

# the fit'n healthy *plan*

The healthy diet & lifestyle plan – made easy!

**By Michale Hartte**

Bachelor of Applied Science (Nutrition), NNCP

Creator of the nutrition plan featured in Bob Proctor's  
*"The Science of Perfect Weight"*

## **The Fit 'n Healthy Plan**

Michale Hartte, BASc (Nutr), NNCP

Find us online at [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com)

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I also need to acknowledge the following people: Brad King for the incredible nutritional knowledge he so freely shared with me, and the nutritional products and protein powders that work so well. Brad, you know your stuff! Sam Graci for encouraging me to get out there and share my nutritional information. Sam, you're an inspiration. Debbie Hansen, a master in nutrition and homeopathy, for all the nutritional wisdom she provided during my post-graduate years from Edison Institute of Nutrition. David W. Rowland, the founder of Edison Institute of Nutrition, for his amazing school and all his work. Sally Fallon and Mary G. Enig for their book, *Nourishing Traditions*. Without their work, I would not have had the foundation and subsequent inspiration to write my own book.

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Finally, I want to thank my wonderful clients for all their feedback on integrating my ideas into an easy-to-follow, highly nutritious eating plan. You guys are the best!

With greatest appreciation,

Michale Hartte



“It costs less to eat healthy than it does to get sick. Invest in your health and feel the love, peace and joy it brings.”

Michale Hartte





# Preface

## About Michale Hartte

Michale Hartte has 15 years experience in the fields of health and fitness.

Her personal journey to wellness started when, as a teenager, she was diagnosed with “the immune system of an 80-year-old.” Warned that her destructive eating habits were putting her on the path to a major degenerative disease, Michale turned to mainstream media for advice. Unfortunately, all she found were more problems. Diagnosed with both amenorrhea and osteoporosis by age 31, Michale knew she needed to take immediate action. She turned to the power of ‘nutrient-rich’ foods and a healthy mindset, and she now enjoys a completely symptom-free existence.

Michale’s heartfelt mission is to show others, simple solutions for a healthier lifestyle. She especially enjoys teaching people about nutritional and metabolic imbalances that contribute to their conditions.

Michale is a Natural Nutritional Consultant Practitioner (NNCP) as well as a professional member of the Canadian Association of Natural Nutritional Consultants Practitioners (CANNP). She holds a Bachelor’s Degree in Applied Science specializing in Nutrition from Ontario’s Edison Institute of Nutrition. She is also the owner of a private consulting practice called Fit ‘n Healthy Nutritional Consulting Services where she offers one-on-one nutritional consulting and an effective form of detox (Biotherapeutic Drainage™).

Michale has written for many popular health publications including: Child, Okanagan Health Magazine, Canada’s Alive Health Magazine, Blush Magazine, and Nature’s Fare Nutritional News. She is also a contributing author of “The Science of Perfect Weight – A New Way of Thinking, Eating and Living to Achieve Your Perfect Weight,” which is the nutrition plan featured in Bob Proctor’s Life Success Perfect Weight Program. In her latest book, The Fit ‘n Healthy Plan, Michale shows readers how to look and feel “fit ‘n healthy” by following four simple steps. Currently, she is working on a Fit ‘n Healthy Plan Cookbook.



## **Fit 'n Healthy Consulting Services**

To book a private consultation with Michale, either by phone or in person, call 250.718.1653 or email [info@fitnhealthynutrition.com](mailto:info@fitnhealthynutrition.com)

To get a customized online nutritional plan from Michale, visit [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com) and start with a free health assessment.

If you are interested in booking Michale for a speaking engagement, contact her at 250.718.1653 or [info@fitnhealthynutrition.com](mailto:info@fitnhealthynutrition.com)



# Introduction

## This plan is for you if:

- You think you're eating well, but you're just not seeing the results.
- You're confused about what's truly "healthy" and where to start.
- You've started your eating program, but you keep 'falling off' it.
- You've given up because of all of the above.

## How to Use This Book

You can use this book in 2 different ways:

- As a stand alone guide for the whole family.
- As information as it relates to your Customized Plan.

If you chose option #2, make sure you read "How to Customize Your Plan" on page 12!

*Note: When you read this book, make sure you also read the footnotes. They are full of additional interesting information.<sup>1</sup>*

The Fit 'n Healthy Plan is divided into three parts:

**Part One:** Getting Started

**Part Two:** Your Action Plan

**Part Three:** Support Tools

"Part One: Getting Started" is the framework for your healthy lifestyle. In this section, you'll learn the principles behind eating healthily and the concepts to adopt to stay healthy for life. You'll also learn how to make meals and snacks in four simple steps and which foods to stay away from no matter what. Get ready to take the guess work out of meal preparation – hooray!

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<sup>1</sup> Just checking!

Now, you might find that some of the foods I recommend avoiding are ones that you are accustomed to eating. In that case, follow the steps in “EASY-ing Your Way into the Plan” on page 35. Here, you’ll find health tips to gently guide you into a healthier way of eating. I’ll also help you clear out your kitchen cupboards so you don’t have to face the temptation of unhealthy choices. Before long, you’ll find yourself eating, feeling and looking much better!

Best of all, most of the information in this section has a counterpart in the Appendices that you can print out and use as a take-along guide to help you make the right food choices when grocery shopping. Easy!

“Part Two: Your Action Plan” is all about putting your newfound knowledge to use. It gives you a well-designed, health-promoting meal plan and teaches you how to design your own variation. This section also introduces tons of incredibly tasty, absolutely scrumptious RECIPES! From mouth-watering breakfasts to guilt-free evening snack choices, I’ve got your dietary needs and your cravings covered!

“Part Three: Support Tools” is there to help you if you find yourself struggling during a phase of your transformation. Let’s face it, sometimes it’s difficult to change a routine – even when you know it doesn’t serve you well. Amongst other things, this section addresses common physical reactions to the body trying to clear itself of trapped toxins. I provide tips for you to manage your symptoms and make sure your transition to health is as smooth as possible.

The support tools also address temptations, cravings and setbacks and how to overcome them. I’ll offer motivation for you to stay on track and encouragement to get back onboard if you happen to fall off.

Finally, there are additional tools to help you support your family’s healthy lifestyle. I’ve included time-saving ideas for nutritious eating and even how to feed those picky eaters the foods you know they need! Also included here is a Fit ’n Healthy Journal template for you to record your daily endeavours. Many people find journaling helpful to document what is and isn’t working. It’s also great for keeping track of which foods cause you discomfort and which build up your strength and energy.

Any questions? Good! Now let's get started!

## **My Story – I was Just Like You!**

My personal journey started in my late teens when my mother, who was concerned about my health, took me to a doctor. After I met with him and had some tests done, I got some sobering news. My doctor had these words for me: “Michale, you have the body of an 80-year-old grandma. If you continue with your destructive lifestyle and eating habits, you may not make it.”

I was shocked. I was very athletic, but clearly physical fitness wasn't enough to keep me “healthy.” I certainly didn't want to die, so I had no choice but to face the fact that my diet needed drastic attention. Even though my mom had been providing me with wholesome foods, I was eating nothing but sugar and processed junk when I was outside the home. Looking back, I admit that I never gave a single thought to what foods would nourish my body. I chose my food **ONLY** for its taste – which meant I pretty much lived on chips, fast food and candy.<sup>1</sup>

So there I was, just out of high school and ready to face the world with a body that was physiologically UN-fit. I was tired and UN-healthy. Desperate for answers, I followed mainstream media's nutrition recommendations, which, at the time, included the use of margarine instead of butter, artificial sweeteners instead of natural sweeteners and low-fat everything. Some of which is even marketed to us as ‘healthy’ today!

Well, the result of this new “healthy” eating plan was amenorrhea<sup>2</sup> followed by osteoporosis by the time I was 31 years old. Not good. Bone mass is supposed to peak at age 30, yet mine was deteriorating! Obviously, the things I was doing to improve my health were **NOT** working. This was the turning point. Finally, I began to look at a natural approach to health.

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1 (NON-Foods)

2 The loss of a menstrual cycle.

Once I began reading about “alternative” health, I didn’t stop.<sup>1</sup> I wanted to know the truth about what we’re really designed to eat and not be swayed by what’s marketed as healthy food. This was the beginning of my journey to find the answer to my question, What’s the best diet?

My curiosity and passion spurred me to complete a degree in nutrition. As I learned more and more about how the body functioned, I realized that for me to rebuild my body (particularly, my bones), I needed to bring back balance to my body’s systems. In my case, it was my hormonal (endocrine) and electrolytic systems that needed support. So, I began applying certain nutritional principles to my own life. I systematically replaced the foods that were making my body weak with selections that nourished my body. It wasn’t long before I noticed small but consistent health improvements. This new way of eating and living was working!

Eventually, my body made a complete recovery. At age 42, my bone density test results indicated that my BMD measurement had increased significantly. My bones were rebuilding themselves – naturally!<sup>2</sup> **I actually reversed my osteoporosis and remain free from the condition to this day.**

I am here now to share the things I have learned and experienced in order to help you build a healthier, fitter body. This is truly an achievable goal. Trust me and trust yourself – you can do it!

