

The Dessert Angel

Healthy Kitchen Quick Start Checklist



Canned, Jars and Bottles

- ☐ 1 x 822 g (29 oz) can Eden Organic Black Beans
- ☐ 1 x 822 g (29 oz) can Eden Organic Navy Beans
- ☐ 1 x 822 g (29 oz) can Eden Organic Garbanzo Beans (Chick peas)
- ☐ 1 x 796 ml (28 oz) jar of unsweetened Applesauce
- ☐ 1 x can Pumpkin (no sugar/preservatives)
- ☐ 1 x 454 g (1 lbs) jar (glass is best) of Virgin Coconut oil
- ☐ 1 x pure Stevia powder (at least 28 g / 1 oz)
- ☐ 1 x 500 ml (1 lbs) glass jar raw unfiltered, unpasteurized Honey
- ☐ 1 x 227 ml (8 oz) glass jar Maple Syrup

Seasonings/Spices/Baking Ingredients to Have Handy

- ☐ Cinnamon
- ☐ All Spice
- ☐ Nutmeg
- ☐ Cloves (I grind them fresh in the magic bullet, but ground is fine)
- ☐ Ginger Powder
- ☐ Fine ground Celtic or Himalayan Sea Salt
- ☐ Cocoa powder (Dutch process, I like Cocoa Camino)
- ☐ Pure Vanilla extract (not the artificial one, or at least the blend)
- ☐ Baking soda
- ☐ Organic raw Apple Cider Vinegar (with 'Mother')

Produce (Check the dessert you're going to make and buy fresh)

- ☐ Apples
- ☐ Bananas
- ☐ Lemons
- ☐ Clementines
- ☐ Berries
- ☐ Carrots

Refrigerated Section

- ☐ Coconut milk, Almond milk or Organic Soy milk (use this less often)
- ☐ Organic plain whole-fat Yogurt (3.5%)
- ☐ Organic cultured Butter (Organic Meadow brand is my fave)
- ☐ Eggs (pasture raised and local if possible)

Other

- ☐ 454 g (1 lbs) ground Almonds (aka Almond flour)
- ☐ Various whole, raw nuts: almonds, pecans, walnuts (keep in fridge)
- ☐ Unsweetened shredded Coconut (ensure no sulphites)
- ☐ Dark Chocolate Chips (over 70% cocoa)
- ☐ Dark Chocolate Baking Squares (over 70% cocoa)
- ☐ 1 kg (2 lbs) Large Flake Oats (in a sealed bag is better than bulk)
- ☐ 454 g (1 lbs) Brown Rice flour
- ☐ 454 g (1 lbs) Spelt flour
- ☐ 227 g (8 oz lbs) Arrowroot
- ☐ 227 g (8 oz lbs) pitted Dates
- ☐ 454 g (1 lbs) Thompson Raisins
- ☐ 1 kg (2 lbs) long-grain Brown rice
- ☐ 227 g (8 oz) Guar gum
- ☐ 100% natural Nut Butter (Peanut, Almond and Cashew are good)
- ☐ 227 g (8 oz) Gelatin (or you can substitute Agar Agar)

SINredients: look at the packages and avoid these ingredients and *exorcise* anything from your kitchen if you find it (review the full SINredients list in the Guide to Losing Weight)



- × Refined grain flours: wheat, rye, barley (all gluten containing)
- × Refined sugars: white sugar, brown sugar, corn syrup, etc.
- × Artificial sweeteners: splenda, aspartame, saccharin, acesulfame K
- × Cheap oils: soy, corn, safflower, sunflower and canola
- × Chemical additives: artificial flavours, colours, preservatives
- × Modified ingredients: starch, oils, milk, GMO (soy, corn, canola)