

# Fit Forever: Spring Clean Your Pantry with These Easy Steps

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With the temperatures warming up, it's time for spring cleaning! Out with the old baggage, and in with new and healthier choices this season.

Follow our tips below to give your pantry a good cleanse and replace the comfort foods with real food options that your body craves.

## **Toss Out Tips – It's never easy saying goodbye...**

- Throw out the obvious junk – You know, all the chips, cookies, ice cream, frozen pizzas, etc.
- Check expiration dates – Throw out those items in the back of your fridge/pantry that you forgot about.
- Go back and get rid of your favorite junk – We know it's hard. But if you don't see it anymore, you won't crave it as much!
- Clear out any items that could be possible allergens – A lot of people have food allergies/intolerances that they are not aware of. Check out our [TruHealth Guidebook](#) for a list of possible problematic foods, and try our Ultimate Cleanse to get a fresh start.

## **Shopping Tips – Here comes the fun part!**

- Stock up on all your favorite vegetables – There may not be many, but go crazy.
- Pick a few fruits – Try to avoid the super sugary ones. Go for berries, grapes, oranges, papaya, etc.
- Select a variety of tasty lean meats or other protein sources – Turkey, Salmon, Chicken, etc.
- Now go back to the vegetables and try to pick additional ones that would pair well with your protein – Think in terms of meals: Stuffed bell peppers/avocados/mushrooms, Spaghetti squash, kale and spinach salads/smoothies, etc.
- Get creative – So you threw out your dairy, flour, rice and pastas. Replace them with newer, healthier options such as coconut milk, quinoa, almond flour, cauliflower rice, zucchini noodles, etc.

When your pantry and refrigerator are filled with nothing but good foods, you'll have a plethora of great options to choose from that won't leave you feeling guilty afterwards. You may not be able to eat out as much as before, but your body will thank you for spending the extra time meal prepping and eating well ahead of time.

As you start eating healthier, you'll also notice an improvement in your fat loss and muscle gain! Partner up with our [TruHealth™ Fat Loss System](#) to help you get in the best shape of your life by summertime. We even have a competition going where you can win CASH prizes! Join the Transformation Challenge today and reap the benefits of your hard work.

Try all of the TruHealth fat-loss products today and be on your way to a lighter and brighter springtime!

Follow the [TruHealth Facebook Page](#) for more health and fitness tips.

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