## How the Fit ‘n Healthy Plan Began!

When I first started counselling people about nutrition, one of the initial questions I’d ask was, “What is your purpose in seeing me today?” Many people answered, “To feel fit and healthy,” which is how I came up with the name of my practice: Fit ‘n Healthy Nutritional Consulting.

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1 You would have literally seen me reading while standing in line or walking down the street.

2 Building bone density after age 35 can be very difficult to do.



When I saw how many people strove to become “fit and healthy,” I began work on The Fit ‘n Healthy Plan. The plan evolved through a process of combining proven medical research with practical knowledge from my family kitchen. My 9 years of real-world experience as a busy mother of two definitely came in handy! The final result is the version you will be reading about today: an easy-to-follow, highly effective nutrition and lifestyle plan for today’s modern world. You’re going to love it!

## What the Fit ‘n Healthy Plan Will Do for You

Whether your goal is the “perfect weight” or a Fit ‘n Healthy body, The Fit ‘n Healthy Plan will give you the answers that you’ve been waiting for.

Answers like:

- How to feed your body nourishing **and** great tasting food
- How to eat well on a budget
- How to create balanced meals in a hurry
- How to integrate good eating habits into your family routine
- How to recognize healthy food from junk food in disguise
- How to determine how much protein is enough

You will learn about a simple, natural way of eating that will give you:

- A strong, lean and better-shaped body
- A body with optimal energy and glowing health
- A way to live without harmful, unnecessary pills or medications

Best of all, you won’t have to waste time counting calories or feeling confused about what to feed yourself and your family!

### **CALORIE COUNTING – Unnecessary!**

Calorie counting is unnatural, unsustainable and time consuming. Plus, it’s unrealistic to assume to know exactly how many calories your body needs on any given day. Caloric needs are related to activity. The more exercise you do in a day, the more food you need to consume. As you retrain your body with The Fit ‘n Healthy

Plan, your natural built-in-hunger response will tell you when you need more calories. Get ready to toss those diet books!

### **EATING WELL – Easy!**

Many of today's diets are too restrictive. Get ready to enjoy real butter and all the good fats, while avoiding the 'low fat' scam! They're good for business but bad for our health. Remember, the goal of this plan is **health**. If your primary goal is weight loss, you'll be pleased to see that weight is usually a natural secondary effect of healthy eating. For more information, visit [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com) and look under "Weight Loss."

### **HEALTHY MEALS – Quick!**

In today's society, most of us are busy working, raising children, driving from A to B, and frantically trying to schedule social time and exercise. Typically, we only have a minimal amount of time available to prepare and eat nourishing foods. As a result, many of us turn to fast food, even though we know it's devoid of vital nutrients!

Unfortunately, we are trading health for convenience. Many of the degenerative diseases we experience today are directly attributable to poor diet. We're in the midst of a worldwide healthcare crisis, which tells us that not enough people are finding solutions.

Consider this, as of April 2009, according to the National Cancer Institute (NCI)

### **Serious diseases that are linked to what we eat kill an estimated 3 out of 4 Americans each year**

NCI goes on to say that, "Heart disease, which is largely influenced by what we eat, remains the number one killer of both American men and women. And, *high blood pressure, which can be reduced within a month by changing eating habits*, will affect 90 percent of American men and women at some point in their lifetime".

NCI is telling us that simply changing your eating habits can normalize your blood

pressure within one month. Why, then, is the first line of therapy – medications when it clearly needs to be the right eating and lifestyle plan.

## Did you know...

Just 1 tsp of sugar can put a halt to your immune system<sup>1</sup> for up to 6 hrs<sup>2</sup>? Did you also know that as few as 2 or more servings of garlic a week may help protect against colon cancer and that garlic has been shown to actually stop the growth of cancer cells once they develop<sup>3</sup>? That's the power of whole foods!

**Cancer cannot live in a healthy body, period.**

Never fear, help is on its way! The Fit 'n Healthy Plan is full of delicious fast food solutions such as breakfast smoothies, protein shakes, ready-made chicken wieners and bison burger patties. I've also included a list of grab-and-go foods in the Appendices that you can print out and take with you the next time you head to the grocery store.

### **SAVE MONEY – Really!**

In this day and age, we need to be mindful of where we spend our money. We want good value for our dollar. The Fit 'n Healthy Plan is designed with this in mind. As you read further, you'll discover how truly inexpensive healthy foods are. I'll even teach you a new way to shop that can save you money!

- 
- 1 Your immune system is your defence system that, when it is working well, you are well ... uh huh!
  - 2 Contrary to popular belief, you do not catch a cold - you eat it. When you eat too much sugary junk or foods your body simply is not designed to eat, your immune system becomes weak and you lose the ability to defend yourself against harmful pathogens. If you can remember anything from this book, just remember this -Sugar feeds Cancer – choose natural sweeteners instead!
  - 3 Even as early as the 1600's, Sir John Harrington, in *The Englishman's Doctor*, summarized garlic's virtues by stating "Garlic then have power to save from death".

## How to Customize Your Plan

Over the years, I have come to realize that there is no such thing as “one diet” that suits all people. You are unique and so are your dietary needs. In other words, what works for you may not work for your neighbour or your friend. A food considered “healthy,” like tomatoes or almonds, is healthy for some while not healthy for others.

In order to maximize the efficiency of your plan, you can customize it by following these three simple steps:

**Step 1:** Complete the Nutri-Body® Questionnaire

**Step 2:** Review your personal solution

**Step 3:** Integrate your customizations into your Fit ‘n Healthy Plan

### Step 1: The Nutri-Body® Questionnaire

The Nutri-Body® Questionnaire is an incredible health-assessment tool that uses your answers to identify nutritional deficiencies, excesses or imbalances related to your particular symptoms. The questionnaire was developed by David Rowland, PhD in Nutrition, after he invested years of research into Nutritional Symptomatology.<sup>1</sup> I, personally, have had great success in using this questionnaire to help my clients, which is why I am making it available to you.

If you haven't already done so, please visit [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com) to take your test.

### Step 2: Your Personal Solution

After you have completed your online health assessment, your results will immediately be sent to you. You will receive a report containing information on:

- Your individual body weaknesses as identified by the Nutri-Body® Questionnaire
- My recommendations for food, supplement and lifestyle adaptations

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<sup>1</sup> A systematic way of studying how a person's symptoms and body language relates to nutritional causes linked to ill health.

- The results you can expect by following the recommendations

This is powerful information for you to have. With it, you can take corrective action in your life before little problems become big problems.

### **Step 3: Integrating Your Customizations**

Now for the fun part! In your own, special report, I will give you a list of foods and highlight which to avoid and which to eat more of. You can then use this information to make adaptations to your Fit 'n Healthy Plan. For example, if your report suggests that you have signs of an underactive thyroid (hypothyroidism), I would advise you to avoid all soy products and goitrogenic<sup>1</sup> foods. Knowing this, you could make meal substitutions to the menu plans in the book so that your Fit 'n Healthy Plan is optimized for you.

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<sup>1</sup> Foods that block iodine function in the thyroid.



# Part One: Getting Started

## The 10 Natural Laws of Health

Although practicing good nutrition is the focus of this book, there are other elements involved in living a fit and healthy life.

Following are what I consider to be the ten most important habits for a lifetime of top-level health and wellness:

### Principle 1: Drink enough clean water

**Benefits:** Water provides your body with oxygen, which increases your energy levels. It also normalizes your body weight by assisting in 1-3 well-formed bowel movements per day. And, it aids in the expulsion of toxins!

Aim to drink one litre of filtered water for every 50 lbs of body weight. Drink more if you are: breastfeeding, in extreme heat, doing extreme sport or detoxifying.

Make sure your water is filtered water! Installing a water filter in your home, or having your water delivered, is a smart way to invest in your health. Many agree that the process of reverse osmosis (RO) produces the best drinking water available today. Unfortunately, reverse osmosis also removes beneficial minerals. Therefore, if you were to use an RO system, make sure these minerals are restored in your daily diet.

The installation unit I personally like and recommend for home or office is available through Radiant Life.<sup>1</sup>

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1 Radiant life Contact info - Phone: 1-888 593-8333 or website: [www.radiantlifecatalog.com](http://www.radiantlifecatalog.com)

**Principle 2: Be mindful**

**Benefits:** Slowing down and paying attention to your day- to-day activities helps you live in the moment. Having this awareness connects you with inner wisdom, and listening to your inner wisdom keeps you on track to being fit and healthy.

**Principle 3: Practice good nutrition**

**Benefits:** By following our traditional diet and eating 4 – 5 meals and snacks comprised of nutrient-dense proteins, carbohydrates and fats each day, you will keep your mind and body strong and your waistline lean.

Remember to only eat until you are 80% full<sup>1</sup>. Do you ever notice that your meal taste incredibly good when you are really hungry? Do you also notice that the very same meal loses its flavour after you eat it for a while? This is your signal to stop eating. Your body is telling you it is full.

Also, try to stop eating two hours before bedtime to keep your digestive tract healthy.

