



wellness
THAT FITS

PANTRY REFRESH

for Brain Health

CLEAN OUT THE
HIDDEN CAUSES OF
BRAIN FOG & LOW ENERGY



OH HEY, I'M CASSIE!

I'm Cassie, an integrative functional dietitian and founder of Wellness That Fits, where I help high-achieving women with **burnout, brain fog, low energy, and anxiety optimize their energy, focus, and brain health** so they can show up confidently every day and safeguard their wellness for years to come.

I created this pantry refresh to help you remove health disruptors like hidden sugars and harmful Plastics and also to help you organize to make meal prep easier.

Health can feel overwhelming when approached with an all-or-nothing mindset, but this guide will show you how to build healthy habits gradually—one manageable step at a time!

Cassie

Reach out to me any time for more information about my course, meal plans, or Brain Health & Energy coaching program.

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CHECKLIST

PANTRY REFRESH

DECLUTTER

- ☐ TOSS ANYTHING EXPIRED OR STALE
- ☐ MAKE A PLAN TO USE UP ANYTHING IN YOUR PANTRY OR FREEZER THAT IS CLOSE TO EXPIRING
- ☐ GET RID OF UNIDENTIFIABLE BAGS OF INGREDIENTS
- ☐ REMOVE FOODS WITH ARTIFICIAL DYES (RED 3, YELLOW 5, BLUE 1, ETC.). TIP: USE SPRINKLES AND FOOD COLORING FOR KID PROJECTS/CRAFTS
- ☐ IDENTIFY ULTRA PROCESSED FOODS WITH LONG INGREDIENT LISTS (PLACE IN SEPARATE BIN AND MAKE A MENTAL NOTE TO NOT REPLACE)
- ☐ WIPE DOWN SHELVES (DEEP CLEAN IF TIME ALLOWS)

NOTES



[Click here for artificial dye-free sprinkles](#)

CHECKLIST

PANTRY REFRESH

SWAP

- ☐ REPLACE PLASTIC CUTTING BOARDS --> USE WOOD OR BAMBOO
- ☐ DITCH OLD NONSTICK COOKWARE (TEFLON) --> SWITCH TO STAINLESS STEEL, CAST IRON OR OTHER NON-TEFLON BASED WARE
- ☐ SWAP PLASTIC FOOD STORAGE CONTAINERS --> USE GLASS, SILICONE, OR STAINLESS STEEL
- ☐ SWAP PLASTIC SERVING WARE AND UTENSILS --> STAINLESS STEEL, GLASS, SILICONE, OR BAMBOO

NOTES

CREATE A LIST OF ITEMS YOU NEED TO REPLACE WITH MORE SUSTAINABLE ALTERNATIVES (E.G., STAINLESS STEEL LADLE, WOODEN CUTTING BOARDS, ETC.).



Budget-friendly tips:

- Check out thrift stores for stainless steel utensils, glass storage, or baskets/bins for organization
- Ask family and friends for extra items or utensils they aren't using

CHECKLIST

PANTRY REFRESH

ORGANIZE

☐ FIND BINS OR BASKETS TO COMBINE LIKE FOODS/INGREDIENTS
NOTE: SEE THROUGH BINS LIKE PLASTIC OR MESH METAL ARE BEST SO YOU CAN SEE WHAT YOU HAVE ON HAND!

☐ COMBINE LIKE INGREDIENTS (I.E. GRAINS, NUTS AND SEEDS, PROTEINS, CANS, KID LUNCHES BIN, KID SNACKS)

☐ CREATE A CONVENIENT SPACE FOR ITEMS YOU USE FREQUENTLY (I.E. KID LUNCHES BIN, KID SNACKS BIN, HEALTHY SNACKS BIN)

☐ KITCHEN TIP: MAKE MEAL PREP TOOLS EASILY ACCESSIBLE IN ONE AREA (I.E. MOST USED UTENSILS IN ONE DRAWER OR BIN, FOOD PROCESSOR OR BLENDER IN AN EASILY ACCESSIBLE PLACE, GLASS STORAGE CONTAINERS ORGANIZED IN ONE LOCATION)

NOTES

MAKE A PLAN FOR WHAT YOU WANT TO GROUP TOGETHER

Example:

Grains bin: wild rice, quinoa, pasta

Snacks bin: trail mix, protein bars, nuts

Baking essentials bin: baking soda, vanilla, honey, cocoa, etc.



