



# Your Guide for Transitioning from a Highly Processed to a Whole Foods Lifestyle

## Table of Contents

|   |           |
|---|-----------|
| <i>Paradigms for Success .....</i>  | <i>3</i>  |
| <i>Overview of 7 Steps to Transition from a Highly Processed to a Whole Foods Lifestyle .....</i> | <i>4</i>  |
| <i>Step #1: Discover Your WHY.....</i>  | <i>6</i>  |
| <i>Step #2: Identify Your Support .....</i>   | <i>8</i>  |
| <i>Step #3: Take Stock .....</i>  | <i>9</i>  |
| <i>Step #4: Phase In to Phase Out.....</i>  | <i>12</i> |
| <i>Step #5: Shop Smart.....</i>   | <i>22</i> |
| <i>Step #6: Cook at Home.....</i>   | <i>23</i> |
| <i>Step #7: Create Success While Dining Out .....</i>   | <i>24</i> |

This guide has been revised by All That I AM from the *Your Guide for Transitioning to a Dairy-Free Diet* designed by © 2018 Health Coach Institute | (888) 822-1284 |  
support@HealthCoachInstitute.com | www.healthcoachinstitute.com Copyright © 2018.  
All Rights Reserved



## Paradigms for Success

While making this transition to a plant-based diet, we believe it is helpful to explore and embrace the following paradigms in order to reach your goals in a fun and pleasurable way:

### Dietary Paradigm #1: What's healthy for one person may not be healthy for YOU

Embrace curiosity throughout this transition, especially when your body reacts differently to the changes than you may have expected it to.

### Dietary Paradigm #2: Your body is the most powerful, least expensive and BEST dietary experimentation lab in existence

Listen to your body during this transition because your body has an innate wisdom beyond any book or authority that will send you signals to let you know what it needs. These messages may be faint in the beginning, but the more you tune in and listen to them, the louder they will become.

### Dietary Paradigm #3: Diets are not useful as dogma, however they are useful as references

This paradigm is about approaching this transition with flexibility vs rigidity. Follow the 80/20 rule where you strive to eat whole foods 80% of the time. Even eating plant-based 51% of the time may be an improvement for you, and that is good enough!

Life happens—there will be times when there are few veggie options available to you or you simply choose to eat an animal product. Remember that eating is meant to be pleasurable! If you catch yourself judging yourself for a specific food you ate, turn back to curiosity. Ask yourself: What am I really craving or needing right now in my life?

### Dietary Paradigm #4: Your perfect diet changes as you change

You may find a way of eating that works for you right away, which is amazing! However, that may change if you enter into a new phase of life or a big event occurs in your life that changes your stress levels. Continue to listen to your body and stay curious as to which foods are going to best help you achieve optimum health wherever you are at right now.

## Overview of 7 Steps to Transition from a Highly Processed to a Whole Foods Lifestyle

First, what is the difference between processed foods and whole foods?

Processed foods:

- Contain high amounts of sodium, sugar, lousy fats additives, and chemical preservatives that extend the product's shelf life and enhance flavors and textures
- Addictive due to the chemical enhancement and can be harmful to your health
- Examples are: cake mixes; cereals; frozen pizza; frozen meals; high sodium canned goods; fast food; white bread; boxed meals; crackers; chips; candy etc.
- A simple way to assess whether a food is whole or processed is to ask yourself, "Did this grow in the ground, underground or on a tree?" (For example, a loaf of bread doesn't directly grow out of the ground, but rice does.)

Whole foods:

- Foods that are as close to their natural, unadulterated form as possible
- Unprocessed, unrefined and free from additives and other artificial substances
- Naturally nutrient-dense, meaning they are full of vitamins, minerals, fiber, and varying levels of macronutrients
- Instinctively recognizable for what they are and able to be well absorbed by the the body (unlike many processed food ingredients)
- Better for your health and for the environment

Follow the 7 steps in this guide to begin increasing whole foods in your diet, while naturally decreasing highly processed foods.

### 1. Discover Your WHY

Before jumping right into a new way of eating, take a moment to press pause and understand what your motivation is for wanting to remove processed foods from your diet. Knowing this will help you every time you are faced with the decision of whether or not to choose a processed meal.

### 2. Identify Your Support

Shifting from a highly processed foods lifestyle to a whole foods lifestyle can feel daunting at first. These are completely valid feelings and that's why recruiting support can be pivotal in reaching success! Enroll your family or a close friend to support you on the journey, along with your Health Coach.

### 3. Take Stock

Begin by establishing a baseline and notice the quantity of processed foods you currently consume. It is essential to set expectations that set you up for success and for you to understand how long your transition off highly processed foods may take.

Count chemicals, not calories

Imagine food on a spectrum. On one side, you have highly processed food such as a Twinkie. On the opposite side of the spectrum, you have the least processed food that is organic, locally and seasonally grown by your neighbour farmer Jane.

While it may not always be possible to eat 100% on farmer Jane's side of the spectrum, strive to eat as closely as you can to it more often than not.

