



# NON-KETO FOOD PURGE LIST

Cleaning out your fridge and pantry is an essential and beneficial step before starting on your keto journey. It's also nice to start with a clean slate!

Here's a list of what needs to go so you can start off in the best way possible.

## CONDIMENTS

- Ketchup
- BBQ sauce
- Low-fat salad dressings
- Maple Syrup

## CERTAIN OILS & DAIRY

- Yogurt
- Spreadable butter alternatives
- Cow's milk

## FRUIT / FRUIT PRODUCTS

- All fruit with the exception of berries and cantaloupe
- Fruit cups
- Jams or jellies with added sugar
- Any fruit juice, including:
  - orange juice
  - apple juice
  - grape juice
  - cranberry juice
  - tomato juice

## SWEETS

- Ice Cream
- Pudding
- Jello
- Frozen desserts
- Cookies
- Cake
- Candy

## FROZEN VEGETABLES

- Peas
- Carrots
- Corn
- Potatoes
  - hash browns
  - fries
  - tater tots

## CANNED FOODS

- Lentils
- Peas
- Black beans
- Pinto beans
- Chickpeas
- Kidney Beans
- Corn
- Mandarin oranges

## BAKING PRODUCTS

- Wheat-based flour
- Sugar
- Cornstarch / Cornmeal
- Honey
- Agave

## GRAINS

- Pasta
- Quinoa
- Rice
- Grits
- White bread
- Whole wheat bread
- Gluten-free bread
- Flour tortillas
- Bagels
- Granola
- Cereal
- Oats

## TUBERS

- Potatoes
- Sweet potatoes/yams
- Beets

## SNACKS

- Crackers
- Granola bars
- Fruit rolls
- Chips