

E2 Challenge Toolbox: **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****

Sodium should be at our less than a ratio of 1:1 with calories.

Sugar (and sugar substitutes like evaporated cane syrup) should not be listed in the top 3 ingredients.

AVOID

Processed Oils
Glycerin
Hydrogenated
Partially Hydrogenated
Mono and Diglycerides
Fructose Syrup
High Fructose Corn Syrup
Refined sugars

E2 Challenge Toolbox: **Kitchen Tools**

Tools to Keep in Your Kitchen

The items below can be found very affordably at your local next-to-new shop. They aren't ALL required, but can come in handy.

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)