

Add This	Remove This	Why?
Local Honey & Organic Agave	Refined sugars, corn syrups, syrups, artificial sweeteners	Highly GMO, Pro-inflammatory, gut disruptor, Increases acidity and slows metabolism. Local honey provides anti-inflammatory effects, protection against local irritants/allergies, and lower sugar index. It is antibacterial, antiviral, and contains antioxidants, aminoacids, minerals and vitamins.
Coconut oil, organic olive and avocado oils	Canola oil, non-stick cooking sprays	Pro-inflammatory, omega 6 (without the balance of omega 3), GMO, refined free radicals. Increases work load of liver and kidneys and makes metabolism difficult (stored in fat cels). Coconut oil contains imperative triglyceride strains that protect the skin and nervous system among many other health benefits. It is great for cooking, lotions, minor scratches and burns.
Kerry Gold Butter	Margarine, Butter sprays and substitutes	Non-nutritive, full of chemicals and petroleums false butters are pro-inflammatory, increase cholesterol, and are difficult to metabolize. Real butters and fats can protect nervous systems and central organs.
Organic cereals and oats	Almost all other cereal and oats	Highly processed, high sugar, GMO, few nutrients, destroy essential fatty acids, destroy metabolism, disrupt nervous system and focus. Healthy grains provide necessary fiber, B vitamins, iron, and other minerals.
Avocado, nuts, organic oils, nut and dried fruit blends	Low calorie, low fat anything, sugar laden snacks	Chemically refined foods are non-nutritive, full of sugar and preservatives, made with chemicals, and add work to liver and kidneys. GOOD fats are required to protect the lining of our nerves, brain, organs, and gut. Switching to these for snacks reduces sugar cravings, provides filler, calms nervous system, add imperative protein and triglycerides to diet.
Redmon's real salt	Table salt	Heavily processed to relimitate minerals, plus additives to keep dry and eliminate clumping. Table salt, adds aluminum, iodine, and dextrose and creates more work load and inflammation for your body. Real salt adds minerals to our diet.
Fermented pickles (Olive my Pickle, Bubbies)	All other pickles	Most pickles are full of preservatives, iodized sodium, dyes, and sodium and lacking in good bacteria and good vinegar. Fermented pickles provide good bacteria for your gut and help with pH balance.
Pure Dark chocolate	Milk chocolate, processed sweets, cookies,	Pure dark chocolate is dairy free, gluten free, low sugar, and adds antioxidants. Most other are high in sugar and dairy and will increase bloating, congestion, and inflammation.
PB Fit, PB 2, PB Almond	Peanut butters	See pantry for PB recipe. Peanut butters are loaded with corn syrups and sugars which increase inflammation, are highly GMO. Use this for Peanut butter (dips, sandwiches), add to shakes for protein, mix in dips or sprinkle on pastas for extra flavor and protein.
Coconut milk, Pea milk, natural market goat milk	Cows Milk	Get rid of hormones, inflammation, casein, to reduce inflammation and promote healthier gut biome. Alternatively, good milks provide healthy fats and proteins.
Kerry Gold Cheeses, organic goat cheeses, & organic feta and sheep cheese.	All other cheeses	Processed cheeses (chemicals, additives, preservatives, emulsifiers, and dyes) lead to inflammation, gut disruption, poor metabolism. (bloating, congestion, mood disruption)
Canned veggies	Fresh frozen or fresh	Canned vegetables can be laden with metals and preservatives. Fresh frozen will stay preserved, yet maintain all vitamins and flavor. Also easy to steam and season.
Organic corn chips and Non-GMO potato chips & vegetable chips.	All other chips	Processed vegetables that are often GMO, laden with pesticides, and sometimes even bleached; causing bloating, discomfort, nervous system disruption. While not nutritive, they provide a healthier snack and filler and great meal builders. (nachos, dips, charcuterie boards, etc..)
Real Fruits, dried fruits (no sugar added)	Fruit snacks, juices,	Keeping sugars <25g for kids and <50 for average adult improves nervous function, gut function, and immune function. Having these on hand and in limited amounts helps curb the craving and provide fiber and vitamins. Also great to add in limits to charcuterie boards.
Raw Apple Cider Vinegar, Spoiledlife Wellness Tea	Juices	Keeping sugars <25g for kids and <50 for average adult improves nervous function, gut function, and immune function. Adding Raw ACV helps balance pH and improve metabolism.