The fewer chemicals you eat, the more energetic and light you'll feel.

### 4. Phase In to Phase Out

When we increase the amount of whole fruits, vegetables, legumes, nuts, seeds, and grains there is naturally less space in the diet for highly processed foods.

### 5. Shop Smart

The grocery store is cleverly designed to lure you in and purchase products that you did not originally intend to buy. This guide will show you how to navigate the grocery store so that you can easily stick to purchasing only whole foods and reduce your purchase of processed foods as much as possible.

### 6. Cook at Home

Cooking at home is one of the best ways to know exactly what is in your food. Assess your schedule and current food habits to set realistic goals. For instance, if you currently do not cook at home at all, don't try to suddenly leap to 100% whole food home-cooked meals. Instead, start small. Set a goal that's easy to achieve. That might be committing to three home-cooked meals per week.

Once you establish a routine, try adding an additional meal until you are cooking more than 50% of your meals at home so that you are in control of the ingredient quality in the majority of the food you ingest. Work with your Health Coach to establish a clear, consistent plan going forward.

### 7. Create Success While Dining Out

Choosing to eat a diet rich in whole foods does not mean that you can never eat out again. Remember this is about finding the balance that works best for your lifestyle and goals. The longer you eat this way, the easier navigating restaurants will get! Check out our tips below to help shorten the learning curve.



## Step #1: Discover Your WHY

My decision to move to a more whole foods diet was prompted by

---

---

---

---

By making this transition, I am looking to achieve \_\_\_\_\_

---

---

---

I would like to feel more \_\_\_\_\_ in my life.

This is important to me because \_\_\_\_\_

---

---

---

If I don't make this change now, what will my life be like for me six months from now?

---

---

---



Does this future bring me stress or peace?

---

---

---

On the other hand, what good things can happen when I DO make these changes and stay with it consistently?

---

---

---

Does this future bring me stress or peace?

---

---

---

Based on these important insights, which is more important to me now—making these changes or staying the same?

---

---

---



## Step #2: Identify Your Support

Does my current environment set me up for success?

We humans like to feel a sense of belonging so we mirror the people around us, even if it doesn't move us toward our desires. For inevitable success, surround yourself with people that you want to be mirroring.

Who am I currently receiving support from in my life to make this transition?

---

---

---

Is there anything I need to let go of before I reach out and ask for support?

---

---

---

Knowing myself, do I need more or less support to make this transition in the way that I would like?

---

---

---

How would I like to be supported through this process? What would it look or feel like for me to be supported in this way?

---

---

---





Who would I like to reach out to regarding the challenges I am anticipating experiencing? (If I am currently aware of any)

---

---

---

## Step #3: Take Stock

### Notice the Quantity of Processed Foods You Currently Eat

Use the chart below to catalog one shelf in your pantry. You can record as many foods as you would like but, generally speaking, one pantry shelf is more than enough to highlight the level of change that is required. Your shelf may have more products than the chart allows for. If need be, continue on a separate sheet of paper or the back of this one.

If you are beginning with a diet high in processed foods, give yourself permission for your transition window to be a little longer than you may wish it to be. While this is a happy and welcomed change by the body, it is a big change and you will appreciate the transition time.

As you make the transition to a whole foods diet, work with your Health Coach and listen to your body to know whether you can progress quickly or need to slow down.

| Name of Processed Food | Sugar (g) | Trans Fat (g) | Sodium (mg) | Can I pronounce or understand the ingredients? |
|------------------------|-----------|---------------|-------------|--|
|                        |           |               |             |  |
|                        |           |               |             |  |
|                        |           |               |             |  |
|                        |           |               |             |  |

Based on this chart I would like to take \_\_\_\_\_ weeks to transition to a whole foods lifestyle. Your Health Coach can help you estimate the best pacing for success.

### How to Read Food Labels so You Can Count Chemicals Over Calories

When shifting towards a whole foods lifestyle, it is essential to get in the habit of starting to read food labels at the grocery store before you purchase any packaged items. The best place to start learning how to read food labels is to read the ingredients list. This gives you a clear thumbs-up or thumbs-down of the extent to which a packaged food is processed.



What to look for when reading the ingredients list:

Read the ingredients in the order in which they are written

Why is this important? Ingredients are listed in order of their quantity. This means that if sugar is the first ingredient listed, then the product is mostly sugar and similarly, if corn syrup is listed third, then the product contains a lot of it! If there are twenty or more ingredients—most of which are chemical names that sound like gibberish—put the product back on the shelf and walk away. It's best to go for products with minimal ingredients like 3 to 5 max that contain food ingredients that you can identify as food.

Watch out for food “product” ingredients, complicated names and acronyms

This means being on the lookout for potentially harmful ingredients that are added to a product such as preservatives, additives, artificial flavours, colours, sweeteners and a host of other toxic chemicals to extend shelf-life, alter colour, and enhance flavour.

Examples of preservatives to limit or avoid include BHT (preservative used to stabilize fats and preserve flavour, colour, smell), BHA (preservative that prevents fats in the product going rancid), TBHQ (a toxic preservative used to extend shelf-life and prevent rancidity).

