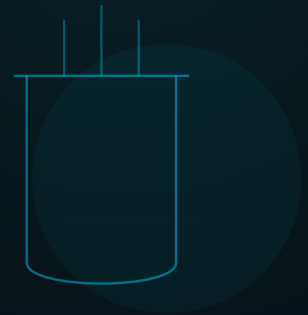


The Kitchen

audit

What to throw away, what to keep, and what to replace it with. A private, shelf-by-shelf walkthrough of your kitchen.



Why This Matters

Willpower loses to a stocked pantry eventually. It's a numbers game, not a character flaw. Change what's actually in reach and the decision gets made for you before you're tired, stressed, or hungry enough to argue with yourself.

This isn't about an empty, sad kitchen. It's about a kitchen where the easiest, closest, most convenient option is also the right one. Every category below follows the same format: what to throw away, what's genuinely fine to keep, and what to bring in instead.

Do this in one sitting if you can. A half-done kitchen audit just means the same old temptation sitting one shelf over from the new stuff.

Cooking Oils & Fats

The fat you cook in touches everything else on this list, which makes it the single highest-leverage swap in the whole kitchen.

● THROW AWAY

Vegetable oil
Canola oil
Soybean oil
Corn oil
Margarine
Vegetable shortening
Spray oils with soy lecithin

● KEEP

Ghee, for high-heat cooking, smoke point around 485°F versus butter's 350°F

Extra virgin olive oil, for finishing, not high heat

Coconut oil, for medium-heat cooking

Real butter, grass-fed if it's available to you

● REPLACE WITH

Seed oils → ghee or tallow for high-heat cooking

Margarine → real butter

Spray oil → avocado oil in a refillable mister

HIDDEN TRAP

Seed oils hide inside things that don't look like an "oil" purchase at all: salad dressings, mayonnaise, flavored nuts, and most restaurant fried food. Checking the label on condiments matters just as much as the bottle of oil on the counter. Ghee is worth calling out specifically here too: its high smoke point means less breakdown into harmful compounds at high heat, and it's one of the richest food sources of butyrate, a fatty acid tied to gut health.

Grains, Flours & Starches

This is usually the biggest single shelf to clear, and the one that feels hardest, mostly out of habit rather than actual need.

● THROW AWAY

- All-purpose flour
- Bread and breadcrumbs
- Pasta
- Rice, if following strictly
- Breakfast cereal
- Flour tortillas

● KEEP

- Almond flour**, for occasional baking
- Coconut flour**, used sparingly
- Unsweetened shredded coconut**

● REPLACE WITH

- Breadcrumbs → crushed pork rinds or crushed nuts
- Pasta → shirataki noodles or spiralized vegetables
- Flour tortillas → low-carb tortillas or lettuce wraps

Sweeteners & Sugars

Sugar in the bag is easy to spot. Sugar renamed twelve different ways on a label is where this actually gets missed.

● THROW AWAY

White and brown sugar
High fructose corn syrup
Agave syrup
Maple syrup, if following strictly
Honey, if following strictly

● KEEP

Allulose, for baking and drinks
Monk fruit or erythritol blends, in moderation
A small jar of raw honey, only if not following strictly

● REPLACE WITH

Sugar → allulose or a monk fruit blend
Maple syrup → a sugar-free syrup made with allulose

HIDDEN TRAP

Sugar shows up on labels under dozens of names: dextrose, maltodextrin, rice syrup, cane juice, fruit juice concentrate. If it ends in "-ose" or includes the word "syrup," treat it as sugar until proven otherwise.

Condiments & Sauces

This shelf quietly does more damage than the sugar bowl, since a sauce is rarely measured out and almost never gets a second look at the label.

● THROW AWAY

- Regular ketchup
- BBQ sauce
- Sweet chili sauce
- Teriyaki sauce
- Low-fat salad dressings
- Most bottled marinades

● KEEP

- Mustard**, check the label for added sugar
- Hot sauce**, most brands are carb-free
- Real mayonnaise**, not a "light" version
- Soy sauce or tamari**, in moderation

● REPLACE WITH

- Ketchup → a sugar-free ketchup
- Bottled dressing → olive oil and vinegar, made fresh
- BBQ sauce → a sugar-free BBQ sauce

Snacks & Packaged Foods

The snack drawer is where most people fall off, mostly because it's the one place designed entirely around convenience over composition.

