



*The Yes Pantry  
and  
Living Fridge*

## Your Environment Is Your Advantage

Most people think they need more discipline.

They don't.

They need a better environment.

Because when the right foods are within reach...  
and the wrong ones are removed...

Your body begins to heal without force.

This is how you:

- Reduce inflammation
- Stabilize blood sugar
- Eliminate decision fatigue
- Stay consistent without willpower

**This is your Yes Pantry™ + Living Fridge™ Reset**

# THE YES PANTRY™

## What Stays (Healing Foods Only)

If you grab it... it should still be a **YES**

### Core Staples

- Dried or canned beans (no additives)
- Lentils
- Chickpeas
- Quinoa
- Brown rice
- Oats (steel cut or rolled)

### Healthy Additions

- Raw nuts (walnuts, almonds)
- Seeds (flax, chia, pumpkin)
- Unsweetened plant-based milks
- Natural spices (turmeric, cinnamon, garlic powder)
- Herbs (fresh or dried)

### Flavor Builders

- Low-sodium vegetable broth
- Tomato paste/sauce (no sugar added)
- Vinegars (apple cider, balsamic)
- Mustard (clean ingredients)



## **PANTRY CLEANOUT**

### **What Goes (No Compromise)**

If it works against your body... it doesn't stay

- Processed snacks (chips, crackers, packaged foods)
- Sugary foods (desserts, candy, sweetened items)
- Soda & sugary drinks
- White flour products
- Fried foods
- Margarine & processed spreads
- Chemical-laden oils

**Out of your house = out of your life**

# THE LIVING FRIDGE™

## What Lives Here (Fresh = Alive)

### Greens (Daily)

- Spinach
- Kale
- Arugula
- Mixed greens

### Vegetables

- Cucumbers
- Carrots
- Bell peppers
- Broccoli / cauliflower
- Zucchini

### Fruits

- Berries
- Apples
- Citrus (lemons, oranges, limes)
- Avocados

### Hydration Helpers

- Filtered water ready
- Lemon/lime for water
- Fresh herbs (mint, parsley)
- Coconut water (pure, nothing added)



## FRIDGE RESET

### What Needs to Go

- Processed meats
- Dairy products (if eliminating)
- Sugary beverages
- Artificial creamers
- Bottled dressings with additives
- Leftovers that don't support your goals



## HOW TO USE THIS

Make This Automatic

Every week:

- Restock your YES foods

- Remove what doesn't belong

- Keep healing foods visible and accessible

The goal is simple:

**If you're hungry... your only options support healing.**



## **This Is Bigger Than Food**

You're not just changing what you eat.

You're changing what surrounds you.

You're changing what's available.

You're changing what becomes automatic.

Because when your environment changes...

**Your results follow.**

## **Next Step**

Now that your environment is aligned...

It's time to activate the reset.

**In your next email you will receive your 40-Day Detox/Metabolic Reset that begins soon.**

—Dr. Helen