[Click here to check out my favorite pantry organization items on Amazon](#)

CHECKLIST

PANTRY REFRESH

RESTOCK

☐ **SNACK OPTIONS WITH PROTEIN AND FIBER, LOWER ADDED SUGARS**

[CLICK HERE FOR MY HEALTHY SNACK GUIDE WITH RECIPES AND IDEAS](#)

SHELF-STABLE KID SNACKS

AIM FOR SNACKS THAT HAVE:

- NO OR MINIMAL ADDED SUGARS (<24 GRAMS OF ADDED SUGAR **PER DAY** FOR CHILDREN 2 YEARS OF AGE AND OLDER.
- AT LEAST 1 GRAM OF FIBER (3 GRAMS OR MORE IS IDEAL)
- AT LEAST 2 GRAMS OF PROTEIN
- NO ARTIFICIAL DYES



SHELF-STABLE ADULT SNACKS

AIM FOR SNACKS THAT HAVE:

- NO OR MINIMAL ADDED SUGARS (WOMEN: <24 GRAMS **PER DAY**)
- AT LEAST 3 GRAM OF FIBER (WOMEN: 25-28 GRAMS PER DAY)
- AT LEAST 5 GRAMS OF PROTEIN



☐ **VARIETY OF WHOLE GRAINS** (BROWN RICE, QUINOA, OATS, MILLET, FARRO, WHOLE GRAIN OR QUINOA/RICE PASTAS, CORN CHIPS, ETC.)

☐ **CANNED PROTEIN** (SALMON, TUNA, SARDINES)

☐ **BEANS/LENTILS/LEGUMES** (VERSATILE OPTIONS: WHITE BEANS, CHICKPEAS, RED LENTILS. NOTE: HAVE YOUR FAVORITES ON HAND)

☐ **NUTS & SEEDS** (CHIA, HEMP HEARTS, FLAXSEED, ALMONDS, PEPITAS, WALNUTS, YOUR FAV NUTS)

☐ **OTHER MEAL PREP ESSENTIALS:** CANNED PUMPKIN, COCONUT MILK, LOW SODIUM STOCK, JARRED INGREDIENTS AND CLEAN SAUCES

☒ **Make healthy snacks and foods easily accessible and at eye-level!**

REFLECTION

BEYOND THE PANTRY

You've taken the first step toward transforming your pantry—**congratulations!**

How does it feel to open your pantry and see everything in its place?

Think about the peace of mind that comes with knowing exactly what you have, what you need, and how much you've saved by avoiding impulse purchases.

But, imagine going beyond just the pantry...

What if your entire kitchen was as organized and efficient as your newly refreshed pantry? Picture this:

- Full Pantry + Freezer Essentials Stock Checklist + Recipes
- Quick and easy meals ready to go
- No more last-minute decision fatigue at dinner time
- Get back 3 hours to your week so you can spend more time doing what you love
- Step by step blueprint for creating Flexible meals
- Science-backed meal planning method that ensures nourishing meals for your family

Ready to Take the Next Step?

If you love how it feels to have a refreshed pantry, then you're just a few steps away from making your whole kitchen, fridge, and freezer work for you!

Your pantry refresh is just the beginning—let's create a kitchen that works for YOU!

[Click here to Join the Busy Mom Meal Prep Course!](#)

BUSY MOM MEAL PREP

Your Complete Roadmap to Easy,
Flexible, Time-Saving & Healthy
Meal Prep

