



## 1.6 Cupboard Therapy

# Cupboard Therapy

### THROW AWAY THE PINE NEEDLES:

Clean out your cupboards. Clean out the pine needle type fuels.

Don't start shopping for food. Start with throwing away. Do not stop until the shelves in the fridge and pantry shine with empty spaces.

When patients join my support group and they've read the book, I "encourage" them to complete this within two days.

I offer two options

1) send me a picture of your cupboards and fridge.

Or

2) I will visit their home and look at their cupboards by the end of the week.

Accountability. The cupboard check steps them over the threshold. Take action. Be accountable for the change you want. Start with removing temptations. Post a picture of your pantry to the other [NEURONS](#).

The first two weeks of a ketogenic diet can feel like withdrawal from crack cocaine. Do not underestimate the power of craving. **Before you begin, empty the cupboards.** Remove Fattening Foods.

### FATTENING FOODS:

**Bread:** Anything made from wheat flour, white flour, pumpernickel flour, rye flour, tortillas, waffles, rolls, pasta, raisin bread

**Cereals and Grains:** bran cereals, cooked cereals, stuffing, unsweetened cereals, cornmeal, couscous, granola, grape-nuts, grits, pasta, quinoa, rice, brown rice, shredded wheat, sugar cereals

**Fruit Juices:** All juices associated with fruit, except lemon or lime juice in small quantities.

**Fruit:** Apple, applesauce, dried apples, apricots, bananas, cantaloupe, cherries, grapefruit, grapes, Kiwi, honeydew, mangoes, mandarin oranges, nectarines, oranges, Papaya, Peaches, pears, pineapples, raisins, tangerines, dried fruit

**Beans, Peas, and Nuts:** baked beans, black beans, peas, garbanzo beans, pinto beans, kidney beans, white beans, split beans, black-eyed beans, lima beans, cashew nuts, chestnuts, tofu, soybeans



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Milk: nonfat milk, chocolate milk, evaporated milk, skim milk, whole milk, soy milk, nonfat yogurt.

Bad Carb-Vegetables: corn, peas, potatoes, squash, yams, sweet potatoes

Snacks: animal crackers, goldfish crackers, graham crackers, oyster crackers, popped popcorn, pretzels, sandwich crackers, chips, tortilla chips, potato chips, french fries

Sweets: Anything with sugar, honey, or other sweeteners. Cake, biscuits, brownies, candy, chocolate, cookies, sauces, donuts, ice cream, jams, jellies, ketchup, pie, frosting

Clean up the environment when you're feeling "normal" before the withdrawal. It can be two to three weeks before people feel normal again as they transition from pine needles to logs. Ask a friend to come over to your house and help you — one of those folks on the list from the last chapter is a great idea.

### **How do you know which food items to throw away when rifling through your cupboard?**

Look at the label. Any item with a high level of carbohydrates or sugars needs to go. Period. When trying to decide to keep or throw something, another rule-of-thumb centers around the process the food has been through. Highly processed food hits the trash. Lose it.

My family deleted everything made with flour, rice, corn, or sugar. Opened items went to the burning-barrel. Unopened items filled the box for the community food pantry. This was therapeutic for my household. My kids helped. If they considered keeping something, I had them count how many ingredients in the product. More than 8 ingredients, gone.

Take a picture of clean cupboards. [POST IT TO THE GROUP!](#)

### **Don't grocery shop yet.**

Go to the internet: buy these things:  
You will need these in about 4 days.

Buy [Ketone Urine Strips](#)

Buy [BHB](#)- go to the internet. Push order ... they should arrive about the time you really need them.

[FOOD GUIDE](#): The rules of a ketogenic diet sound simple and easy. Here, I put together a simple guide book of good keto options, better Keto Options, and BEST KETO. One version magnets onto your fridge. The other goes into your pocket or purse. Use these for shopping ideas. Once you get the hang of this you will not need this guide. That's



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when it's time to hang the fridge guide at work or at your church. Share upwards. Pass the education on in your community.

[Buy MCT C8:C10](#) - I prefer soft gel capsules. The liquid is not a bad option either.