**Traditional diets maximize nutrients while  
modern diets minimize nutrients<sup>2</sup>**

<b>Traditional Diets</b>	<b>Modern Diets</b>
Food from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products, pasteurized
Grains and legumes soaked/fermented	Grains, refined, extruded
Bone broths	MSG, artificial flavourings

<sup>1</sup> Over eating is known to be a MAJOR risk factor of all cancers.  
<sup>2</sup> Nourishing Traditional Diets, The Key to Vibrant Health, power point presentation by Sally Fallon Morrell, President of the Weston A. Price Foundation



Traditional Diets	Modern Diets
Unrefined sweeteners (honey, maple syrup)	Refined sweeteners
Lacto-fermented vegetables	Canned vegetables
Lacto-fermented beverages	Modern soft drinks
Unrefined salt (mineral salt)	Refined salt
Natural vitamins in foods	Synthetic vitamins added
Traditional cooking	Microwave, irradiation
Traditional seeds/open pollination	Hybrid seeds, GMO seeds

#### Principle 4: Live with purpose

**Benefits:** We are all born with a special set of skills. When we use those skills to help someone or something, we are living with purpose.

Discovering your purpose can help lift depression in a heartbeat. It can give you a reason to get up in the morning – with a smile! – and provide you with energy you never knew you had.

#### Principle 5: Avoid exposure to outside toxins

**Benefits:** By reducing your body’s exposure to outside toxins, you can avoid colds, flus and allergy-type symptoms, plus you can considerably lower your risk of lung cancer and many other degenerative diseases.

## Did you know...

70-80% of these toxins exist in your own home? For more information, go to [www.checnet.org/healthhouse/home/index.asp](http://www.checnet.org/healthhouse/home/index.asp) and click on the “ALL NEW health eHome” link.

#### Principle 6: Eliminate inside toxins

**Benefits:** The Environment Protection Agency (EPA) reported that each of us carries an average of 250 different toxins in our tissues. Removing these toxins is an important factor in restoring health. By doing so, we can reduce or al-

leviate body pain, increase resistance to colds and flus, improve natural energy levels and shed excess fat. We can also be proactive in preventing cancer, heart disease and other modern day diseases.

Toxin elimination can be done through exercise (sweat), emotional release, or by natural methods of drainage performed by a qualified natural health care provider.

### Principle 7: Establish a good routine

**Benefits:** Eating, sleeping, working, and playing / relaxing at roughly the same time each day can actually enhance your sleep, help you lose weight, and even assist with cancer prevention. The Journal of the National Cancer Institute reported that disruption of circadian rhythms in mice was associated with accelerated growth of two types of malignant tumours, which suggests that our circadian clocks play an important role in controlling tumour progression.<sup>1</sup>

### Principle 8: Get moving

**Benefits:** Doing some form of exercise every day helps you build muscle and burn excess fat. It also helps remove toxins and improve your mood.

Try to include exercises that improve strength, flexibility and endurance. Challenge yourself! Strive to get outside for at least 30 minutes per day.

## Did you know...

Moderate physical activity, such as walking or biking, reduces the risk of breast cancer by 20 percent – even among postmenopausal women and those at high risk for the disease?<sup>2</sup>

### Principle 9: Get enough sleep

**Benefits:** Most people need 8 - 9 uninterrupted hours of sleep every night.

1 Journal of the National Cancer Institute May 1, 2002;94:690-697

2 JAMA. 2003; 290:1331-1336

Sleep lets your body regenerate so you feel well. It also increases your natural energy levels so that you can perform your best. And, it helps keep you at a healthy weight!

## Did you know...

Sleeping less than 6 hours a night increases your risk of Diabetes?<sup>1</sup>

Sleeping deprivation can also make you fat?<sup>2</sup>

### Principle 10: Be grateful and give thanks

**Benefits:** A positive mood and frame of mind helps alkalize the body. Why do I want this, you might ask? Well, for one thing, Cancer cannot live in an alkaline body. A positive spirit also promotes better digestion and absorption, and improves the overall quality of your life (and the lives of those around you).

In our busy lives, sometimes we forget to stop, think, be grateful and give thanks. Anyone can find things that are wrong in their life, but wouldn't it be a better world if we focused on all that is GOOD?

- 
- 1 Gottlieb DJ, Punjabi NM, Newman AB, Resnick HE, Redline S, Baldwin CM, Nieto FJ. Association of sleep time with diabetes mellitus and impaired glucose tolerance. *Arch Intern Med.* 2005;165:863-867
  - 2 According to Total Health Breakthroughs, in their Friday, June 4, 2010 edition, the hormone ghrelin, produced in the intestines, stimulates appetite. The hormone leptin, made by fat cells, signals the brain when you are full. Lack of sleep causes ghrelin levels to go up – and leptin levels to go down. *I suppose your body is asking you to eat more food (usually “carbohydrates”) to get you to sleep!*

## The 4 Building Blocks of Healthy Eating

The Fit 'n Healthy Plan is based on four building blocks. Whether you eat meat or not, this plan recommends that each of your meals consist of these four components.

### Block 1: Protein (animal or plant)

**For meat eaters:** Strive for meats or eggs from animals that graze on grass. Choose fish and seafood with low mercury levels. Eat dairy that is raw, whole, cultured,<sup>1</sup> and made from pasture-fed animals.

**For vegetarian or vegan eaters:** Combine beans or legumes with nuts, seeds or whole grains to increase protein values. Vegetarians also have the option of enjoying dairy or eggs for vital protein and vitamin A requirements.

**Animal foods contain valuable fat-soluble vitamins like vitamin A and D that are critical for our health and well-being.** In fact, Dr. Weston A. Price, one of the most respected nutritional researchers of all time, in his legendary book, *Nutrition and Physical Degeneration*, found that neither protein, minerals nor water-soluble vitamins can be utilized by the body without vitamin A from animal sources.

Good protein-rich snacks are nuts<sup>2</sup> and seeds that have been properly prepared for the removal of phytates<sup>3</sup> and enzyme inhibitors or eaten raw. For the same reason, soy should be eaten only if it has been fermented.

### Block 2: Carbohydrates

Choose from a wide variety of vegetables, whole fruits, and properly prepared

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1 Dairy that has been fermented to improve the digestibility of the milk.

2 However, consider chestnuts, coconuts, macadamia and pecans to be primarily a carbohydrate and fat source.

3 Substances that bind to minerals in our bodies, blocking their absorption.

whole grains, beans and legumes<sup>1</sup>. Dairy<sup>2</sup>, nuts and seeds are also a source of carbohydrates. Strive to eat organically, or seek foods grown in rich, nourishing soil as opposed to those that have been sprayed with unwanted chemicals.

### Block 3: Fats and Oils

These selections should aim to be fats and oils that are consumed fresh. Choose monounsaturated oils like extra virgin olive oil and avocado oil, along with high Omega-3 fats such as cold-pressed and unrefined flax seed oil. For those of you interested in fats that are helpful for weight reduction, try organic butter and coconut oil. Dairy, nuts<sup>3</sup> and seeds are also a source of good fats.

### Block 4: Extras

**Sweeteners.** Strive for “natural” sweeteners while avoiding artificial sweeteners and sweeteners stripped of their vitamins and minerals. Check out the healthy natural sweeteners list found in Appendix 5.

**Beverages.** Filtered water is the primary beverage recommended along with herbal teas. You can also enjoy green or white tea, sparkling mineral water, freshly made vegetable juices, herbal coffee substitutes, coffee (preferably organic), decaf coffee (preferably organic and Swiss water processed), organic unpasteurized beer and organic wine.

**Condiments.** A wide variety of healthy condiments made with natural ingredients are listed in this book. Adding herbs and spices to your dishes is an easy and inexpensive way to reduce body pain and keep us well. Most of them can be found at your local grocery store and can be used to enhance all of your nutritious dishes. Don't hesitate to give them a try!

- 
- 1 Whole grains, beans and legumes need to be sprouted, soaked or fermented to neutralize the phytic acid and naturally occurring enzyme inhibitors. *Phytic acid* blocks the absorption of important minerals in our bodies, including calcium, magnesium, copper, iron and zinc.
  - 2 With the exception of a few cheese varieties.
  - 3 With the exception of chestnuts.

## Creating Healthy Meals & Snacks in 4 SIMPLE Steps

Eating well does not need to be expensive or time consuming. Now that you understand the 4 Building Blocks of Healthy Eating, you're ready to whip up your meals in 4 Simple Steps.

### Step one: Choose your protein

Strive to include a source of protein with each meal and snack. Protein with each meal keeps your blood sugar stable and your body energized - for the entire day! EXCEPTION: Low-glycemic vegetables<sup>1</sup> eaten as a quick snack is fine (without a protein or fat) because they do not cause a rapid rise in blood sugar.<sup>2</sup>

It is best to include an animal-sourced protein for 2-3 of your 4-5 meals per day (for those valuable vitamin A and D requirements). This means you would choose either a plant-sourced protein, as part of your other meals or low-glycemic vegetables as a quick snack.

\* If you are a vegetarian or a vegan, or you simply wish to have a meat-less dish as your main meal, it's best to combine beans or legumes with whole grains, nuts or seeds to yield a complete protein. Vegetarians have an additional choice of adding dairy and/or eggs to the mix.

