



Pantry & Nourishment Reset Guide

Creating a kitchen that supports health, clarity, and peace

The pantry is not just storage.

It shapes daily choices, cravings, energy, inflammation, nourishment, and the rhythm of the home. When the kitchen is cluttered, full of inflammatory foods, or difficult to use, supportive choices become harder.

This guide is designed to help you simplify your kitchen, remove what is working against your health, and create a pantry that makes nourishment easier.

This is not about restriction, punishment, or perfection. It is about creating a kitchen that supports the person you are becoming.

I. Begin by Noticing

Before removing anything, simply observe.

Open the pantry, refrigerator, freezer, cabinets, and drawers. Notice how the kitchen feels.

Ask yourself:

- Does the kitchen feel peaceful or overwhelming?
- Is it easy to find what I need?
- Are nourishing foods visible and easy to reach?
- Are old, expired, or forgotten foods taking up space?
- Are processed foods dominating the pantry?
- Are there foods I reach for when I am stressed, tired, sad, or dysregulated?
- Are there foods that leave me feeling foggy, inflamed, heavy, anxious, or out of control?
- Does the kitchen support the way I want to nourish myself?
- Is the kitchen clean enough to prepare food with ease?

Reflection

What is the first thing I notice when I look at my kitchen?

What feels supportive?

What feels stressful or misaligned?

2. Clean the Kitchen First

A pantry reset begins with cleanliness.

Food preparation is sacred. The kitchen does not need to be perfect, but it should feel clean, usable, and safe.

Start with:

- Clean the sink
- Wash dishes
- Clear the counters
- Wipe food prep surfaces
- Clean the stove
- Wipe refrigerator shelves
- Sweep or vacuum the floor
- Take out trash or compost
- Clean cutting boards and knives
- Make space for sorting pantry items

Notice:

- Are there crumbs, spills, or sticky areas attracting pests?
- Are food prep areas cluttered or unusable?
- Are old containers, bags, or packaging taking up space?
- Are cleaning products stored near food?
- Does the kitchen feel calmer after basic cleaning?

Reflection

What part of the kitchen needs cleanliness before organization?

What would make food preparation feel more peaceful?

3. Remove Inflammatory Cooking Oils

Cooking oils are one of the most important places to begin.

Many processed foods and restaurant foods are made with seed oils and highly processed oils that do not support deep healing, clarity, or nervous system repair.

Remove or stop using:

- Canola oil
- Vegetable oil
- Soybean oil
- Corn oil
- Cottonseed oil
- Sunflower oil
- Safflower oil
- Grapeseed oil
- Rice bran oil
- Peanut oil
- Margarine
- Shortening
- “Plant butter” made with seed oils
- Cooking sprays made with seed oils
- Blended oils that contain seed oils
- Mayonnaise made with seed oils
- Processed salad dressings made with seed oils
- Sauces, dips, and marinades made with seed oils
- Packaged snacks fried in seed oils

Replace with supportive fats:

- Organic coconut oil
- Ghee
- Extra virgin olive oil
- Tallow

How to use them:

Use **extra virgin olive oil** for low-heat cooking, dressings, and finishing.

Use **ghee, coconut oil, or tallow** for higher-heat cooking.

Keep supportive fats visible and easy to reach so cooking real food becomes simple.

Reflection

Which oils need to leave my kitchen?

Which supportive fats do I need to bring in?

4. Upgrade Salt & Minerals

Salt matters.

Refined table salt can be replaced with mineral-rich, higher-quality salt that makes simple food more satisfying and supportive.

Recommended options:

- Maldon sea salt
- High-quality Himalayan salt
- High-quality sea salt

Use **Maldon** generously as a finishing salt for vegetables, soups, salads, eggs, grains, homemade bone broth, homemade vegetable broth, potatoes, simple meals, and whole foods. It makes real food feel more satisfying and helps bring pleasure back into nourishment.

For Himalayan salt or other sea salts, choose carefully. Look for independent reviews or testing when possible, especially for heavy metals, microplastics, and environmental contaminants.

Avoid:

- Refined table salt
- Anti-caking additives when possible
- Low-quality salts with no sourcing transparency
- Salt products that have concerning independent testing results

Supportive shift:

Create a visible salt and mineral area with:

- Maldon salt
- High-quality sea salt or Himalayan salt
- Herbal teas
- Mineral drops if used
- Lemon or lime
- Clean water
- Homemade bone broth ingredients or homemade vegetable broth ingredients

Reflection

What kind of salt am I currently using?

What mineral support would make nourishment feel easier?

5. Remove Processed Foods

Processed foods can make the pantry feel full while leaving the body undernourished.

This step is not about shame. It is about noticing what foods are supporting clarity, peace, and health — and what foods are keeping the body in cravings, inflammation, or dysregulation.

Consider removing or reducing:

- Packaged snacks made with seed oils
- Candy
- Refined sugar
- Artificial sweeteners
- Food dyes
- Highly processed cereals
- Ultra-processed breads or baked goods
- Frozen meals with long ingredient lists
- Artificial flavors
- Chemical preservatives
- Soda or sugary drinks
- Energy drinks
- Processed sauces and dressings
- Foods that repeatedly lead to loss of control
- Foods connected to addictive patterns

Ask of each item:

- Does this support my body?
- Do I feel clear after eating this?
- Does this food help me feel grounded?
- Do I reach for this when I am dysregulated?
- Does this belong in the next season of my life?

Reflection

What processed foods are taking up the most space?