Colour dyes, for example, are easy to spot as they are numbered as such: Blue #1 Brilliant Blue, Blue #2 Indigo Carmine, Citrus Red #2, Green #3 Fast Green, Red #40 Allura Red, Red #3 Erythrosine, Yellow #5 Tartrazine, Yellow #6 Sunset Yellow etc. If a "food" product comes in a colour that you can't identify in nature, then assume that it is chemically altered. Be especially cautious of cereals and candy marketed to children.

The most popular artificial sweeteners used in "food" products that are notorious for causing a host of health issues are: Acesulfame-K, Aspartame, Equal®, NutraSweet®, saccharin, Sweet'n Low®, Sucralose, Splenda® and Sorbitol. Also, beware of foods labeled non-fat, low-fat and fat-free since they generally contain substitute chemicals including artificial sweeteners such as these listed.

Check the serving size listed on the label

The nutrition facts in the Nutrition Facts Box on food packages are driven by the food companies' desire for you to buy more and eat more of their product.

Therefore, the serving size is there to make the rest of the Nutrition Facts Box appear reasonable to the consumer.

For example, a person may eat a "normal" serving of three cookies at a time, which would result in 270 calories and 39 grams of carbohydrates, which might appear to be too much and turn a consumer away from buying or eating the product.



So, companies instead list the serving size on the cookie box as one, which only contains 90 calories and tricks the consumer into thinking they'll be consuming less calories, which is only the case if the consumer eats only one cookie instead of three.

Think broader than the % of Daily Value listed

Companies are required to list the % Daily Value on their "food" product labels but remember that the best nutrition doesn't come in a packaged box. So, don't rely on labels for your nutritional intake. Instead, focus on getting the large majority of your macronutrients and micronutrients from whole food grown in Mother Nature's earth and if you must purchase packaged food, read the labels and get educated. It's your best way to ensure your optimal health.

### Food Labels Defined - To Remove Confusion at the Grocery Store

Food labels tell us where and how our food was grown, raised or caught and what impacts this had on the environment. Companies WANT you to think their food is healthy and will resort to all kinds of marketing tactics to make you purchase their products.

Here's how to cut through the confusion so you can tell which labels matter for your health and which don't. Labels can be easily differentiated by "certified" and "non-certified".  
Choose certified labels as often as possible.

### CERTIFIED LABELS

**Grass-fed:** This implies that the animals spend their lives on pasture eating what nature intended; they are not treated with hormones or antibiotics and are not fed unnatural grain.

**Organic:** In order for animal meat and dairy to be labeled "organic", the animal must never have been given antibiotics, hormones or GMO grasses, grains or other types of feed.

**GMO-Free/Non-GMO/Non-GMO Project Certified:** Produced without the use of genetically modified organisms (GMOs).

**Naturally Grown:** Reserved for food produced on small farms that abide by the USDA Certified Organic methods of growing and selling locally.



## NON-CERTIFIED LABELS

**No Hormones Administered/No Hormones/Hormone-Free:** The USDA prohibits the use of hormones in the raising of hogs or poultry in the United States. Beef may have this label.

**Free-range or Free-Roaming:** Birds raised in this manner are able to go outdoors in order to engage in natural behaviours. However, birds only have to be allowed 5 minutes of open-air access per day in order to meet USDA requirements. The rest of the time they are kept in tiny cages with no room to move.

**Pasture-Fed/Pasture-Raised:** This indicates that animals were raised with humane treatment and consume higher levels of micronutrients. For beef, labels must also read “organic” and “grass-fed” to make sure the animals were not fed GMO grains, grasses, corn or soy. For eggs, this is the safest labeling to ensure that the chickens roam free and consume their natural diet and are never caged.

**Minimally Processed:** A process that does not fundamentally alter the raw product.

**Antibiotic-Free or Raised Without Antibiotics:** Meat and poultry carrying these labels must not have had any antibiotics administered during the animal's lifetime.

**Cage-Free:** Implies that hens laying eggs are uncaged inside barns or warehouses. It does not mean the hens have access to the outdoors, but that they may be able to walk, nest or spread their wings.

**Certified Humane Raised and Handled®:** This indicates that animals raised for dairy, lamb, poultry, beef and pork products are treated in a humane manner and without the use of growth hormones or antibiotics. When you see the Certified Humane Raised and Handled® label, you know that the products is from a facility that has met precise, objective standards for farm animal treatment.

**Natural:** This vague labeling is supposed to imply that the product does not contain artificial flavourings or colouring, chemical preservatives, or artificial or synthetic ingredients although this is oftentimes a misnomer and a warning that you should stay away from the product.

**Farmed Seafood or Fish Farming:** Involves raising fish commercially in tanks or other enclosures and means that these fish are artificially raised and are not wild caught in their natural habitat.

**Wild-Caught Seafood:** Applies to seafood caught in their natural habitats by fisheries.

**No Additives:** Implies a product (or packaging) has not been enhanced with the addition of natural or artificial ingredients.

