

# Pantry Reset

*Step-by-Step*



ABBY ELIZABETH

# Step 1

## *Empty & Clean*

- Schedule your pantry purge
- Put on a playlist
- Empty your pantry
- Clean your pantry



# Step 2

*Sort*

- Toss the trash
- Donate
- Inspect the label > Red mark ultra-processed foods
- Replace ultra-processed foods with a cleaner alternative when finished



# Step 3

## *Organize*

- Group by similar category
- Place items used daily at eye level
- Place items used less frequently on the top shelf
- Place items with the longest expiration date at the back and items that expire sooner in the front



# Step 4

## *Replace & Restock*

- Anytime a red sticky item runs out, simply grab a cleaner version on your next shopping trip.
- Remember to read the labels carefully. If a 3rd grader couldn't read the ingredient list easily, get curious - this food is likely not one you want in your pantry.



## LESS HEALTHY OPTION

White refined pasta

Instant flavored oats

Canola or vegetable oil

Soy sauce

Instant hot cocoa mix

Potato chips

Soda

## CLEANER ALTERNATIVE

Chickpea or lentil pasta

Plain rolled/steel cut oats

Avocado oil or EVOO

Tamari or coconut aminos

Cacao powder

Homemade popcorn

Sparkling water

Here are some tools that can help  
you stay organized and make the  
most of your space:

Clear bins

Tiered shelf organizers

Turntables

Over the door shelves

Glass jars

For more guidance, check out [The Wellness Pantry!](#)