Below is a list of healthy animal and plant-based protein sources along with serving size guidelines. Amounts are all listed "per serving."

### ANIMAL-SOURCED PROTEINS

#### Meats & Poultry

- Choose: fresh, pasture-raised<sup>3</sup> meats.

<sup>1</sup> Your handy list is found in Appendix 3.

<sup>2</sup> Whereas high glycemic vegetables and fruits have the opposite effect. They cause a rapid rise in blood sugars – which is what we need to avoid.

<sup>3</sup> Pasture-raised means that the animals actually spent much of their time grazing on grass, eating bugs and plants and NOT simply having an outside opening that allows the animals to go outside if they choose to (which is what can constitute a label as 'free range').

- Avoid: commercial meats from animals raised in confinement and fed grain products<sup>1</sup>, processed meats containing MSG, nitrates or nitrites.
- Serving sizes: use the palm of your hand as a serving size reference.
- Best choices: organ meats, beef, bison, lamb, veal, venison, moose, bear, bacon (nitrate free), chicken, turkey, duck and other fowl.

### **Fish & Seafood**

- Choose: fish and seafood with low mercury levels.
- Avoid: farmed salmon, canned fish containing soy, vegetable oil or hydrolyzed protein.
- Serving sizes: use the palm of your hand as a serving size reference.
- Best choices: anchovies, herring, mackerel (Atlantic), oysters, sardine, scallops, sole (pacific), squid, trout, tilapia, wild prawns and wild salmon.

### **Whole Eggs**

- Choose: eggs from pasture-fed chickens.
- Avoid: most regular commercial eggs.<sup>2</sup>
- Serving sizes: women and children - 2- 3 whole medium eggs. Men - 3-4 whole medium eggs.
- Best choices: eggs purchased directly from the farmer.<sup>3</sup>

### **Dairy**

- Choose: organic, raw, whole milk and cultured<sup>4</sup> dairy products produced from pasture-fed animals. Look for non-homogenized yogurt.
- Avoid: low-fat or skim milk that is pasteurized or ultra-pasteurized, imitation whipping cream, processed or imitation cheese-like products, and yogurt sweetened with sugar.
- Serving sizes: women and children - ¼ cup of cheese or 1 cup of milk

<sup>1</sup> Cows are herbivores with a natural diet of grass, herbs and bugs.

<sup>2</sup> Found to contain antibiotic residue and are less nutritious than pasture-fed chicken eggs.

<sup>3</sup> Studies indicate that pasture-fed chicken eggs have 2 times more anti-inflammatory fats (omega-3)!

<sup>4</sup> Dairy products that have been fermented.

or yogurt. Men - 1/3 cup of cheese or 1 1/2 cups of milk or yogurt.

- Best choices: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows.

### **Protein Powders**

- Choose: whey isolate powders that are undenatured (cold-pressed). Brown rice, pea, hemp, pumpkin seed or fermented soy are all great vegetable protein powder sources.
- Avoid: whey concentrate powders, egg or egg white protein powders. Also, avoid soy protein powder that is not fermented.
- Serving sizes: women and children-between 20-25 grams; men -between 35-45 grams.
- Best choices: whey protein isolate (Hi-Alpha<sup>1</sup> whey isolate powders are considered the best available today), brown rice, pea, hemp, pumpkin seed or fermented soy.

## **PLANT-SOURCED PROTEINS**

### **Fermented Soy Products**

- Choose: organic and unpasteurized soy products when possible.
- Avoid: all unfermented soy products.<sup>2</sup>
- Serving sizes: women and children -up to 1/3 cup; men - up to 1/2 cup.
- Best choices: natto, miso and tempeh.

### **Plant-Sourced Protein Powders**

- Choose: brown rice, pea, hemp, pumpkin seed and fermented soy protein powder.
- Avoid: white rice or unfermented soy protein powders.
- Serving sizes: women and children - between 20-25 grams; men-

1 Hi-Alpha (alpha lactalbumin) is one of the most abundant protein fractions found in mothers' breast milk (>25%) and is considered the most perfect form of protein for the human body.

2 Unfermented soy products are goitrogenic and contain phytic acid. Most soy products are Genetically Modified (GMO).



between 35-45 grams.

- Best choices: sprouted or organic brown rice protein powder, pea, hemp or pumpkin seed powders. Fermented soy is also a good source.

### **Nuts & Seeds (and their butters)<sup>1</sup>**

- Choose: nuts and seeds that have been properly sprouted or soaked to neutralize the phytates and enzyme inhibitors, which put a strain on the digestive system. Alternately, eat the majority of your nuts and seeds fresh and raw (except for peanuts!) Look for raw nut and seed butters. EXCEPTION: Peanuts should never be eaten raw. Buy freshly ground peanut butter made from roasted organic peanuts instead.<sup>2</sup>
- Avoid: nut butter made with added sugar, partially hydrogenated vegetable oils or chemical additives.
- Serving sizes: women and children - 2 – 3 tbsp nuts or seeds or ¾ tbsp nut or seed butter; men - 3 – 4 tbsp nuts or seeds or 1 tbsp of nut or seed butter.
- Best choices: all nuts and seeds are good. However, consider chestnuts, coconuts, macadamia and pecans to be primarily a carbohydrate and fat source.

### **Step two: Choose your carbohydrate**

The majority of your carbohydrates need to be from vegetables and fruits.

Strive to incorporate 5 servings of these for children ages 2-6 (and some women and older adults) and up to 9 servings a day for teenage boys and adult men.

Limit the other sources of carbohydrates. Amounts are all listed “per serving.”

### **Veggies**

- Choose: organic or “spray-free” veggies.<sup>3</sup> For high nutrient value, look

1 Good protein sources for snacks but probably not enough protein for main meals unless combined with beans or legumes.

2 Peanuts contain *aspergillus flavus*, a mould that produces aflatoxin – one of the most carcinogenic substances known. Therefore keeping peanuts to a minimum is recommended.

3 For those on a tight budget, see page 71 “Going Organic on a Budget” for helpful tips!

for ones that are locally grown and in season. Don't forget to wash conventionally grown vegetables to remove as much of the pesticides and fungicides as possible.

- Avoid: canned vegetables.
- Serving sizes: use your fist as a serving size reference. If you're trying to lose weight, focus on eating a higher concentration of low-glycemic<sup>1</sup> vegetables and limit your intake of the moderate – high glycemic ones. Eating vegetables that are low glycemic can help nourish the body while avoiding unwanted body fat storage.
- Best choices: low glycemic: alfalfa sprouts, artichoke, asparagus, bamboo shoots, bean sprouts, beet greens, bell pepper, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, collards, summer squash, cucumber, dandelion greens, eggplant, endive, green beans, lettuce, kale, kohlrabi, leeks, okra, onions, radish, mustard greens, scallions, spaghetti squash, spinach, Swiss chard, tomatillo, tomatoes, turnips, turnip greens, watercress, yellow beans and zucchini.
- Best choices: moderate – high glycemic: beets, carrots, corn, jicama, parsnips, potatoes, pumpkin, sweet potatoes, winter squash and yams.

### Fruits

- Choose: organic or “spray-free” fruits. Strive to eat fruits that are locally grown and in season for high nutrient value. Wash conventionally grown fruits to remove as much of the pesticides and fungicides as possible.
- Avoid: canned fruits sweetened with added sugar.
- Serving sizes: women and children - use your fist as a serving size reference. EXCEPTION: a serving of dried fruit is 1 tbsp. Men - use your fist as a serving size reference. EXCEPTION: a serving of dried fruit is 1½ tbsp.

<sup>1</sup> Low glycemic simply means a gradual rise in blood sugar after consuming these types of foods, as compared to consuming the moderate-high glycemic foods, which would cause a sharper rise in circulating blood sugar. A sharp rise in blood sugars levels can lead to unwanted body fat storage.

- Best choices: all whole fruits are good. For high antioxidant<sup>1</sup> levels and lower sugar values, choose berries.

### **Beans & Legumes**

- Choose: beans and legumes that have been properly soaked, sprouted or fermented, to neutralize phytic acid and enzyme inhibitors. Properly preparing these foods also help to break down complex sugars that are otherwise, difficult to digest.
- Avoid: canned baked beans.<sup>2</sup>
- Serving sizes: women and children - about  $\frac{1}{3}$  cup; men -about  $\frac{1}{2}$  cup.
- Best choices: dried beans, lentils, dried peas.

### **Whole Grains**

- Choose: whole grain products that have been properly soaked, sprouted or fermented for the removal of phytates and enzyme inhibitors. When purchasing ready-made whole grain breads, look for sourdough or sprouted breads that ideally, do not contain added gluten. Sprouted grain breakfast cereals are a good alternative to commercial breakfast cereals.
- Avoid: commercial breakfast cereals that do not need cooking, quick oats, white breads and pasta, white rice and white rice products.
- Serving sizes: women and children - 1 slice of whole grain bread or  $\frac{3}{4}$  large wrap or  $\frac{1}{2}$  cup of cooked whole grain or a small handful of whole grain crackers. Men - 2 slices of whole grain bread or  $1\frac{1}{2}$  large wraps or 1 cup of cooked whole grain or a small handful of whole grain crackers.
- Best choices: amaranth, barley, quinoa, millet, buckwheat, kamut, whole wheat, whole oats, steel cut oats, Scottish oats, brown rice, wild rice, rye, spelt.

