

@MARTINSMANAGED HOUSEHOLD, MANAGED.

The Kitchen Audit *the quick checklist.*

Take this one to the store. Every item is something to look for, or something our family passes on — sorted by the aisle you're standing in. Tick as you go; it remembers where you left off.

01 Seed & Refined Oils

0/5 look for · 0/8 avoid

LOOK FOR

- ☐ Avocado oil — best for high heat/frying
- ☐ Beef tallow — best for high heat/frying
- ☐ Coconut oil — good for medium-high heat
- ☐ Extra-virgin olive oil — low-medium heat only
- ☐ Macadamia oil — low-medium heat only

OUR FAMILY AVOIDS

- ☐ Canola (rapeseed)
- ☐ Corn oil
- ☐ Cottonseed oil
- ☐ Soybean / "vegetable" oil
- ☐ Sunflower oil
- ☐ Safflower oil
- ☐ Rice bran oil
- ☐ Grapeseed oil

LOOK FOR

- ☐ Grass-fed & grass-finished beef
- ☐ Pasture-raised poultry
- ☐ Pastured or omega-3 eggs
- ☐ Wild-caught seafood
- ☐ Grass-fed A2 milk
- ☐ Grass-fed butter
- ☐ Grass-fed ghee
- ☐ Grass-fed, unflavored whey protein

OUR FAMILY AVOIDS (AS DEFAULT)

- ☐ Grain-fed / conventional beef
- ☐ Conventional eggs (when budget allows better)
- ☐ Farmed fish & seafood

DIRTY DOZEN — ALWAYS BUY ORGANIC

☐

Spinach

☐

Kale, collard & mustard greens

☐

Strawberries, grapes, cherries

☐

Nectarines, peaches, apples, pears

☐

Blackberries & blueberries

☐

Potatoes

CLEAN 15 — CONVENTIONAL IS FINE

☐

Avocados, pineapple, mangoes

☐

Sweet corn, onions, cabbage

☐

Asparagus, cauliflower, carrots

☐

Papaya, watermelon, bananas, kiwi

☐

Mushrooms, frozen sweet peas

NOT ON EITHER LIST, WE DEFAULT ORGANIC ANYWAY

☐

Green beans

☐

Sweet potatoes

☐

Brussels sprouts

LOOK FOR

- ☐ Organic, unbleached flour as the first ingredient
- ☐ Bread, crackers, or tortillas with 5 or fewer ingredients
- ☐ True sourdough (real fermentation)
- ☐ White rice (jasmine, basmati), rinsed before cooking
- ☐ California-grown rice, when labeled

OUR FAMILY AVOIDS

- ☐ Bread, crackers, or tortillas with 10+ ingredients
- ☐ Dough conditioners (DATEM, azodicarbonamide)
- ☐ Preservatives (calcium propionate, potassium sorbate)
- ☐ "Enriched" or bleached flour as the first ingredient
- ☐ Whole-grain bread as the default
- ☐ Brown rice as a daily staple

LOOK FOR

- ☐ Certified organic
- ☐ A harvest date on the bottle
- ☐ A specific regional origin
- ☐ A peppery bite / throat catch
- ☐ Third-party certification seal

OUR FAMILY AVOIDS

- ☐ No harvest date on the bottle
- ☐ Vague "imported" origin
- ☐ Suspiciously cheap "extra virgin"
- ☐ "Light" oils

LOOK FOR

- ☐ Parmigiano Reggiano (stamped rind)
- ☐ Grass-fed goat & sheep cheese (feta, pecorino)
- ☐ Grass-fed buffalo mozzarella
- ☐ Grass-fed, high-fat aged cheeses (brie, Swiss)
- ☐ Grass-fed cow's milk cheese (A2, when we can find it)
- ☐ Block cheese, shredded at home

OUR FAMILY AVOIDS

- ☐ Generic "parmesan"
- ☐ Cheese with added emulsifiers (phosphates, citrates)
- ☐ Cheese with added oils or excess sodium
- ☐ Pre-shredded, bagged cheese

LOOK FOR

☐

Organic spices & dried herbs

☐

Organic coffee

☐

Organic tea

☐

Non-GMO canned goods, especially corn (organic is always non-GMO)

OUR FAMILY AVOIDS

☐

Irradiated or fumigated spices (conventional default)

☐

Conventional coffee & tea

LOOK FOR

- ☐ Organic, real maple syrup
- ☐ Whole dates
- ☐ Ripe bananas, mashed
- ☐ Raw honey
- ☐ Organic cane sugar, minimally processed
- ☐ Monk fruit
- ☐ Erythritol / Swerve (occasional, for baking)

OUR FAMILY AVOIDS

- ☐ "Pancake" or "table" syrup (not real maple)
- ☐ Refined white sugar
- ☐ High-fructose corn syrup

LOOK FOR

☐ Plain heavy cream (no gums added)☐ Short, simple ingredient lists

OUR FAMILY AVOIDS

☐ Xanthan gum☐ Carrageenan☐ Guar gum☐ Cellulose gum (CMC)☐ Condensed & canned soups with gums added

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Water & Filtration

0/4 look for · 0/2 avoid

LOOK FOR

- ☐ Reverse osmosis (RO) filtration on the kitchen tap
- ☐ Showerhead filter
- ☐ Remineralization drops added back to RO water
- ☐ Your local water quality report (EWG's database)

OUR FAMILY AVOIDS

- ☐ Unfiltered tap water
- ☐ Basic pitcher filters alone in high-contaminant areas

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Wine

0/3 look for · 0/2 avoid

LOOK FOR

- ☐ Organic or biodynamic certification
- ☐ Small-production, low-intervention labels
- ☐ High-elevation reds (Malbec, etc.) for polyphenols

OUR FAMILY AVOIDS

- ☐ Mass-produced, heavily-sprayed conventional wine
- ☐ "Sulfite-free" as a health promise (not the real culprit)

THE RULE OF THUMB

If you can't picture it growing, raised, or made
in a kitchen — *it's just worth a second look.*

Not medical or nutrition advice — just the questions I started asking my own kitchen.

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