



WELCOME!

Use this as a guide to fill your home with REAL FOOD options!

Here are 6 simple tips for success at the grocery store:

1. Before you set out for the market, plan your meals for the week and create a list to shop from. Use the online meal planners I suggest or a simple chart or calendar. This will save you time, money and set you up for healthier meals options throughout the week.
2. Shop the perimeter, where fruits, vegetables, meat and fish are usually located. The center aisles are where most of the processed junk is lurking!
3. Use the Shopping List as a guide – plan the shop, shop the plan!
4. Completely avoid foods that contain more than five ingredients, artificial ingredients, “natural flavors”, commercially produced and have or ingredients you can't pronounce.
5. Absolutely NO Carrageenan, corn starch, monosodium glutamate (MSG), soy lecithin, sulfur dioxide, sodium bisulfite, potassium metabisulfite, sulfites in general. NO GMOs (genetically modified organisms). Ask yourself: Has this item been manipulated in any way from its real form?
6. Do not shop hungry, ever!

Buy Seasonal Whenever Possible – Think SOUL Food Seasonal, Organic, Unprocessed and Local

Fall – Great choices include: sweet potatoes, apples, turnips, squash, brussels sprouts, chard, pumpkin, apples, pears, cranberries, pomegranates, artichoke, arugula, beets and beet greens, bok choy, bell peppers, carrots, cauliflower, corn, eggplant, garlic, radishes, sweet potatoes, yellow and green squash, apples, cranberries, figs, limes, melon, peaches, pears, plums, raspberries, tomatoes.

Winter - Hearty fruits and vegetables help us get through the cold weather, including: Turnips, mushrooms, potatoes, pumpkin, onions, garlic, squash, parsnips, cauliflower, carrots, sweet potatoes

Spring - Light and refreshing foods, sprouts, asparagus, peas, snap beans, fennel, collard, lettuce, lemons, limes, cherries, apricots, mustard greens.

Summer - Cool down from heat with cucumbers, watermelon, cantaloupe, peaches, blueberries, strawberries, kiwi.

Produce

100% certified organic whenever possible. Will begin with #9 on the label. Choose a **rainbow** of colorful fruits and vegetables, since they hold many important vitamins and minerals. Combine different textures in salads and dishes. Look for firm and colorful fruits and always go for seasonal first, then add on. Check out the clean 15 and dirty dozen list issued for 2019:

<https://www.produceretailer.com/article/news-article/2019-dirty-dozen-and-clean-15-lists-released>

Animal Protein

Be sure to choose a **diversified** array of meats - beef, pork, chicken, duck, turkey and fish. Quality is important. Go for organic, grass fed, free-range as often as possible.

Vegetarian Proteins

Tofu, tempeh, beans, legumes. Stock up on canned, organic beans for preparing quick, healthy protein packed meals. Better – soak and cook from scratch. Beans must be combined with rice or another grain in a 1:1 ratio to make a complete protein!

While foods made from soybeans (non-GMO) are some of the highest vegetarian sources of protein and contain about 15-20 grams per half cup, be careful not to overconsume, as soy is a xenoestrogen and linked to some cancers.

Fish

Salmon is widely available and it's a great source of omega-3 fatty acids. Be sure it's wild, line caught and not farmed. Cod, tilapia and fish that swim near the surface have less mercury. Canned tuna and salmon are OK 2x a week.

Eggs

The perfect protein and the standard by which all proteins are measured! Choose organic, free-range and vegetarian feed diet. Eat the WHOLE egg, not just the whites! You can safely eat 2-3 eggs a day, the thought that egg consumption leads to high cholesterol is a myth.

Breads

If you choose to consume bread, pick least processed brands made from sprouted grains, and stay away from white breads, except sourdough. Many of the sprouted grain breads are found in the freezer section. Try a brand like Ezekial. Keep in freezer or store in fridge, since they don't have all the "shelf-life" added chemicals they can go bad quickly if left out. Consider omitting bread completely for the EAT REAL FOOD challenge and enjoy whole grains in their real form, instead.

Dairy/Nut Milks

Consider switching to unsweetened almond, coconut or other plant-based milk. 80% of Americans are dairy intolerant or sensitive. By taking it out for a period of time, you may feel relief from symptoms like eczema, congestion, other skin problems and brain fog, as well as GI distress, due to either the lactose (sugar) or casein (a milk protein). If you still want to include dairy, use it minimally and always choose organic or raw sources. Full Fat Plain Greek Yogurt is an example of a dairy that is tolerated well by most people, even those that are sensitive to cow's milk and cheese. Plus, it has the added benefit of probiotics!

