

KITCHEN ESSENTIALS CHECKLISTS

Use my kitchen essentials checklist to make small lasting changes in your own home. Swap it out and tick it off!



Food	Healthier Choice	Check
Bread	Sourdough, its easier for digestion	
Cereal	Porridge, muesli or granola	
Cheese	Cottage, ricotta, feta, haloumi, parmesan (avoid pre grated cheeses)	
Eggs	Accredited free range, local	
Flour	Whole meal Spelt, buckwheat, coconut, almond meal, arrowroot starch	
Grains	Quinoa, buckwheat, oats, brown rice, wild rice, basmati rice	
Meat	Organic, grass fed, local	
Milk	Full fat unhomogenised, nut milks or coconut milks	
Nuts and Seeds	Chia, sunflower seeds, pepitas, sesame seeds, walnuts, almonds, cashews, hazelnuts, macadamias	
Oils	Coconut oil or rice bran oil for high temperatures. Olive oil and sesame oil for flavour or dressings	
Salt	Celtic sea salt or pink Himalayan	
Sauces	Homemade alternatives	
Soy sauce	Tamari	
Spices	Avoid purchasing blends that may contain additives	
Stock	Bone or vegetable broth	
Sugar	Maple syrup, honey, dates, fresh fruit	
Margarine	Organic butter, avocado	
Tinned Tuna or Salmon	Fresh fish	
Vinegar	Apple cider vinegar	
Yoghurt	Full fat pot set, coconut yoghurt	
Cookware		
Teflon, aluminum, copper	Cast iron, stainless steel, glass, ceramic	
Storage		
Plastic Containers	Glass or ceramic containers, recycle jars	
Cleaning		
List your products below then add in less toxic options in the next box	Try making your own non-toxic options with bi-carb soda, vinegar and essential oils.	