What foods are connected to cravings or emotional patterns?

6. Stock Supportive Staples

After removing what no longer supports health, begin adding simple, nourishing staples.

The goal is not to create a perfect pantry. The goal is to make supportive meals easier.

Supportive fats:

- Organic coconut oil
- Ghee
- Extra virgin olive oil
- Tallow

Salt, minerals & hydration:

- Maldon sea salt
- High-quality Himalayan salt
- High-quality sea salt
- Herbal teas
- Clean water
- Lemon or lime
- Mineral drops if used
- Homemade bone broth ingredients or homemade vegetable broth ingredients

Whole food staples:

- Fresh vegetables
- Fresh fruit

- Potatoes or sweet potatoes
- Squash
- Whole grains if tolerated
- Beans or lentils if tolerated
- Clean proteins if aligned with your diet
- Eggs if aligned with your diet
- Nuts and seeds if tolerated
- Simple fermented foods if tolerated
- Herbs and spices

Gentle recovery foods:

- Homemade bone broth or homemade vegetable broth
- Soups made from whole foods
- Vegetable scramble
- Soft cooked vegetables
- Rice or simple grains if tolerated
- Applesauce or soft fruit
- Herbal teas
- Warm nourishing meals
- Simple repeatable foods

Reflection

What staple foods would make meals easier?

What nourishing foods do I actually enjoy?

7. Create Simple Food Zones

A kitchen becomes easier to use when similar items live together.

Create zones for:

- Tea and hydration
- Salt and minerals
- Cooking oils and fats
- Breakfast foods
- Simple meals
- Homemade bone broth and vegetable broth ingredients

- Soups
- Snacks
- Baking or grains
- Herbs and spices
- Supplements if used
- Food storage containers
- Meal prep tools

Notice:

- Are the most supportive foods easy to reach?
- Are trigger foods hidden, removed, or reduced?
- Are daily items stored where they make sense?
- Can someone else help prepare food easily?
- Does the kitchen flow support real meals?

Supportive shift:

Choose one zone and reset it today.

Reflection

Which kitchen zone would bring the most relief if it were organized?

What needs to be easier to reach?

8. Build a Gentle Meal Rhythm

Nourishment becomes easier when the day has a simple rhythm.

This does not need to be rigid. It should feel supportive and repeatable.

A gentle rhythm might include:

- Morning hydration
- Warm breakfast or grounding first meal
- Midday meal with real food
- Afternoon tea, minerals, homemade bone broth, homemade vegetable broth, or snack if needed
- Simple evening meal

- Kitchen closed rhythm before bed if helpful
- Lights dimmed and stimulation reduced after dinner

Notice:

- Do I wait too long to eat?
- Do I become dysregulated before meals?
- Do I have simple foods ready?
- Do I make food decisions when I am already depleted?
- Does my evening food rhythm support sleep?
- Are there repeatable meals I can rely on?

Simple meal ideas:

- Soup with vegetables and supportive fat
- Homemade bone broth or homemade vegetable broth with soft cooked foods
- Vegetable scramble
- Potatoes or rice with vegetables and olive oil or ghee
- Eggs and greens if aligned with your diet
- Warm grain bowl
- Roasted vegetables
- Simple salad with olive oil and Maldon salt
- Herbal tea and grounding snack

Reflection

Where does my food rhythm fall apart?

What is one meal I could repeat this week?

9. Support Food Addiction Recovery

For some people, the pantry is not neutral. It can hold triggers, emotional patterns, and addictive loops.

This step should be approached without shame.

Notice:

- Are there foods I cannot keep in the house without losing control?

- Do I eat certain foods in secrecy?
- Do I use food to numb, soothe, avoid, or collapse?
- Are sugar, processed foods, or snack foods driving the rhythm of my day?
- Does the pantry support recovery or sabotage it?
- Do I need more structure, support, or accountability around food?

Supportive shift:

- Remove foods connected to loss of control
- Replace processed snacks with simple, grounding foods
- Eat before becoming overly hungry
- Create a plan for evenings
- Make tea, homemade bone broth, homemade vegetable broth, prayer, walking, bathing, journaling, or rest part of the craving window
- Ask for support if food patterns feel too big to hold alone

Reflection

What food pattern needs compassion and honesty?

What food does not belong in my recovery environment?

What support do I need?

10. Your First Pantry Reset

Start small.

Choose one area that will create the most immediate peace.

Choose one:

- Cooking oils
- Salt and minerals
- Expired foods
- Processed snacks
- Refrigerator
- Freezer
- Tea and hydration station
- Breakfast shelf

- Dinner staples
- Trigger foods
- Cleaning and food prep surfaces

My first reset area is:

Foods or products I will remove:

Supportive foods I will add:

One meal I will prepare:

One rhythm I will create:

Closing Reflection

A supportive pantry does not need to be perfect.

It needs to make nourishment easier.

It needs to reduce temptation and overwhelm.

It needs to support the nervous system.

It needs to hold foods that help the body feel safe.

It needs to reflect the life you are choosing.

Food is not separate from healing.

The kitchen is not separate from the nervous system.

The pantry is not just storage.

It is part of the healing environment.

Gentle Note

This guide is not medical advice, diagnosis, or treatment. It is a reflective tool to help you notice how food, kitchen flow, pantry organization, and daily nourishment may be supporting or disrupting healing, recovery, and peace.

For personalized guidance, visit:

carleymontgomery.com

Carley Montgomery - Creating Sanctuary, Nurturing People, Inspiring Transformation