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<sup>1</sup> Antioxidants are substances that neutralize potentially harmful free radicals in our bodies.

<sup>2</sup> Although the canning process reduces phytic acid, prolonged high heat denatures the protein component. For this reason, use canned beans for emergencies only.

**Nuts & Seeds (and their butters)**

- Choose: nuts and seeds that have been properly sprouted or soaked to neutralize the phytates and enzyme inhibitors, which put a strain on the digestive system. Alternately, eat the majority of your nuts and seeds fresh and raw (except for peanuts!) Look for raw nut and seed butters. EXCEPTION: Peanuts should never be eaten raw. Buy freshly ground peanut butter made from roasted organic peanuts instead.<sup>1</sup>
- Avoid: nut and seed butter made with added sugar, partially hydrogenated vegetable oils or chemical additives.
- Serving sizes: women and children - 2 – 3 tbsp nuts or seeds or ¾ tbsp nut or seed butter. Men - 3 – 4 tbsp nuts or seeds or 1 tbsp of nut or seed butter.
- Best nut and seed sources: all are considered excellent for your health with the exception of peanuts

**Dairy**

- Choose: organic, raw, whole milk and cultured dairy products produced from pasture-fed animals. Look for non-homogenized yogurt.
- Avoid: low-fat or skim milk that's pasteurized or ultra-pasteurized, imitation whipping cream, processed or imitation cheese-like products, and yogurt sweetened with sugar.
- Serving sizes: women and children - ¼ cup of cheese or 1 cup of milk or yogurt. Men - ½ cup of cheese or 1½ cups of milk or yogurt .
- Best choices: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows.

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<sup>1</sup> Peanuts contain *aspergillus flavus*, a mould that produces aflatoxin – one of the most carcinogenic substances known. Therefore keeping peanuts to a minimum is recommended.

### Fermented Soy Products

- Choose: organic and unpasteurized soy.
- Avoid: all unfermented soy products.
- Serving sizes: women - up to  $\frac{1}{3}$  cup; men - up to  $\frac{1}{2}$  cup.
- Best choices: natto, miso and tempeh.

### Step three: Choose your fat

Select your fat of choice from the list below as part of every meal and snack.

EXCEPTION: Low glycemic vegetables can be eaten without a fat or protein, however, for best health, it is best to add in a healthy fat.<sup>1</sup>

Amounts are all listed “per serving.”

### Nuts & Seeds (and their butters)

- Choose: nuts and seeds that have been properly sprouted or soaked to neutralize the phytates and enzyme inhibitors, which put a strain on the digestive system. Alternately, eat the majority of your nuts and seeds fresh and raw (except for peanuts!) Look for raw nut and seed butters.
- Avoid: nut butter made with added sugar, partially hydrogenated vegetable oils or chemical additives.
- Serving sizes: women and children - 2 – 3 tbsp nuts or seeds or  $\frac{3}{4}$  tbsp nut or seed butter. Men - 3 – 4 tbsp nuts or seeds or 1 tbsp of nut or seed butter.
- Best choices: all, except peanuts<sup>2</sup> are excellent for health. Consider chestnuts to be primarily a carbohydrate source.

### Dairy

- Choose: organic, raw, whole milk and cultured dairy products produced from pasture-fed animals. Look for non-homogenized yogurt.
- Avoid: low-fat or skim milk that is pasteurized or ultra-pasteurized, imitation whipping cream, processed or imitation cheese-like products, and yogurt sweetened with sugar.

1 Healthy fats help to absorb the fat-soluble vitamins that are naturally present in vegetables.

2 Peanuts contain *aspergillus flavus*, a mould that produces aflatoxin – one of the most carcinogenic substances known. Therefore keeping peanuts to a minimum is recommended.

- Serving sizes: women - ¼ cup of cheese or 1 cup of milk or yogurt. Men - ⅓ cup of cheese or 1½ cups of milk or yogurt.
- Best choices: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows.

### Fermented Soy Products

- Choose: organic and unpasteurized soy.
- Avoid: all unfermented soy products.
- Serving sizes: women and children -up to ⅓ cup; men - up to ½ cup.
- Best choices: natto, miso and tempeh.

### Oils & Other Fats

- Choose: monounsaturated fats, especially extra-virgin olive oil.<sup>1</sup> For cooking at high heat, use avocado oil, grape seed oil or refined coconut oil. Be careful not to burn your oil!<sup>2</sup> Use fresh butter and cream, preferably raw and cultured made from pasture-fed cows. It's also a good idea to rotate your oils throughout the month.<sup>3</sup>
- Avoid: corn, canola, sunflower or safflower oil<sup>4</sup> and soy oil, as well as all margarines and spreads containing partially hydrogenated oil.
- Serving sizes: women and children - ¾ tsp of added oil or butter or ¼ of an avocado or 2 – 3 tsp of olives. Men - 1 tsp of added oil or butter or ½ an avocado or 3 – 4 tsp of olives.
- Best choices: extra virgin olive oil, avocado oil, coconut oil, grape seed oil, unrefined sesame seed oil, hazelnut oil, macadamia oil, almond oil, hemp seed oil, unrefined flax seed oil, walnut oil, pumpkin

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1 Look for extra virgin olive oil that is cloudy with a golden, yellow colour. This type of colouring usually indicates that the olives used in producing the oil were fully ripened with a higher antioxidant value and general nutrient value.

2 Burning oils turns a "good" fat into a "bad" fat.

3 Rotating your oils allows you to benefit from the variety of phyto-nutrients naturally present in each of them.

4 According to Sally Fallon in her book *Nourishing Traditions*. "Use of these oil should be strictly limited. They should never be consumed after then have been heated...high oleic safflower and sunflower oils, produced from hybrid plants, have a composition similar to olive oil, namely, high amounts of oleic acid and only small amounts of polyunsaturated fatty acids and thus are more stable than traditional varieties. However, it is difficult to find truly cold-pressed versions of these oils".

seed oil, avocado, ghee, butter and olives.

*Best cooking oils<sup>1</sup> for high heat/stir fry (405 – 520° F):*

avocado oil, grape seed oil, coconut oil, refined hazelnut oil, macadamia oil, ghee (Indian clarified butter), almond oil, any fat that occurs naturally in meats and poultry.

*Best cooking oils for medium/low heat (320 – 375° F):*

extra virgin olive oil, unrefined sesame oil, butter, coconut milk, unrefined coconut oil, hemp oil.

*Best cooking oils for low/medium heat (225 – 320° F):*

unrefined walnut oil, high oleic safflower / sunflower oil.

*Keep in refrigerator and do not heat:*

unrefined flax oil, pumpkin seed oil.

#### Step four: Choose your extras – wisely

##### Natural Sweeteners

*\*Amounts listed as “per serving”*

- Choose: sweeteners that have kept their naturally occurring vitamins and minerals. Those watchful of their blood sugar levels should look for low-glycemic<sup>2</sup> sweeteners to enjoy these alongside healthy fats.<sup>3</sup>
- Avoid: artificial sweeteners and refined sweeteners.<sup>4</sup>
- Serving sizes: 1 tsp – 1 tbsp
- Best choices: stevia,<sup>5</sup> unpasteurized honey,<sup>6</sup> agave nectar,<sup>7</sup> palm sugar,<sup>8</sup> real maple syrup, un sulphured molasses, brown rice syrup, barley malt,

1 According to Wikipedia.

2 Low (GL) sweeteners raise blood sugar levels slowly; high (GL) sweeteners raise blood sugar levels quickly.

3 Healthy fats like butter, cream and coconut oil help to slow down the absorption of sugar into the bloodstream.

4 See Appendix 9 and Appendix 10 for your handy list.

5 Best choice. stevia is a naturally sweet plant with a glycemic load of zero (a low glycemic load is a good thing!)

6 Not suitable for infants under 1 year of age.

7 Controversial. Agave nectar has a very low glycemic load; however, some information suggests agave nectar is a highly refined form of fructose.

8 Great choice! Coconut sugar is another name for palm sugar. It is derived from the cactus plant and has a very low glycemic load.

date sugar, evaporated cane juice, Xylitol,<sup>1</sup> lou han guo, dried fruits.

### **Beverages**

- Choose: filtered water as your main daily beverage.
- Avoid: soda pop.
- Daily water intake: 1 litre of filtered water for every 50 pounds of body weight. Drink more if breastfeeding, in extreme heat, doing extreme sport, or detoxifying.
- Best choices: filtered water; herbal teas (decaffeinated), which can be used as part of your daily water intake; green or white tea, plain sparkling mineral water – a great occasional replacement for soda pop; raw, unpasteurized vegetable juice (up to 1 cup per day), which counts as a carbohydrate source when combining meals; coffee (1 – 2 cups per day), ideally organic or decaffeinated (choose “Swiss water processed” to avoid unwanted chemicals commonly used during the decaffeinating process); organic unpasteurized beer (no more than 2 bottles per day); organic wine (no more than 1 medium size glass per day, best consumed with a meal); herbal coffee substitutes.

