUACAMOLE
- BARBEQUE SAUCE
- HOT SAUCE
- CHOCOLATE SPREADS (NUTELLA)
- CHOCOLATE SAUCE
- WHIPPED CREAM & WHIPPED TOPPING (E.G. COOL WHIP)
- COFFEE CREAMERS
- FROSTINGS
- MUSTARD SPREAD (REGULAR MUSTARD DOES NOT CONTAIN ADDED OIL)

REPLACE

SNACKS & DESSERTS

- TRAIL MIX
- CANDY
- COOKIES
- DONUTS AND PASTRIES
- BROWNIES
- MUFFINS
- CRACKERS
- CHIPS (INCLUDING VEGGIE CHIPS)
- PRETZELS
- MICROWAVE POPCORN

REPLACE

FATS & OILS

- COOKING OILS & SPRAYS
- SHORTENING (E.G. CRISCO)
- BUTTERS AND BUTTER
SUBSTITUTES (E.G. MARGARINES)

FROZEN & REFRIGERATED MEALS & SIDES

- WAFFLES
- ENTREES (E.G. LEAN CUISINE, MARIE
CALENDARS)
- BREADED MEATS (E.G. CHICKEN
NUGGETS, FISH STICKS)
- BURRITOS, BURGERS, SANDWICHES
- STUFFED PASTAS, PIEROGIES, POT
STICKERS
- SOUPS
- VEGETABLE SIDES (E.G. FRENCH
FRIES, TATER TOTS, SAUCED
VEGETABLES)
- FROZEN PIZZAS
- DESSERTS (E.G. CAKES, PIES)
- ICE CREAM (ESPECIALLY ICE CREAM
WITH MIXED-IN COMPONENTS, SUCH
AS COOKIE DOUGH)

CEREAL & FOOD BARS

- BOXED CEREALS
- GRANOLA
- BREAKFAST BARS
- PROTEIN BARS
- ENERGY BARS
- TOASTER PASTRIES (E.G. POP TARTS)

REPLACE

REPLACE

REPLACE

CANNED & PRESERVED FOODS

- CANNED TUNA AND SEAFOOD
- CANNED SOUPS AND STEWS
- CANNED VEGGIES
- REFRIED BEANS
- DRIED FRUITS (IE CRANBERRIES)
- BEEF AND OTHER JERKY MEAT
- MARINATED VEGGIES (I.E. ARTICHOKE HEARTS)
- SUN-DRIED TOMATOES

REPLACE

MISCELLANEOUS

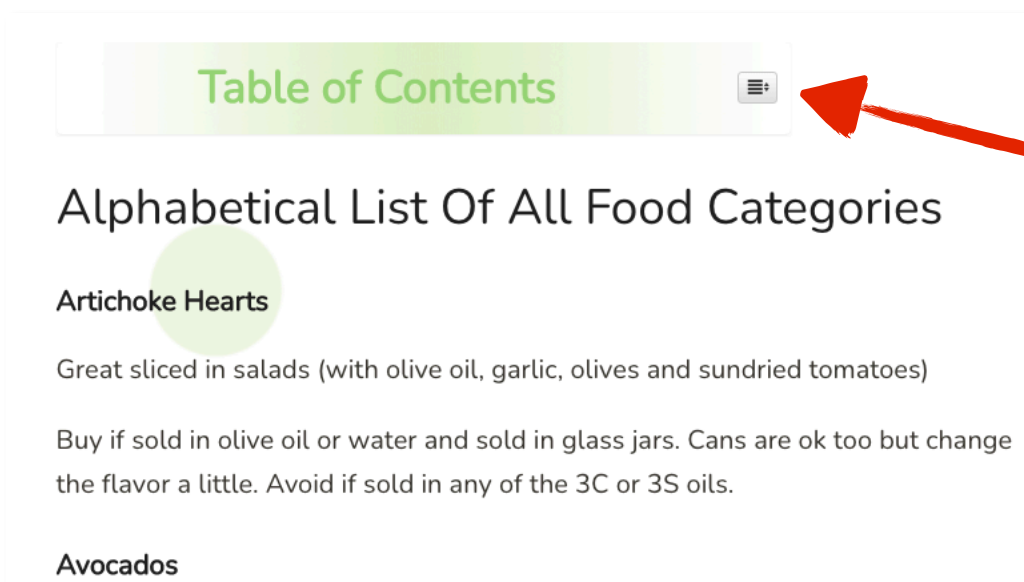
- MAC & CHEESE
- NUTS (E.G. ALMONDS, PEANUTS)
- SEEDS (E.G. SUNFLOWER PUMPKIN)
- CHOCOLATE CHIPS
- DRINK MIXEDS (E.G. HOT COCOA)
- MEAL REPLACEMENT DRINKS AND PROTEIN SHAKES)
- TODDLER FORMULA

REPLACE

HOW TO FIND REPLACEMENTS

WHERE TO SHOP FOR SEED-OIL-FREE ALTERNATIVE FOODS

- GROCERY STORES: Some grocery store chains do carry seed oil free products. Big chains like Walmart, Costco and Publix are just as likely as Whole Foods to carry seed oil free products. Trader Joes is not a great source for seed oil-free products as of this writing.
- ONLINE: Shopping online is your best bet!
- There is no Certified Seed Oil Free label to look for at the moment BUT Seedy app is currently in development and may be available soon!
- **DrCate.com/Shopping-List**: Over the years I've compiled a list of hundreds of seed oil free products. **This is the best place to start** your search for products that are available widely throughout the USA both online and in large chain grocery stores.



*Drop down menu
to navigate
quickly*

Screenshot of DrCate.com/Shopping-List