## Step #4: Phase In to Phase Out

Each week start to increase the amount of fresh foods in each meal. Below you will find examples of several different categories of whole foods, as well as different snack ideas.



## 4 Tips to Eat More Fresh Whole Foods That are Good For You & The Environment

### 1. Substitute vegetables in place of processed ingredients

Example: Try swapping processed spaghetti noodles with spaghetti squash. In the beginning, do half processed spaghetti noodles and half spaghetti squash to help make the transition easier. To make prep easier, look for pre-cut squash noodles in the refrigerator section of your grocery store.

### 2. Find local farmers' markets in your area

Once a week, or once a month, create a fun challenge for yourself (and your family or partner) to buy at least one new fruit or vegetable that you haven't had before and look up how to prepare it. You may discover your next fave veg!

### 3. Experiment!

If you previously did not enjoy the taste or texture of a certain vegetable, you can experiment with cooking it a different way. For example, roasting leafy greens in the oven with different herbs and spices instead of steaming. When you first begin cooking whole foods, it may take several tries to figure out how you like to season them for your specific palette.

### 4. Eat less meat to reduce land degradation and CO2 emissions

Try eating meatless one day per week

Meatless Monday is global movement with a simple message: once a week, cut the meat. Launched in 2003, Meatless Monday is a non-profit initiative working in collaboration with the Center for a Livable Future at the Johns Hopkins Bloomberg School of Public Health

Try smaller portion sizes

A portion is equivalent to the size and thickness of the palm your hand.

Restaurant portions are using 2-3 times that size.

Try eating meat only once per day, or once every other day

Try going vegetarian or vegan (we'll show you how in the next video)

## What to Eat Cheat Sheet

### Protein Sources

**Beef:** Grass-fed; Free-range or Free roaming; "Raised without antibiotics"/ "No antibiotics administered"; Natural; "No Hormones administered"

**Poultry:** Natural; Free-range; Free roaming; Fresh; Certified Organic; Cage free; "Certified Humane Raised and Handled;" "Federal regulations prohibit the use of hormones;" "No antibiotics added"

**Eggs:** Cage-free; Free-range; Hormone-free; Antibiotic-free; Organic; Vegetarian-fed; Omega-3 enriched; No added antibiotics; Pasture raised;



**Dairy:** Organic; No hormones (rBGH); Antibiotic-free

**Vegetarian/Vegan:** Almonds / Black Beans / Brewer's Yeast / Cheese\* / Chia Seeds / Eggs\* / Garbanzo beans(Chickpeas) / Greek Yogurt\* / Hemp Seed / Milk (Grass-fed)\* / Lentils / Nutritional Yeast / Peanut Butter / Pumpkin Seeds / Quinoa / Soybeans / Tofu

**\*Non-Vegan, but could be suitable for Vegetarian Diet**

**Fish/Seafood:** Salmon: Wild caught, Alaskan / Halibut: Pacific, California / Sardines: Wild caught, Pacific / Herring: Atlantic, Pacific / Anchovies / Haddock: Atlantic / Catfish / Lobster / Oysters / Clams / Cockles / Mussels / Crab: King, Snow & Tanner (AK) / Prawn (Canada & US) / Scallops (farmed), Shrimp (US farmed) / Squid (US) / Sole (US) / Tilapia (Canada, Ecuador, Peru, US) / Tuna: Albacore (trolls, pole and lines) / Tuna: Skipjack (Pacific trolls, pole, and lines)

**Seafood to avoid due to high mercury, environmental and/or sustainability concerns:**

Bluefin tuna / Canned Albacore tuna / Yellowfin tuna / Atlantic Halibut / Chilean Sea Bass (from Crozet, Prince Edward, Marion Islands and Chile) / Grouper / Monkfish / Orange roughy / Farm-raised Salmon / Swordfish / Shark / Tilefish / King Mackerel / Marlin

[http://www.huffingtonpost.com/eatingwell/buying-chicken\\_b\\_1375953.html](http://www.huffingtonpost.com/eatingwell/buying-chicken_b_1375953.html)

<https://www.nrdc.org/stories/mercury-guide>

<https://www.nrdc.org/stories/smart-seafood-buying-guide>

<https://www.seafoodwatch.org/seafood-recommendations/consumer-guides>

## High Quality Fats

### **High Quality Fats:**

Olives / Avocadoes / Halibut / Shrimp / Snapper / Almonds / Cashews / Macadamia nuts / Pine nuts / Brazil nuts / Pecans / Hazelnuts / Sunflower seeds / Pumpkin seeds / Chia seeds / Grass-fed butter / Olive oil (extra-virgin) / Hemp oil / Hemp seeds / Avocado oil / Walnut oil / Walnuts / Flax oil

### **Food sources of Omega-3's:**

Hemp oil / Flax oil/ Flax seeds/ Flax meal / Walnuts / Walnut oil / Seaweed / Chia seeds / Salmon / Scallops / Soybeans / Halibut / Shrimp / Snapper / Tofu / Winter Squash / Cod / Kidney beans