### **Condiments**

- Choose: condiments that are unrefined and fresh.
- Avoid: refined sugars, hydrogenated oils, MSG, artificial flavours, chemical additives and colours.
- Serving size: use liberally
- Best choices: barbeque /teriyaki sauce, salsa, relish, low sugar ketchup, mustard, steak sauce, soy sauce (low sodium, naturally fermented), all dry seasonings, vinegar (raw apple cider, balsamic, red/white wine, brown rice), all non-irradiated herbs, all spices, yeast (nutritional yeast, brewers yeast), wasabi powder, miso paste, salt (Celtic, Himalayan, or other natural mineral salt).

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<sup>1</sup> Choose Xylitol sweetened gum or toothpaste instead of gum that is sweetened with artificial sweeteners.



## The 4 Deadliest Foods – Avoid These!

### #1. Refined sugar and artificial sweeteners

Refined sugars include: corn syrup, fructose, sucrose, maltose, malt sugar, dextrose, cane sugar, corn sugar, succonat, white, brown and raw sugar, Demerara sugar, galactose, glucose, high fructose corn syrup, invert sugar, lactose, malt, maltodextrin, powdered or confectioner's sugar, turbinado sugar and polydextrose.

Artificial sweeteners include: Aspartame<sup>1</sup> Acesulfame-K<sup>2</sup>, Saccharin<sup>3</sup>, Sucralose<sup>4</sup>, Alitame and Cyclamate

### #2. Trans and unstable fats

Trans fats include: hydrogenated or partially hydrogenated fats/oil, margarine and shortening.

Unstable fats include: sunflower or safflower oil, soy oil, cottonseed oil, corn and canola oil.

### #3. White flour

Other names for white flour include: enriched flour, stone ground wheat flour and wheat flour.

### #4. Pasteurized cow's milk and processed cheese slices

Pasteurized cow's milk is everything except raw cow's milk.

Processed cheese slices (cow) include processed cheese snacks. Velveeta cheese slices and Kraft cheese are just two examples of processed cheese slices.

To learn about the “7 Most Toxic Substances”, visit [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com) and look under “Nutritional Tools”.

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1 Also known as Equal and Nutrasweet.

2 Also known as Acesulfame potassium, Sunette, Sweet One, Sweet n' Safe.

3 Also known as Sweet n' Low, Sugar Twin.

4 Also known as Splenda.

## Eat Raw Foods for Better Health – You Can Do It!

What's all the fuss about raw foods? Raw foods are “live” foods with live enzymes that help your body work better. These enzymes are especially helpful for proper digestion and absorption of nutrients.<sup>1</sup> Although your body does produce its own enzymes, it only has a limited supply.

When we eat foods that are dead and devoid of nutrients, like processed foods from a box or a diet consisting largely of foods that are cooked for too long, we feel tired and dead.

So what's the solution? Rather than trying to eliminate processed and cooked foods altogether, simply focus on increasing your percentage of raw. A good goal to work towards is eating 50 – 60% of your foods raw. This isn't as hard as it might seem – remember, raw foods come in the form of vegetables, fruits, meats (steak tartar), cheese, milk, nuts and seeds.

Some foods are actually better for us when cooked (properly). These include grains, legumes and even certain vegetables. For instance, beet tops, spinach and Swiss chard, when consumed raw, contain a substance called oxalic acid that blocks our body's absorption of calcium and iron. Similarly, cabbage, broccoli, kale and Brussels sprouts all contain goitrogenic properties that block absorption of iodine, which is necessary for healthy thyroid production. Cooking (and fermenting) neutralizes these harmful substances.<sup>2</sup>

Grains or legumes that are sprouted should also be consumed lightly steamed or added to hot soup and stews, as raw sprouts have been known to contain irritating substances. Legumes that are not sprouted should be soaked and cooked for long periods of time (+ 4 hrs) to deactivate enzyme inhibitors. Adding lemon juice or the liquid from fermented vegetables (i.e. sauerkraut) to bean or lentil soup also helps them to be better digested.

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1 Having good digestion is important to good health! Many diseases are associated with poor digestion.

2 However, I am of the belief that one serving of dark leafy greens, *raw*, is fine to have (i.e. in your Smoothies), just make sure you slightly cook these greens in all of your other dishes.

## **EASY-ing Your Way into the Plan - You're on your way!**

If you find you need a bit of help to transition to a healthier lifestyle, this section is for you. Each week, choose one (or more) of the provided tips and in one short month you'll notice that your current routine has been replaced by healthier habits. Easy!

### **The difference between being healthy and not is doing the work!**

This book is written in a way that explains the work that you need to do to get fit and healthy, however, for you to benefit from the work, you need to do the work – here is how, the easy way!

#### **Week 1:**

Continue with your current regime and make at least one of the following adjustments:

- 1) Drink enough filtered water. Aim towards drinking one litre of filtered water for every 50 pounds of body weight. Remember to drink between meals – ideally, a half hour before or one hour after. Your goal is to be up to your total daily requirement by the end of this week.
- 2) Increase your vegetable intake. This may mean that you exchange one serving of grain with one serving of vegetables. Experiment with various vegetables and dark leafy greens. Your goal is to make “a salad a day” a new daily habit.
- 3) Replace all processed cow's milk and processed cheese slices with selections listed in Appendix 2: Healthy Proteins: Best dairy sources. Alternately, try oat, almond, brown rice or coconut milk. Your goal is to experiment with new healthy dairy selections (or alternatives) to find the ones you love.

#### **Week 2:**

Continue with your current regime and make at least one of the following adjustments:

- 1) Eat a healthy protein with each meal. Get to know your healthy protein sources and how to combine them to make tasty snacks and meals. See Appendix 2 for a list of protein options. Your goal is to think, “What is my protein source going to be?” when you plan each meal.
- 2) Get to know your sweeteners. Work to replace all refined and artificial sugars with healthier choices. See Appendix 5 for a list of good natural sweeteners. Your goal is to remove all unhealthy sugars from your home and only have healthy, natural sweeteners to use when needed.
- 3) Start a journal. Journaling can help pinpoint what’s working in your routine as well as what needs to be adjusted. Record everything you eat and drink along with how you felt that particular day. Your goal is to journal each day for the week, but ideally, see if you can incorporate this habit for one month. Doing so will really give you a true picture as to which foods give you energy and which do not. See page 129 for your Sample Journal Page.

**Week 3:**

Continue practicing the new, healthier habits learned in weeks one and two and add any one of the following changes:

- 1) Get enough sleep. Your goal is to get 8 – 9 hours of uninterrupted sleep every night this week.
- 2) Get to know your grains. See Appendix 3 for a list of healthy carbohydrate grain options. If you’re feeling brave, you can try soaking and/or sprouting your whole grains for better digestion and nutritional value. *Note: For information on how to soak or sprout your grains, go to Preparation Tips - Grains, Nuts, Seeds, Beans and Legumes – for better digestion, on page 117.* Your goal is to remove all white flour products from your home and replace them with whole grain ones.
- 3) Know your fats. Replace all trans fats and unstable fats with healthy ones. See Appendix 4 for recommended sources. Your goal is to try new fats or

oils such as chia seeds, hemp seed oil, and coconut oil. These are the healthy fats that are very important for hormonal balance, healthy circulation and proper immune function.

#### **Week 4:**

Continue to enjoy your new healthy habits and add any of these additional changes:

- 1) Eat regularly. Your goal is to have a snack or meal every 3 – 4 hours. Include a healthy protein, carbohydrate and fat source each time. See “Creating Healthy Meals & Snacks in 4 SIMPLE Steps” on page 22 for a refresher.
- 2) Eat just enough. Eat until your hunger is satisfied, ensuring that you are not overfull. Get to know when you are full and stop. Move onto your next activity and eat again in another 3 – 4 hours. If you are having difficulty recognizing when you are full, follow the serving size guidelines outlined in “Creating Healthy Meals & Snacks in 4 SIMPLE Steps.” You might also want to try eating three quarters of what you would normally eat and then waiting for 15 minutes to see if your hunger has been satisfied.
- 3) Plan to succeed. Plan your meals and snacks in advance and have the foods and ingredients you need readily available. Bring your foods (and water) with you when traveling. Think about your protein source for each meal and snack.<sup>1</sup> Keep track of the amount of vegetables and fruits you eat to ensure you’re getting the recommended daily amount of five to nine servings.

Whew!

Congratulations – your four weeks are over! Even if you implemented just one of the tips, you are still moving towards a healthier lifestyle. I encourage you to step forward and pick another one until you eventually master them all. With practice and a little creativity, the changes you’ve made can become lifetime habits. This is the key to a healthier life!

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<sup>1</sup> The only exception to the “protein with every meal/snack” is a snack consisting of low-glycemic vegetables. For more information, refer back to “Step two: Choose your Carbohydrate” on page 25.

## Clearing Out Your Cupboards – Go Go Go!

Clearing out your cupboards will help prepare you for success by getting rid of temptation. If the “bad” foods aren’t readily available, you’re much less likely to consume them. After all, we’re all slaves to convenience!

