



The Sugar-free Pantry

Overhauling your pantry is a worthwhile task that can help you reduce sugar and ease into a sugar-free life...

The approach you choose, depends entirely on personal preferences, your budget, and lifestyle goals. Some people, prefer to dive headfirst into the sugar-free lifestyle by completely overhauling their pantry and culling everything. This can be a powerful way to break old habits and create a fresh start. However, it can also be time consuming, overwhelming and costly. Others choose a more relaxed approach, and simply replace processed, sugary foods with healthier alternatives as they are used up. There is really no right or wrong approach here; the goal is to simply help reduce the sugar in your diet and eat healthier.



THE SUGAR-FREE KITCHEN PANTRY
Restock your pantry with sugar-free foods.

The Benefits Of A Kitchen Overhaul

Whether you want to manage a specific health condition such as cancer, diabetes, or a metabolic disorder, or you are simply striving to live a healthier lifestyle, creating the sugar-free pantry is a worthwhile DIY project. Dedicate an afternoon to clearing out and restocking your kitchen with clean, minimally processed foods and build a more nourishing supply of all natural, no-sugar ingredients.

"If you only stock healthy foods in the kitchen, you'll only eat healthy foods."



Let's kickstart the *sugar-free life* with a thorough kitchen overhaul.

No matter how you approach it, to successfully quit sugar, you need to have sugar-free options at your fingertips. This will help you to avoid the temptation for sweet foods and dramatically increase your sugar-free success journey.

When your kitchen is regularly stocked with lots of healthy, wholefoods, you'll naturally eat more goodness, and see a gradual shift in your body. This is a smart and anti-diet way to ease into that sugar-free lifestyle!

The *Sugar-free*Kitchen Overhaul

Clearing out your pantry dose not have to be a massive task. You can approach this gently by simply replacing sugary items as they get used up or expire with more nutritious alternatives. See *Introduction Guide Phase: 2* (page 4 Healthy Swaps) for sugar-free ideas. Or if you are more ambitious, you could completely redo the pantry in an afternoon. Here's how to get started and stay organised:

Getting Started

- deicide on your approach; all in or making swaps bit by bit
- pull everything out, and wipe down the cupboards or shelves
- sort by type (baking, sauces, snacks; pantry, fridge or frozen, etc.)
- check labels for sugar content and decide what goes or stays
- create three piles; what to keep, replace, or donate

Depending on your approach and the contents you have left, begin to restock the pantry, fridge or freezer and organise it in a way that works well for you.

Pantry Zones (Kitchen Flow Strategy)

Right now is a fabulous opportunity to set up your pantry like I do in my test kitchen to help organise myself for recipe development, but you can try it too. It's an organisational method called, *pantry zones*, in which you restock and arrange the pantry by function to reduce overwhelm and make cooking so much easier.

example zones

- baking + sweet alternatives: almond flour, cacao, monk fruit, stevia
- busy morning station: coffee, herbal tea; pre-made dry snacks
- flavour boosters: vinegars, oils, herbs and spice blends, soup stock
- grab-n-go snacks: homemade trail mix, low-sugar bars, healthy snacks
- **meal bases**: grains, legumes, low carb pasta, root vegetables
- quick protein: canned tuna, lentils, protein powder; fresh & frozen meat
- vegetable bases: fresh or frozen veggies, or other produce like fruit

As you'll soon find out, creating *pantry zones* helps with both meal prep and snacking, keeping the sugar-free choices front and centre.

Stock The "Emergency Backup Box"

This is optional, but I recommend creating a mini "backup box" or shelf area for extra sugar-free ingredients. Shop the sales and buy extra, or store items you may only need or use occasionally. This practise reinforces being prepared, and always having something sugar-free on hand to cook or bake. It is also how we bullet-proof the sugar-free journey!



The *Sugar-free*Kitchen Overhaul

Maintenance Tips for Staying Organised

Now that you've cleared out the sugar and restocked with nourishing, whole-food ingredients, the next step is maintenance. A tidy, well-stocked pantry makes healthy choices feel easy and automatic. Make it a habit to do a pantry audit once a month using the tips below:

Set A Pantry Day

Pick one day each month for housekeeping and maintaining your pantry:

- rotate older items to the front, move jars and items for convenience
- check for expired or stale goods; take stock of what you use regularly
- wipe down shelves with a little lemon oil; seal packets with pegs
- restock your go-to essentials and move them closer to the front
- store dry goods (nuts, flours, seeds, grains) in clear containers
- add labels so everything is easy to find at a glance

Practising this will help you keep your sugar-free pantry topped up and always full of wholefood goodness.

The Pantry Inventory List

I've conveniently already created one for you (pg 6-8) this for you, but I recommend having a pantry inventory list to help you keep on top the sugar-free foods you'll need. This is especially helpful for beginners and when you are only just starting your sugar-free journey.

The Sugar-free Grocery List

And next you guessed it, the sugar-free grocery list. You'll find I made for you (pg 5) which you can print off and post on your fridge.

Use it to itemise the new "sugar-free staples" you'll be buying and to keep track of when you start to run low on something. Practising this habit, will keep you well-organised, save you time, and help to prevent last-minute sugary purchases.

Consistency Is Key

An organised, well-stocked pantry is going to support you staying more consistent, inspired, and in control of your food choices. It's the little healthy habits, like keeping *pantry zones*, doing regular pantry audits, and keeping inventory that add up to long lasting change and results. Let your kitchen pantry become one of your best allies, supporting you every day with all the healthy, well-stocked goodness on your sugar-free journey!



Weekly Groceries

MON		📆 Sugar-free Groceries Needed
TUE		
WED		
THUR		
FRI		
SAT		
65		
SUN		
**Reminders		
1 Kemi	maers	

Pantry Inventory



CANNE	D FOODS	GRAINS
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0	0	0
O	<u> </u>	0
O	<u> </u>	O
<u> </u>	<u> </u>	O
BAKING	ESSENTIALS	CONDIMENTS
O	<u> </u>	0
<u> </u>	<u> </u>	O
O	<u> </u>	O
<u> </u>	<u> </u>	O
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
SEASONINGS	SAUCES/OILS	OTHER
<u> </u>	<u> </u>	O
<u> </u>	<u> </u>	<u> </u>
<u> </u>		O
<u> </u>		
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<u> </u>	<u> </u>	<u> </u>

Fridge Inventory



FRESH F	PRODUCE	CONDIMENTS
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O	<u> </u>	O
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
MEAT/SEAFOOD	DAIRY PRODUCTS	EGGS/VEGAN
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0		0
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\bigcirc		\bigcirc
READY MADE MEALS	SNACKS	OTHER
O	O	0
0	0	0
O	<u> </u>	<u> </u>
O	<u> </u>	O
<u> </u>	<u> </u>	<u> </u>
<u> </u>	<u> </u>	<u> </u>
O	<u> </u>	O

Freezer Inventory

READY MADE MEALS		FRUIT
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O	<u> </u>	
MEAT/SEAFOOD	MEAT/SEAFOOD	VEGGIES
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O		
FRUIT	DESSERT	OTHER
\bigcirc		
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0		
0		



SUGAR/ Free Printable Food & Sugar Diary



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