### **Fats best for dressings / sensitive to high temperatures:**

Safflower (unrefined) / Flax (unrefined) / Hazelnut (unrefined) / Olive oil (extra virgin) / Hemp (unrefined)

## Genetically Modified (GMO) Fats to Avoid

Corn oil / Cottonseed oil / Palm and Palm kernel oil / Soybean oil

## Fruits and Vegetables by Colour

| Red   | Yellow & Orange  | Green   | Purple & Blue  | White  |
|---|--|---|--|--|
| <ul style="list-style-type: none"> <li>-Beets</li> <li>- Blood Oranges</li> <li>- Cherries</li> <li>- Cranberries</li> <li>- Grapefruit</li> <li>- Pomegranates</li> <li>- Radishes</li> <li>- Radicchio</li> <li>- Raspberries</li> <li>- Red Apples</li> <li>- Red Grapes</li> <li>- Red Onions</li> <li>- Red Pears</li> <li>- Red Peppers</li> <li>- Red Potatoes</li> <li>- Rhubarb</li> <li>- Strawberries</li> </ul> | <ul style="list-style-type: none"> <li>- Apricots</li> <li>- Butternut Squash</li> <li>- Gooseberries</li> <li>- Cantaloupe</li> <li>- Carrots</li> <li>- Golden Kiwi</li> <li>- Lemons</li> <li>- Mangoes</li> <li>- Nectarines</li> <li>- Oranges</li> <li>- Papayas</li> <li>- Peaches</li> <li>- Persimmons</li> <li>- Pineapples</li> <li>- Pumpkin</li> <li>- Rutabagas</li> <li>- Sweet Corn</li> </ul> | <ul style="list-style-type: none"> <li>- Artichoke</li> <li>- Arugula</li> <li>- Asparagus</li> <li>- Avocados</li> <li>- Broccoli</li> <li>- Brussels Sprouts</li> <li>- Celery</li> <li>-Chinese Cabbage</li> <li>- Cucumbers</li> <li>- Endive</li> <li>- Green Apples</li> <li>- Green Beans</li> <li>- Green Peas</li> <li>- Green Grapes</li> <li>- Honeydew</li> </ul> | <ul style="list-style-type: none"> <li>- Blackberries</li> <li>- Black Olives</li> <li>- Blueberries</li> <li>- Black Currants</li> <li>- Concord Grapes</li> <li>- Eggplant</li> <li>- Dried Plums</li> <li>- Elderberries</li> <li>- Purple Asparagus</li> <li>- Purple Cabbage</li> <li>- Purple Carrots</li> <li>- Purple Figs</li> <li>- Purple Grapes</li> </ul> | <ul style="list-style-type: none"> <li>- Bananas</li> <li>- Cauliflower</li> <li>- Dates</li> <li>- Garlic</li> <li>- Ginger</li> <li>- Jicama</li> <li>- Kohlrabi</li> <li>- Mushrooms</li> <li>- Onions</li> <li>- Parsnips</li> <li>- Potatoes</li> <li>- Shallots</li> <li>- Turnips</li> <li>- White Corn</li> <li>- White Nectarines</li> <li>- White Peaches</li> </ul> |

|  |   |  |  |  |
|--|---|--|--|--|
| <ul style="list-style-type: none"> <li>- Tomatoes</li> <li>- Watermelon</li> </ul> | <ul style="list-style-type: none"> <li>- Sweet Potatoes</li> <li>- Tangerines</li> <li>- Yellow Apples</li> <li>- Yellow Beets</li> <li>- Yellow Figs</li> <li>- Yellow Pears</li> <li>- Yellow Peppers</li> <li>- Yellow Potatoes</li> <li>- Yellow Summer Squash</li> <li>- Yellow Tomatoes</li> <li>- Yellow Watermelon</li> </ul> | <ul style="list-style-type: none"> <li>- Kiwifruit</li> <li>- Leafy Greens</li> <li>- Leeks</li> <li>- Limes</li> <li>- Spinach</li> <li>- Watercress</li> <li>- Zucchini</li> </ul> | <ul style="list-style-type: none"> <li>- Plums</li> <li>- Raisins</li> </ul> |  |
|--|---|--|--|--|

### Pantry and Condiment Essentials

One of the reasons people get addicted to processed foods is because they are especially manufactured to be flavourful and oftentimes addictive. Healthy food does not have to be bland and boring! We encourage you to create your own condiment tray for your dinner table, so that you and your family can personalize every meal. Lazy Susans are perfect for storing different condiments on your table. Here are some condiments to explore. Feel free to add your favourites.

