

Cleaning Out Your Panty

GET THESE OUT ...

fast/processed
food



wheat/gluten



vegetable oil



trans fats



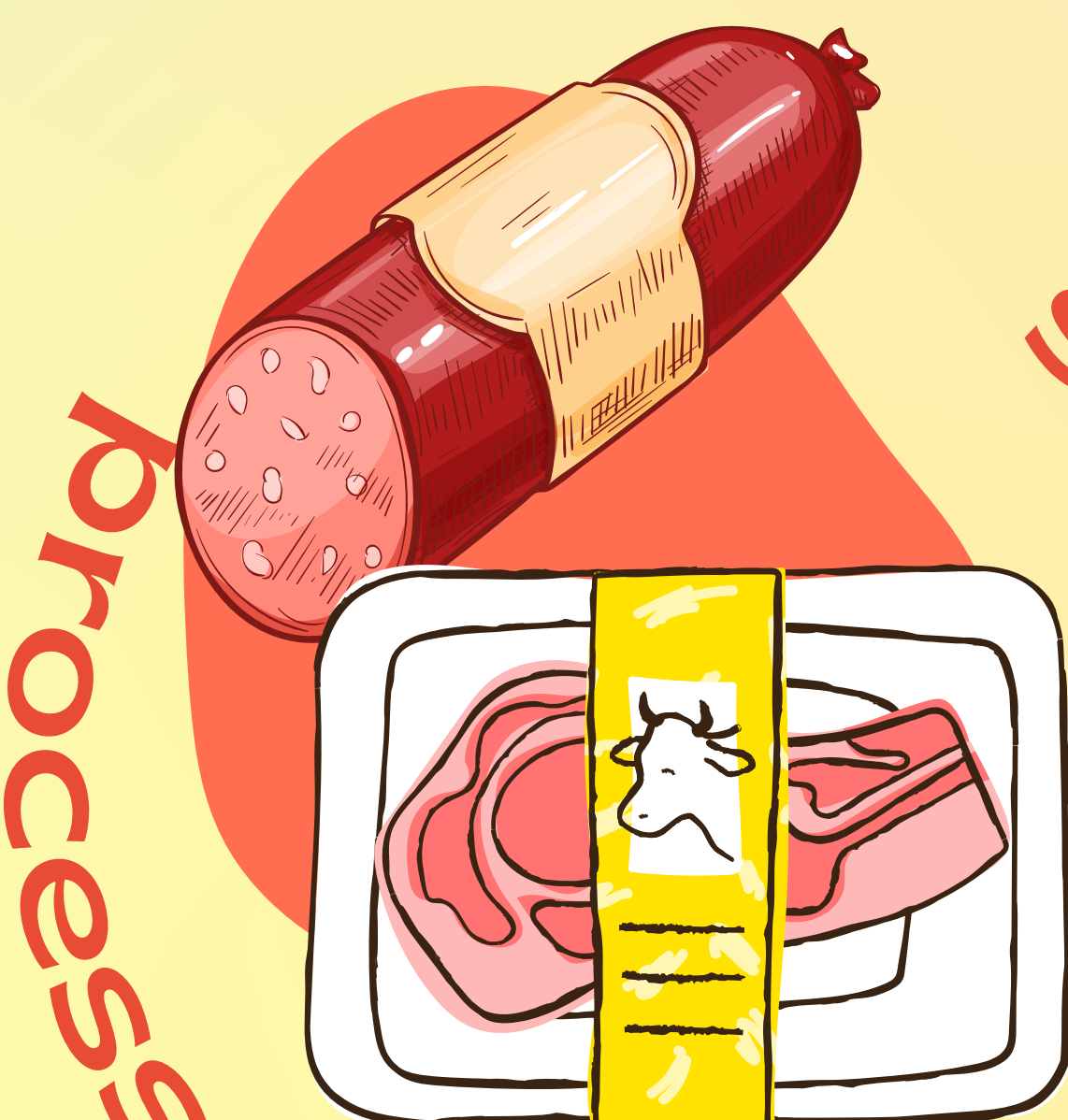
sugar



dairy



meats



processed/inorganic

Cleaning Out Your Panty

GET THESE IN ...

fermented
foods



Gluten/Grain Free flours/foods



good fats/nuts



organic veggies



good sweeteners



organic fruit



organic meats