Sweeteners

To satisfy a sweet tooth, enjoy fruits and sweeter vegetables: carrots, yams, sweet potatoes. Best fruits are the ones low on glycemic index like blueberries and strawberries. If out of season, enjoy them frozen and organic.

SUGAR ALERT!

Refined sugar draws vitamins out of our body in order to be digested. It has no nutritional value and is considered “empty calories”. It’s also linked to heart disease and cancers. It is hidden in many things (sauces, ketchup, beverages and more). Read labels and look for low sugar content - aim for 0 grams added sugar per meal/snack (if you just can’t avoid it, make sure no more than 5 grams per serving)

Raw honey, maple syrup, molasses, monk fruit, Stevia or coconut sugar in moderation are good choices for added sweeteners.

Oils and Fats

Buy cold pressed, unrefined and organic.

Low temp/sauteeing: sesame and extra virgin olive oils.

Medium temp; coconut oil, MCT oil, avocado oil, ghee or grape seed oil

For baking and high heat, butter is a much better choice than any vegetable oil. Avoid canola oil, safflower oil and other processed oils.

Stocks and Broths

Organic chicken, beef or vegetable stock or broth are great ways to season and add moisture to many dishes and for soup bases. Stock up on boxed bone broth for extra hard-to-get vitamins or minerals - or better yet, make your own!

Pasta, Flour and Grains

For these 30 days, best to stay away from pasta completely, even if it’s made of quinoa or rice, as it’s still processed. If you can’t live without it, choose pasta made of brown rice, quinoa or black beans.

High fiber whole grains like brown rice, quinoa, bulgur, and barley, oats are good choices. If you’re gluten sensitive, stick with millet, buckwheat, amaranth, sorghum, brown rice, quinoa and gluten free oats.

Nutritious flour choices are coconut flour, almond flour, oat flour or other grain-based flour....NOT white flour.

Frozen

Stock your freezer with **organic** frozen fruits and vegetables. It's a convenient way to always have produce on hand, especially in the winter months, and very handy when you need a quick dish and the fruits are great for a quick-prep smoothie, and even to snack on if you're craving something sweet.

Condiments

Condiments keep well in the fridge and usually last a few months or more. Stock up on tahini, Dijon mustard, balsamic and apple cider vinegar for salads/dressings. Coconut aminos are a good substitute for soy sauce, which has gluten and high sodium. Try to forgo ketchup and traditional mayo, opting to make your own from tomato paste and avocado oil. Or just mash up an avocado for a mayo substitute.

Spices

There are so many to choose from, including cumin, cayenne, turmeric, curry, sea salt, cracked black pepper and garlic to spice up vegetables and protein. Cinnamon, ginger and nutmeg are excellent for teas and sweeter dishes.

Herbs

Use fresh organic herbs when available to add aroma and flavor to warm dishes. Use organic dried herbs if fresh are not available: basil, garlic, oregano, rosemary, thyme and cilantro, parsley...

Nuts and Seeds

Walnuts are considered the one of the healthiest foods, full of antioxidants and high in omega-3 fats and other minerals. Choose raw walnuts, almonds, cashews, hazelnuts and chia, hemp and sesame seeds. They are great in many warm and cold dishes and sprinkled on salads and oatmeal/cereals and in smoothies. A quick handful is perfect for an energy boost and to quell hunger cravings.

Sea Vegetables

Seaweed is full of B vitamins and minerals. Kombu is great for soups. Nori strips (dried seaweed) are a tasty, crunchy snack. Algae also wonderful source of protein and minerals.

Herbal Teas

Teas are like a medicine cabinet! Chamomile tea is wonderful for bedtime, just relaxing and digestion. Organic, fair trade teas are the best. Chicory root tea and dandelion teas taste like coffee and are also detoxifying! Experiment with different kinds. Jasmine Green Tea and Licorice Tea are 2 favorites.

Snack ideas (see separate handout too)

Handful of nuts (almond, walnuts, etc.), organic dried fruit (sparingly) trail-mix, only real ingredient bars like RX or Lara Bars. CHOMPS jerky treats. Fresh veggies like carrots, celery, peppers with hummus, apple with smear of nut butter, hard boiled eggs.

Booster Foods

These are the foods that give every meal extra “oomph” of nutrients. Chia seeds, hemp seeds, ground flax seeds, nutritional yeast, seaweed, algae.

Digestion Promoting foods

Sauerkraut, Kimchi, Digestive bitters, bitter greens like dandelion and arugula

Beverages

No soda/diet soda, “fruit” drinks or pre-made smoothies; no alcohol. Stock up on flavored seltzer water and make pitchers of herbal tea. Drink plenty of water with lemon.