#### Basic Spices

- Garlic
- Ginger
- Turmeric
- Basil
- Cinnamon
- Cayenne
- Chilli Flakes
- Black Pepper in a grinder
- Curry Powder
- Seasoning Rubs

#### Salts

- Sea Salt (Celtic or Fleur de sel)
- Gomasio: Sesame seeds with salt

#### Nuts and Seeds

- Tahini and other nut butters





- Nuts: pine, brazil, cashew, walnuts, almonds
- Raw or toasted pumpkin seeds
- Sunflower & sesame seeds

#### Sweeteners

- Honey
- Maple Syrup
- Brown rice syrup
- Agave nectar
- Stevia

#### Oils, vinegar, sauces

- Cold pressed extra virgin olive oil
- Toasted sesame oil
- Unrefined extra virgin coconut oil
- Chili sesame oil
- Ume vinegar

#### Oils, Vinegar, Sauces Continued

- Balsamic vinegar
- Apple cider vinegar
- Bragg's amino acids
- Tamari
- Various hot sauces (read labels!)

#### Sea Vegetables

- Nori sheets: high in protein, calcium, and fiber

#### Other

- Nutritional yeast
- Cheese
- Rice Milk, Almond milk
- Tea

#### Dried fruit

- Cranberries, figs, dates, raisins

#### Grains and Pasta

- Rolled oats
- Quinoa
- Brown Rice
- Couscous
- Beans
- Buckwheat Soba Noodles

#### Packaged foods

- Tomato Sauce
- Roasted Red Peppers
- Ketchup, mustard (fruit juice sweetened is better)



- Imagine brand soups
- Coconut Milk
- Curry Paste

### Flavour with Herbs and Spices

*“To eat is a necessity, but to eat intelligently is an art.”—François VI, Duc de La Rochefoucauld*

- Cinnamon, cloves, coriander, ginger, nutmeg, and cardamom are all “warm and sweet” spices. Uses: These spices go well with yams, sweet potatoes, winter squash, sweet grains, curries, tea, fruits, yogurt, and dessert dishes.
- Cumin is one of the most popular spices in the world second only to black pepper. Try toasting whole cumin seeds and sprinkling on your favourite grains or vegetables.
- Oregano, basil, thyme, bay leaf, parsley, cilantro all have aromatic qualities that add a lightness, sweetness, and freshness to beans and heavy sauces in curries, soups, and pasta dishes especially those that include tomatoes.
- Caraway and dill seeds add zest to breads, soups, cabbage and beet dishes. Poppy seeds work great in salad dressing.
- Coriander, cumin and ginger combine well with bean dishes to reduce flatulence.
- *Other therapeutic uses of ginger:* nausea, indigestion, bloating, menstrual cramps.  
Drink ginger tea after a meal to ease digestion.
- Fennel Seed can be used as a digestive aid. Use in Italian dishes, stir fry, or eggs.
- Garlic and cayenne may be used for easing cold symptoms. Can support a healthy immune system.
- SALT! Not all salt is created equal. Trade in table salt for mineralized Sea Salt. Sea salts provide additional minerals and different flavor profiles. There are many excellent varieties of sea salt options such as Lima sea salt, Celtic sea salt, and Himalayan sea salt.
- Turmeric has anti-inflammatory and antioxidants. It adds a bright orange color to food. Can be bought dried or fresh.
- Tarragon has a delicious fragrant scent. Add to dressings.
- Mustard and coriander seeds are essential spices for any great curry.

### Whole Food ‘Magic’ Snack Ideas Designed to Stabilize Blood Sugar

- 2T almond butter, ½ cup celery—optional: sprinkle 1T chia seeds in almond butter

- 1 slice high fiber toast, ¼-½ cup squash on top of toast, sprinkle 1oz (30g) feta or goat cheese, top with favourite herb—eat open-faced
- 2oz (60g) pulled chicken, ½ cup avocado—mixed together
- ½ cup sardines mashed with a fork, 1T mayo, ½ cup celery diced—mix and enjoy!
- ¼ cup black beans, ¼ cup salsa, ½ cup avocado
- ½ cup raspberries, ½ cup cottage cheese
- ½ cup high-fiber crackers, 2T almond butter
- 1oz high-quality cheddar cheese, ½ pear, 12 almonds
- ½ cup sweet potato, ¼ cup full-fat plain yogurt or sour cream
- ½ cup squash, 1T butter, 1T ground flax seed sprinkles on top
- ½ cup roasted chickpeas, with cinnamon
- 2T cashew butter, ½ banana, ¼ cup dry oatmeal—mix and enjoy!
- ½ apple, 2T almond butter, chia seeds sprinkled on top
- 1 tomato cut into slices, ½ cup mashed avocado layered on top, 1oz (30g) high-quality shredded cheese sprinkled as final layer—broil on baking sheet for a couple minutes
- ½ cup hummus, ½ cup celery or carrots, a small handful of high-fiber crackers
- 1 hard-boiled egg sliced on crackers or high-fiber bread, 1T mayo
- 2T shredded coconut, ¼ cup dry oats, ½ banana—mix together and enjoy!
- 1 pear, 12 almonds
- ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries—all mixed in a bowl
- ½ cup roasted green peas with 2T olive oil
- quinoa tabbouleh (1/2 cup cooked quinoa, 2T chopped onion, ½ diced tomato, 1-2T olive oil, 1/2T fresh squeezed lemon, 1T feta cheese and mint, salt and pepper to taste)
- ½ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat), 2T basil pesto, 2oz fresh mozzarella cheese—mix together and enjoy warm or cold!
- ½ cup cooked lentils of choice, ¼ cup full-fat sour cream or tahini
- ½ cup plain yogurt, ½ cup berries of choice, ground flax seeds mixed in
- ½ cup homemade trail mix with almonds, cashews, sunflower seeds, raisins, and some dark chocolate nibs

## Whole Food ‘Magic’ Snacks Shopping List

### Produce

To save time, feel free to buy the pre-sliced packages if available.

