

PANTRY PURGE

THROW OUT THE CARBAGE AND FACTORY FOOD

GO THROUGH YOUR FRIDGE AND PANTRY, THROWING AWAY ANY
"EDIBLE FOOD LIKE SUBSTANCES" THAT DIDN'T EXIST 300 YEARS AGO

ITEMS TO LOOK FOR
AND GET RID OF:

- ANYTHING WITH ADDED SUGAR -
IN ANY OF ITS NAMES -
STARTING WITH DRINKS
- ULTRA-PROCESSED FOODS, INCLUDING ANY
FOODS MADE FROM FLOUR, OR WITH
INGREDIENT LABELS YOU CAN'T READ OR UNDERSTAND,
OR WITH INGREDIENTS YOU CAN'T BUY IN A STORE
- FACTORY FARMED ANIMAL PRODUCTS
(BOTH MEAT AND DAIRY)
- FACTORY FATS, INCLUDING SOYBEAN OIL,
CANOLA OIL, CORN OIL, ETC. AND ANY FOODS
THAT CONTAIN THEM

