

# DETOX 101



## WEBINAR

with Amy Medling  
Founder, PCOS Diva



## KITCHEN INSPECTOR CHECKLIST

The items on this list pose potential hazards to your health & wellness, or are items of concern. While your working towards a healthier lifestyle, let's spend some time making sure our kitchen *support* our goals, rather than undermine them!

Go through your kitchen carefully and check off the items that you have. Don't worry if you have a lot of them - we all do! We'll focus on the worst offenders and how to best move away from using them.



- \_\_\_ non-stick cookware (pots, pans, muffin tins, etc)
- \_\_\_ self-cleaning oven
- \_\_\_ plastic tupperware style containers (including take out containers, etc)
- \_\_\_ plastic cooking utensils - ladles, spatula, pasta scoop, pasta strainer, etc
- \_\_\_ plastic straws, eating utensils, etc
- \_\_\_ plastic reusable bottles or plastic lined insulated coffee mugs
- \_\_\_ plastic plates, cups, etc (including melamine plates)
- \_\_\_ ziplock bags, saran wrap, etc
- \_\_\_ microwavable meals
- \_\_\_ microwave popcorn
- \_\_\_ food packed in plastic - ketchup, peanut butter, etc
- \_\_\_ canned food of any kind, including sodas or beer
- \_\_\_ non-organic meats
- \_\_\_ non-organic dairy
- \_\_\_ conventionally grown produce
- \_\_\_ conventional cleaning products (bleach, abrasives with bleach, drain cleaner, oven cleaner, dish soap, dishwashing detergent, any spray cleaners, etc)
- \_\_\_ poor ventilation (no windows)