Here’s what to do. Have a good look at what’s currently in your kitchen cabinets, as well as your pantry, freezer and refrigerator. As you go through each area, read the labels and complete steps 1 – 3 (below). Place unopened foods containing any of the “no-no” ingredients into a box and donate them to your local food bank.<sup>1</sup> Throw opened foods in the garbage. It might be best to have a friend sort through everything with you so you don’t make concessions. If you want to keep some of the less healthy choices for guests, (not everyone will be as diligent about their nutrition as you!) just label it “guest food”, put it in a clear box, and store it away from your main food area.

### Step 1: Remove foods containing trans fats and unstable fats.

#### Trans fats and Unstable fats

Margarine, vegetable shortenings, corn, soybean, canola, cheap or old cooking oils and anything NOT listed in Appendix 4.

Additionally, if you see the words “hydrogenated” or “partially hydrogenated” in the ingredient list, this food is not for you!

### Step 2: Remove foods containing refined sugar and artificial sweeteners.

#### Artificial Sweeteners

Aspartame, Acesulfame-K, Alitame, Cyclamate, Saccharin, Splenda, Sucralose

#### Refined Sugars

Corn syrup, fructose, sucrose, maltose, malt sugar, dextrose, cane sugar, corn sugar, succanat, white, brown and raw sugar, Demerara sugar, galactose,

<sup>1</sup> I’m of the frame of mind that it’s better to give them to someone who doesn’t have much food, than to throw them out.

glucose, high fructose corn syrup, invert sugar, lactose, malt, maltodextrin, powdered or confectioner's sugar, turbinado sugar and polydextrose

You don't have to be obsessed about avoiding refined sugars; just be aware that there are better alternatives. If you have a health condition, well . . . then it is a good idea to try to replace them altogether. There are some excellent natural sweetener choices! (Refer to Appendix 5). Artificial sweeteners aren't good in any amount.

**Step 3: Remove all other “unacceptable” foods.**

These include refined grains (white flour products such as white bread, white pasta or white rice), pasteurized milk and other processed foods. Refer to “The 4 Deadliest Foods” on page 33 for a quick reminder on what to avoid. Try your best to steer clear of preservatives and colouring, especially if you have young children in your family. Children's developing livers and kidneys simply cannot tolerate fake ingredients. The worst culprits are red or yellow dyes and MSG. MSG, short for monosodium glutamate, is a nerve poison that destroys nerve cells.

## Keeping the Good Foods (Now that there's room!)

Now that you have cleared your cupboards of the foods that have kept you from looking and feeling your best, it's time to fill them back up with new foods to enjoy and restore your health and vitality!

The next time you go grocery shopping, bring some of the lists in the Appendices with you. Save time by making several photocopies in advance.<sup>1</sup> Read food labels and use what you've learned to choose smart ingredients. Be a smart shopper and use your dollars to support real "health food." Buying foods that support health will help to bring the cost down. The more demand, the more supply – the better the price!

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<sup>1</sup> Remember, some modifications might be required according to restrictions made by your Natural Health Care Provider, or from the Food, Supplement and Lifestyle Recommendations written in your "Interpreting Your Results" Report.



## Cost-Effective, Time-Saving Tips to Eating Well

### Tip #1: Buy from your local farmers' market.

Often you will find all sorts of locally grown fresh fruits and vegetables at lower than retail prices. Organic meats and fresh seafood are often sold at lower prices. Fresh eggs and locally made goat or sheep dairy products may also be available.

### Tip #2: Buy larger amounts at lower prices and freeze.

Invest in a separate freezer and fill it with flats of seasonal fruits. Vegetables can be blanched<sup>1</sup> and frozen as well (e.g. peppers are at an all time low price when in season). Items that respond well to freezing are: meats, seafood, butter, fruits and berries, most vegetables (blanched first), nuts, seeds and whole grains.

### Tip #3: Buy with friends.

Ask a few friends to join you in purchasing a large amount of meat, a 25-lb bag of nuts or seeds, or any bulk food. Look for buying clubs in your area and either join one or start one yourself! Buying clubs allow you to cash in on the savings wholesale pricing offers. Having extra amounts of food in your home also saves you time from frequent grocery trips.

### Tip #4: Consider the cost per serving when purchasing meats and seafood.

Ideally, an adult serving should cost no more than \$2 – \$3. So, if an entire chicken costs \$25, it should provide 8 – 12 adult servings.

Remember, it is better for your body to buy a higher quality meat and eat less of it, then to buy a lesser quality meat and eat more of it.

### Tip #5: Plant a garden.

This is an especially great tip if you have children! Involving children in gardening (from seed to plant) actually increases the variety and amount of fruits and vegeta-

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<sup>1</sup> To blanch: simply place your vegetables in a pot of boiling water for 2 – 3 minutes, remove them with a strainer, and then place them into a pot of cool water (you can add ice cubes if you like). Once cool, place the veggies into a freezer bag and they'll keep for up to two years without freezer burn. They'll also retain most of their nutrients!

bles that the children will eat – without a struggle<sup>1</sup>! Besides, having fresh fruits and vegetables at your doorstep is a super convenient way to enjoy these tasty treats. If you live in an apartment, use your balcony (if you have one) and plant in decorative pots. Rooftop gardening is also something to consider - when possible.

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1 This really works with our children. After planting and harvesting a salad mix, they began eating them right out of the garden!

# Part Two:

## Your Action Plan

### The 21-Day Quick Start Meal Plan

Now it's time to take action! Below are 21 days of pre-designed meals that you can start with right away.

#### BEFORE YOU START...

1. Feel free to exchange one protein source for another. You can do this for any carbohydrate or fat source as well to suit your taste buds.
2. You do not need to eat the amount of food suggested in each meal. These are simply guidelines. Just make sure you eat a source of protein with each meal.<sup>1</sup>
3. Avoid all of your known food sensitivities and use replacements.
4. Properly prepare all whole grains, beans and lentils, nuts and seeds by soaking and/or sprouting before consuming them – when possible. Go to page 117, Preparation Tips: Grains, Nuts, Seeds, Beans and Legumes to learn how. Taking this extra step saves you time in the long run because these foods take less time to make – it's gotta be easy!!!
5. Eat organic foods if possible to avoid the herbicides, pesticides and fungicides present in non-organic foods.
6. Choose meats that are naturally raised and organically fed.

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<sup>1</sup> Remember, the exception to this rule is low-glycemic vegetables, which can be consumed on their own because they provide a gradual release of glucose, whereas high-glycemic vegetables need a source of protein and fat to slow the glucose release.

## DAY 1 – DAY 21

### Day 1

#### Morning

As soon as you wake, drink 500 ml (2 glasses) toward your pre-measured amount of filtered water.

Take any supplements away from meals now.

#### ***1st Meal: Breakfast***

***Have breakfast only when you are hungry and not before.*** Let your body tell you when you need to eat – not some diet book. Breakfast means – breaking-the-fast (which means giving your body a rest for 12-14 hours from the time you eat dinner to the time you eat breakfast). This *might* mean you bring your breakfast to work with you, which is fine. Don't feel pressured to eat if you're not hungry! Trust yourself, not a textbook.

#### **1st Meal: Breakfast**

Smoothie made in the blender using apples (core removed), filtered water (add more water if you want to drink your smoothie), a handful of kale, a ripe avocado and vanilla protein powder. Place in a big tall glass and drink slowly.

*How to eat your smoothie instead of drink it:* Blend all ingredients except the protein powder. Pour contents into bowl. Top with protein powder. You can also try omitting the avocado and choose a different fat source like ground flax seeds, ground hemp seeds, ground chia seeds or simply replace the avocado with a healthy oil or nut/seed butter (see Appendix 4: Healthy Fats for more ideas).

*How to pack a smoothie to work:* Blend all ingredients except the protein powder and place in a plastic container to go. Make sure you keep your protein powder separate until you are ready to consume everything. Add and mix just prior to enjoying!

If you are still hungry after your smoothie: Have an additional serving of whole grain with or without a touch of sweetener. If you know you are having a whole grain alongside your smoothie, save your fat source as part of the whole grain (by not adding avocado to the smoothie). Great fat source options to add to the whole grain are: butter, flax oil, and nut or seed butters. Sweetener is optional. See Appendix 5 for Your Natural Sweetener List.

Take any supplements with meals now.

Between meals: Drink more filtered water.

### **1st Snack**

Have a variety of cut up vegetables with a serving of nuts or seeds.

*Option #2:* A Good Morning Sunshine Muffin (see Fit 'n Healthy Recipes) with or without a little butter.

Between meals: Drink more filtered water

Take any supplements away from meals now.

### **2nd Meal: Lunch**

A bowl of Chicken Soup (see Fit 'n Healthy Recipes), homemade or store bought, with or without a handful of whole grain crackers.

Between meals: Drink more filtered water.

### **2nd Snack**

A snack bar. See Fit 'n Healthy Recipes to make you own Chewy Chocolate Balls, or purchase ready-made ones with raw, organic nuts, seeds, dried fruit, herbs and whey or brown rice protein powders ingredients.