● THROW AWAY

Chips and crackers

Granola bars

Cookies and candy

"Protein bars" built mostly on syrup and sugar alcohols

● KEEP

Plain nuts, in a measured portion, not the full bag

Beef jerky, check for added sugar first

Real cheese, in individual portions

● REPLACE WITH

Chips → pork rinds

Granola bar → boiled eggs or a cheese portion

Candy → 85%+ dark chocolate

Dairy & Fridge Staples

Full-fat dairy is one of the more forgiving categories here. The mistakes usually hide in the "healthy-sounding" low-fat versions instead.

● THROW AWAY

- Flavored yogurts
- Low-fat milk
- Processed cheese slices and spreads
- Sweetened coffee creamers

● KEEP

- Plain **full-fat yogurt**, in moderation
- Heavy cream
- Real **cheese, eggs, butter**

● REPLACE WITH

- Flavored creamer → heavy cream or unsweetened nut milk
- Low-fat cheese → real, full-fat cheese

Beverages

Liquid calories and liquid sugar are the easiest things to lose track of, since nobody logs a drink the way they'd log a meal.

● THROW AWAY

Regular soda
Fruit juice
Sports drinks with added sugar
Sweetened iced tea

● KEEP

Water and sparkling water
Black coffee
Plain tea

● REPLACE WITH

Soda → sparkling water with fresh lime
Sports drink → homemade electrolyte water

HIDDEN TRAP

Diet soda isn't on the throw-away list here, it's genuinely a personal call. It won't spike blood sugar the way regular soda does, but some people find the intense sweetness keeps sugar cravings alive rather than settling them. Worth noticing how you personally respond, rather than assuming either way.

Spices, Seasoning & Broths

The one shelf people never think to check, and one of the more common places sugar and fillers hide in plain sight.

● THROW AWAY

Seasoning blends with added sugar or maltodextrin

Bouillon cubes with hydrolyzed wheat and sugar

Canned soups

● KEEP

Single-ingredient dried herbs and spices

Sea salt

Real bone broth

● REPLACE WITH

Seasoned salt blends → salt, pepper, garlic powder, paprika, mixed yourself

Bouillon cubes → real stock or bone broth

Cookware & Storage

Not a food category, but it belongs in the same audit. What you cook and store food in matters almost as much as what's in it.

● THROW AWAY

Scratched or flaking non-stick pans

Plastic containers used for reheating hot food

● KEEP

Cast iron

Stainless steel

● REPLACE WITH

Damaged non-stick → cast iron or stainless steel

Plastic containers → glass storage containers

The One-Page Recap

CATEGORY	THROW AWAY	KEEP / REPLACE WITH
Oils & Fats	Vegetable, canola, soybean, corn oil, margarine	Olive oil, ghee, tallow, coconut oil, butter
Grains & Starches	Flour, bread, pasta, cereal, tortillas	Almond/coconut flour, shirataki, lettuce wraps
Sweeteners	Sugar, HFCS, agave, syrup	Allulose, monk fruit, erythritol blends
Condiments	Ketchup, BBQ sauce, bottled dressing	Mustard, hot sauce, real mayo, homemade dressing
Snacks	Chips, granola bars, candy	Nuts, jerky, cheese, pork rinds, dark chocolate
Dairy	Flavored yogurt, low-fat milk, sweet creamer	Full-fat yogurt, cream, real cheese, eggs, butter
Beverages	Soda, juice, sports drinks, sweet tea	Water, sparkling water, black coffee, plain tea
Spices & Broths	Sugared blends, bouillon cubes, canned soup	Single-ingredient spices, sea salt, bone broth
Cookware	Damaged non-stick, plastic for hot food	Cast iron, stainless steel, glass storage



A cleared shelf is a decision you only
have to make once.

Send a photo of anything you're unsure about before your next session.
If it's not on this list, we'll figure it out together.

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