- 1 small butternut squash
- 2 avocados
- 1 medium cucumber
- 2 small containers raspberries (or buy frozen berries, often cheaper)
- 2 medium tomatoes
- 2 pears
- 1 banana
- 1 small apple
- 1 bunch celery
- 1 medium carrot (optional)



- 1 bell pepper
- 1 small sweet onion
- 1 lemon
- 1 medium sweet potato
- 1 package fresh herb like sage, mint or basil (optional)

#### Bulk Bins

- 24 (about ¼ cup) raw almonds
- Trail mix—mix of your choice of nuts with small amounts of optional raisins or cranberries and dark chocolate nibs that you can eat in ½ cup servings
- ½ cup flax seeds (whole or ground)
- ½ cup hemp seeds (optional)
- ½ cup chia seeds
- ½ cup dry oatmeal
- ¼ cup dry quinoa
- ¼ cup dry pasta of choice
- ½ cup dry lentils
- ¼ cup shredded coconut

#### Fresh Meat Section

- 1 chicken breast, ideally free-range and organic

#### Dairy & Refrigerated Section

- 1Lb (450g) container organic full-fat yogurt or sour cream
- 1 small stick butter, from grass-fed cows
- 1 small container organic cottage cheese
- 1 egg (sometimes you can buy individual eggs if your grocer has local eggs to sell)
- 1 X 32oz (1 liter) container unsweetened, plain almond milk (you will find a larger selection of non-dairy milks in the non-refrigerated section in some stores)
- 1 small container hummus

You can purchase these by block, sliced or shredded. Packages are labeled in oz:

- 2oz (60g) feta or goat cheese
- 2oz (60g) cheddar cheese
- 2oz (60g) mozzarella cheese

#### Frozen Section

- 1 small package green peas
- 1 small package organic frozen berries (optional if you can't get fresh)

#### In the Aisles

- small container peanut butter (preferably with minimal ingredients ie. only peanuts)
- small container almond butter (preferably with minimal ingredients ie. only almonds)
- 1 package wild-caught sardines
- 1 small can black beans (no salt added)
- 1 small jar salsa of your choice
- 1 small jar basil pesto (preferably fresh with minimal ingredients or preservatives)



- 1 small jar olive oil-based mayo
- 1 small loaf of high-fiber bread (4g+fiber/slice)
- 1 small box high-fiber crackers (4g+fiber/serving)
- 1 small bottle of extra virgin olive oil
- Organic ground cinnamon (Optional)

## Step #5: Shop Smart

### 7 Smart Shopping Tips:

1. Make a shopping list before you shop.

Pick a few recipes that you'd like to make this week and create a grocery list that is organized similarly to your grocery store's layout.

If you don't know exactly what you want, be sure to bring the What-to Eat Cheat Sheet section of this guide with you until you feel confident choosing different whole foods

2. Shop the perimeter of the grocery store where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk food lurks.

3. Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

4. Don't shop hungry.

5. Read labels. Watch out for hydrogenated oils (trans fats), excess sodium and sugar. Avoid foods that contain more than five ingredients on the ingredients list, artificial ingredients, or ingredients that you can't pronounce.

6. Bring your own bags. Save trees!

7. Try a grocery store delivery service to:

Save time

Only order what you need (and avoid impulse buys)

Keep track of your favorite items on the delivery service app or website for easy re-order

## Step #6: Cook at Home

Preparing and cooking your own food at home is one of the easiest ways to ensure that you are eating the highest quality food. Follow these steps and use the resources below to set yourself up for success throughout your week.

1. **Assess Your Week** - Before your week starts, look at your calendar and notice any opportunities to cook at home versus eat out. Check to see if you have any lunch meetings or social events at restaurants and decide how many meals you would like to prepare for that week.  

