

# DR. DURKIN'S PANTRY PURGE

## **WHEAT-BASED PRODUCTS**

Breads, bagels, buns, pretzels, crackers, pita pockets, wraps, muffins, croissants, pasta, cereals, waffles, anything with white or whole wheat flour

## **CORN-BASED PRODUCTS**

Corn chips, canned or frozen corn, corn flour, corn bread, corn syrup, anything with corn oil

## **SUGAR & JUNK FOOD**

Cookies, chips, chocolate bars, snack bars, (eg. granola), pop, drink crystals, pie fillings, candy

## **OILS**

Vegetable, corn, safflower, canola, sunflower, olive oil that isn't extra virgin



# DR. DURKIN'S FRIDGE PURGE

## **BEVERAGES**

Fruit juices, flavoured coffee creams, soda/pop

## **PROCESSED DAIRY**

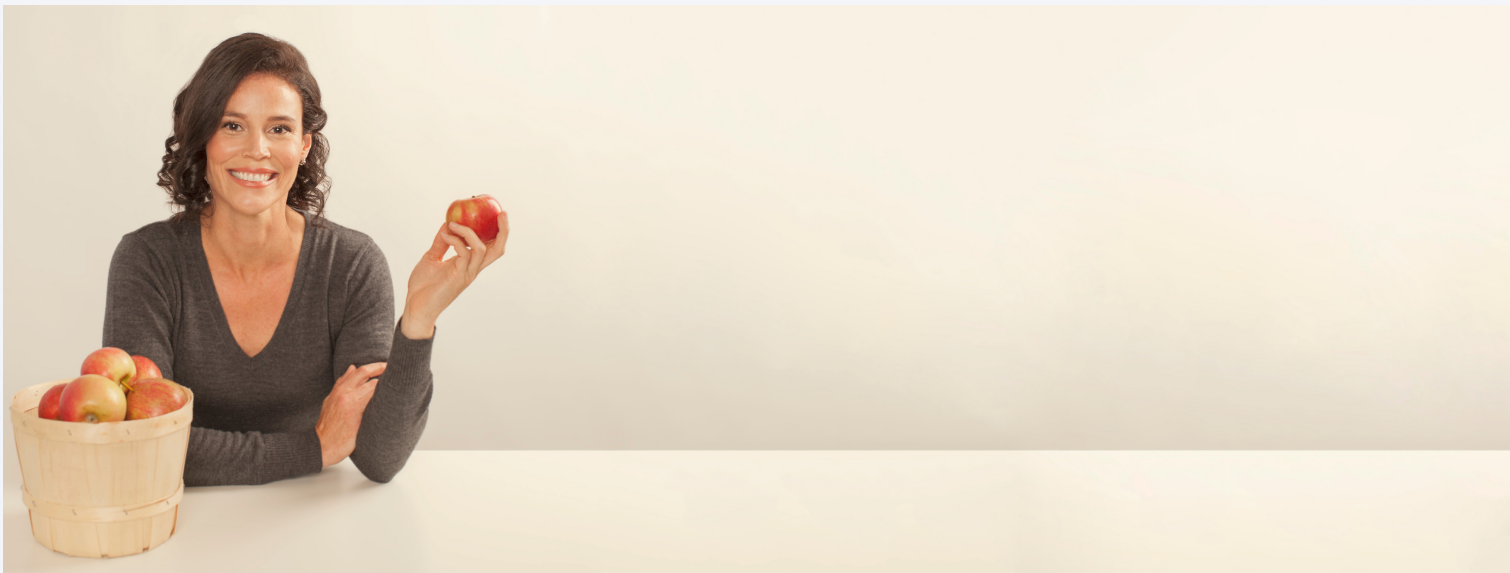
Chocolate milk, cheese slices, Cheese Whiz, puddings, cheese strings, flavoured yogurt

## **CONDIMENTS**

Jam & jelly, ketchup, nacho dip, chip dip, margarine & butter substitutes, salad dressings or mayonnaise that aren't olive oil based, soy sauce, BBQ sauces

## **MISC**

Processed sandwich meats



# DR. DURKIN'S FREEZER PURGE

## **FROZEN FOODS**

Pizza, lasagna, pasta bowls, TV dinners,  
French fries, hot dogs, breaded chicken,  
soy burgers

## **DESSERTS**

Ice cream, frozen yogurt, sorbet, popsicles,  
cookie dough, cakes

