

So Flippin' Easy: Fats of Life

The main cooking fats and oils in *So Flippin' Easy* are avocado oil and virgin coconut oil because these oils have a higher smoke point (and are dairy-free). That means they can withstand higher temperatures and won't burn or become rancid, which can create free radicals and cause inflammation.

The "Pantry Essentials" video goes into more detail about cooking fats and oils. This cheat sheet gives you a quick overview of what to look for and avoid.

Your cooking oils

For high heat - up to 500°:

- virgin unrefined coconut oil
- avocado oil
- grass-fed butter*
- ghee*

For medium heat (up to 350°):

- sesame oil (not to be confused with toasted sesame)

Your low heat/no heat-cooking oil (for drizzling & dressings, etc.)

- extra-virgin olive oil
- toasted sesame oil

* These are not used throughout the meal plan to make it dairy-free friendly, but you are welcome to use them if you prefer.

Oils to avoid:

- vegetable oil
- canola oil
- soybean oil
- safflower oil
- sunflower oil
- corn oil

Buzz words to look for

Unrefined means the oil is less processed and has more of its nutrients intact. It will also have a stronger flavor.

Extra-virgin means it's of the purest, highest quality.

First cold pressed is also a marker of quality. "First" means the oil is the product of the first time the olives were pressed. And cold pressed means they never exceeded a certain temperature.

Virgin unrefined coconut oil is the highest quality coconut oil (extra-virgin coconut oil is just a marketing term, it's not really a thing).

Expeller pressed is a mechanical, chemical-free process that uses pressure to extract the oils. It's the next best thing to cold-pressed and still preferred to methods using chemicals and solvents.