Decide whether you will prep snacks and meals ahead of time or prep individual ingredients that you can combine in any way that you like once you are ready to eat. Food prepping is immensely helpful if you have a busy week!
2. **Tap into Your Creativity** - Once you know how many meals you want to eat at home and when you would like to prepare them for your upcoming week, take a moment to check what your taste buds are craving that week. Whether it is a specific dish or the flavors of a certain ethnicity, hop on Pinterest or Google to find a plethora of recipes for you to use.
3. **Create Your List** - Look at the meals you want to prepare and check to see which ingredients you have on hand and which you will need to pick up from the store. Create a grocery list organized in the same way your grocery store layout is. This will help you stay focused while at the store and help you avoid picking up unnecessary products.
4. **Jam Out to Your Favourite Tunes** - Make cooking a fun experience that you look forward to rather than rush through.
5. **Build Connection** - This is not only a time for you to connect back with where food comes from, but also to build connection in your home. If you live alone, invite friends over for a food prepping party! If you live with a significant other or have a family member at home, ask them to participate in the process.
6. **Can't cook? No problem!** There are more options than ever for getting healthy meals delivered to your door! More and more services are becoming available that deliver healthy meals prepped and ready for you to cook! [https://www.thetop10sites.com/meal-delivery-plans/?utm\\_expid=169577947-1028.OYCO2UvBQcCJUjDPIrZHvQ.0&utm\\_referrer=https%3A%2F%2Fwww.google.com.ph%2F](https://www.thetop10sites.com/meal-delivery-plans/?utm_expid=169577947-1028.OYCO2UvBQcCJUjDPIrZHvQ.0&utm_referrer=https%3A%2F%2Fwww.google.com.ph%2F)

## Step #7: Create Success While Dining Out

### 1. Check Out the Menu

If you know you'll be going out for a meal at a restaurant, take a look at the menu beforehand so you can get ideas of what you might like to order. Most restaurants today have their menus available online, so that is a simple way to make sure you are prepared. If you are not sure what certain ingredients are, this also gives you an opportunity to look it up ahead of time and ask your server more pertinent questions when you arrive.

If you frequent certain restaurants, send the menu links to your Health Coach to get recommendations on the healthiest meals to order.

### 2. Ask Questions

More and more people are making the switch to healthier lifestyles and as a result, servers are used to being asked much more specific questions about the menu than ever before. If they do not know the answer to one of your questions they will be happy to ask the chef for you.

Not all ingredients that are used in preparing a dish are mentioned on the menu. If you suspect there may be an ingredient in there that you are looking to minimize as much as possible, simply ask! Many restaurants are also happy to make simple swaps for you like switching French fries to a side of vegetables.

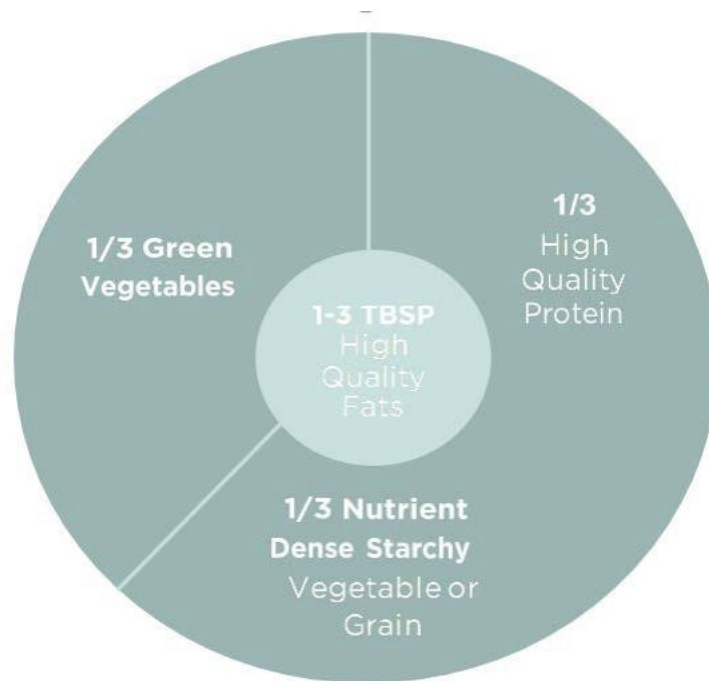
### 3. Keep It Simple

While switching from a highly processed to whole foods diet lifestyle, your taste buds are in transition. Look for light and healthy meal options with minimal ingredients that are not covered in rich sauces. For example, salmon with roasted vegetables, and a mixed greens salad versus lasagna.

Reference the Magic Plate visual below to see how to combine macronutrients (carbohydrate, fat, and protein) in a way that best supports stable blood sugar levels. Beverages are an easy place for sugar and other chemicals to sneak into the meal as well. Instead, keep it simple and ask for water or sparkling water with a side of lemons.



## The Magic Plate



### Keys to Success:

Flexibility: Allow this template to shift and change according to your body's wisdom. Animal-based protein: You can measure your protein to match the size of your palm. Eat until satisfied: Remember to take your time when you eat so you're only 80% full.

#### 4. Stay Empowered

Connect back to your WHY for making this transition in the first place. Your friends or colleagues may not be on the same healthy eating lifestyle page as you are and that is absolutely okay! Once you decide on your meal and place the order, stay curious and excited about what you are about to get rather than compare your meal to others. You have made this commitment to yourself to feel your most vibrant and healthy self so be proud of your choice.

#### 5. Have Fun!

Focus on what you get to have versus what you don't. Eating healthy is not about deprivation, nor eating bland, boring foods. Celebrate the flavours, textures, colours and all the positive feelings that arise from choosing foods that are good for you and good for the planet!