Between meals: Drink more filtered water.

### **3rd Meal: Dinner**

Grilled Wild Salmon over a large, raw vegetable salad topped with healthy dressing (see Fit 'n Healthy Recipes for ideas). Add a spoonful of brown/wild rice with added herbs of your choice on the side.

Take any supplements with meals now

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## **Day 2**

**Morning:** Repeat Day 1

### **1st Meal**

Plain yogurt topped with a serving of chopped nuts or seeds (or 2 – 3 tbsp of the Best Tasting Granola found in the Fit 'n Healthy Recipes) and a handful of berries.

*If you are still hungry:*

Have an additional whole fruit, 1 cup of berries or piece of whole grain toast.

Take any supplements with meals now.

Between meals: Drink more filtered water.

### **1st Snack**

Chicken wieners with a side of cut up veggies. See Appendices for Your Healthy

Condiment List and added condiments to enjoy with this dish.

Between meals: Drink more filtered water

### **2nd Meal**

A large salad with mixed cut up vegetables of your choice topped with goat feta cheese drizzled with a combination of: balsamic vinegar, extra virgin olive oil, oregano and basil and a touch of real maple syrup.

*OR*

A variety of cut up vegetables, a side of goat feta cheese (in cubes) and a slice of whole grain bread topped with hummus store bought or homemade (see Fit 'n Healthy Recipes for your homemade recipe).

Between meals: Drink more filtered water

Take any supplements away from meals now

### **2nd Snack**

Chopped banana or strawberries topped with raw almond butter and chocolate protein powder.

Between meals: Drink more filtered water

### **3rd Meal**

Roasted chicken with a small side of roasted vegetables (try potatoes, yams and carrots) and coleslaw (see Fit 'n Healthy Recipes for your coleslaw recipe).

Take any supplements with meals now.

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## **Day 3**

**Morning:** Repeat Day 1

**1st Meal**

A Smoothie made in the blender using a cup of mixed berries, a handful of spinach, filtered water and pina colada flavoured protein powder. Have a side slice of whole grain toast with butter as well.

Take any supplements with meals now.

Between meals: Drink more filtered water.

**1st Snack**

A handful of whole grain crackers topped with raw almond butter.

Between meals: Drink more filtered water.

Take any supplements away from meals now.

**2nd Meal**

Canned wild salmon (or left over salmon) placed over a vegetable salad with assorted vegetables and greens. Top with ripe avocado and dressing made of a little wasabi, low sodium and wheat free soy sauce with a drizzle of maple syrup.

Between meals: Drink more filtered water.

**2nd Snack**

A serving of vanilla protein powder placed in a shaker cup filled with filtered water. Shake and drink.

Between meals: Drink more filtered water.



### 3rd Meal

A large veggie stir-fry with peanut sauce (see Fit 'n Healthy Recipes for peanut sauce recipe). Add chicken (from last night's dinner).

Take any supplements with meals now.

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### Day 4

**Morning:** Repeat Day 1

#### 1st Meal

Protein pancakes (see Fit 'n Healthy Recipes). Top with sliced fruits of your choice or a little butter and real maple syrup.

Take any supplements with meals now.

Between meals: Drink more filtered water.

#### 1st Snack

Plain yogurt topped with either chocolate protein powder or nuts or seeds.

Between meals: Drink more filtered water.

#### 2nd Meal

Kale and Lentil Soup with Fall Veggies (see Fit 'n Healthy Recipes). Serve topped with cheese or a slice of whole grain bread and butter on the side.

Between meals: Drink more filtered water.

#### 2nd Snack

Pumpkin Seed Butter Cookies (see Fit 'n Healthy Recipes) or have dried fruit

with nuts or seeds.

Between meals: Drink more filtered water.

### **3rd Meal**

Veggie Coconut Milk Stir Fry with grilled wild prawns (see Fit 'n Healthy Recipes).

Take any supplements with meals now

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## **Day 5**

**Morning:** Repeat Day 1

### **1st Meal**

5 Minute Oatmeal (see Fit 'n Healthy Recipes).

Take your supplements with meals now.

Between meals: Drink more filtered water.

### **1st Snack**

A handful of mixed veggies of your choice with hummus store bought or homemade (see Fit 'n Healthy Recipes for homemade hummus recipe).

Between meals: Drink more filtered water.

### **2nd Meal**

Grilled chicken (use size of your palm for amount) over a salad with Caesar dressing (see Fit 'n Healthy Recipes for Caesar dressing recipe).

Between meals: Drink more filtered water.

**2nd Snack**

Handful of your favourite cut up vegetables.

Between meals: Drink more filtered water.

**3rd Meal**

Poached eggs with parmesan cheese over a bed of wilted spinach. Have a side of sprouted grain toast with a little butter as well.

Take any supplements with meals now.

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**Day 6 (the Weekend)**

**Morning:** Repeat Day 1

**1st Meal**

French toast (see Fit 'n Healthy Recipes). Top with a little maple syrup or jam (sugar and artificial free).

Take any supplements with meals now.

Between meals: Drink more filtered water.

**1st Snack**

An apple with raw almond butter.

Between meals: Drink more filtered water.

**2nd Meal**

A big salad made with your choice of raw vegetables (e.g. radishes, tomatoes, lettuces, cucumbers, cauliflower, carrots, beets and all types of peppers). Top

with healthy dressing (see Fit 'n Healthy Recipes).

Between meals: Drink more filtered water.

### **2nd Snack**

Turkey or bison sausages and cut up celery or tomatoes.

Between meals: Drink more filtered water.

### **3rd Meal**

A bowl of grilled vegetables that include: broccoli, red onions, crushed garlic, mushrooms, cauliflower, red peppers and zucchini. Top the vegetables with a mixture of balsamic vinegar (about 2 tbsp), a little maple syrup (about ½ tsp), fresh or dried herbs (about 1 tbsp), a little mineral salt and shredded goat mozzarella.

Take any supplements with meals now.

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## **Day 7 (the Weekend)**

**Morning:** Repeat Day 1

### **1st Meal**

Soft boiled eggs, cut up tomato and a slice of spelt toast with butter.

Take any supplements with meals now.

Between meals: Drink more filtered water.

### **1st Snack**

Best Tasting Granola (see Fit 'n Healthy Recipes) or simply whole fruit and nuts or seeds.

Between meals: Drink more filtered water.

### **2nd Meal**

Ultimate Veggie Burgers (see Fit 'n Healthy Recipes) topped with melted goat mozzarella cheese.

Between meals: Drink more filtered water.

### **2nd Snack**

A handful of cucumbers and celery with a side of hummus, store bought or home made (see Fit 'n Healthy Recipes for your hummus recipe).

Between meals: Drink more filtered water.

### **3rd Meal**

Burger patties in a sprouted grain wrap with any of the fixings: sliced tomato, pickles, lettuce, onions, hummus, mustard, relish or low sugar ketchup. Have cut up tomatoes or a side veggie salad on the side.

Take any supplements with meals now.

*Now that you are familiar with having you water first thing in the morning and between meals and snacks, here is DAY 8 – DAY 21 outlined with just meals.*

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## **Day 8**

### **Breakfast**

Smoothie using blueberries and a banana, a handful of kale leaves, flax seed oil and vanilla brown rice protein powder.

### **Snack**

Hemp seeds, an apple and a handful of celery sticks.

**Lunch**

A large bowl of Bean soup with a side of cooked quinoa.

**Snack**

A protein shake made with filtered water.

**Dinner**

Wild salmon, quinoa with sauce, stir fried onions, garlic and kale.

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**Day 9**

**Breakfast**

Cooked oats, chopped almonds, a dollop of plain full fat yogurt topped with a handful of berries.

**Snack**

Celery sticks topped with cashew butter or raw cashews.

**Lunch**

A Bison meat patty and a side green salad with your favourite dressing.

**Snack**

A protein shake made with water.

**Dinner**

Sprouted grain pasta mixed with cannellini beans and mixed vegetables. Toss

with pesto (see Fit 'n Healthy Recipes).

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## Day 10

### **Breakfast**

An egg omelette made with mushrooms and spinach with a side of sourdough spelt toast.

### **Snack**

A banana with raw almond butter.

### **Lunch**

Coleslaw (see Fit 'n Healthy Recipes) with sunflower seeds.

### **Snack**

A Smoothie made with a few handfuls each of Swiss chard and kale, whole fruit, protein powder, chia seeds and filtered water. Blend in blender. Pour into a glass and chew each mouthful.

### **Dinner**

Bison sausage(s) dipped in prepared mustard, a handful of roasted yams and a side mixed green salad with olive oil/balsamic vinegar dressing.

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## Day 11

### **Breakfast**

Plain yogurt with mixed berries and a sprinkle of palm sugar or stevia topped with hemp seeds.

**Snack**

Turkey sausages with a handful of cut up celery sticks, a few garden fresh carrots and snow peas.

**Lunch**

A vegetarian salad consisting of: cooked lentils mixed in with chopped nuts, a handful of mixed raw vegetables (chopped) and your favourite dressing.

**Snack**

Pumpkin Seed Butter Cookies (see Fit 'n Healthy Recipes).

**Dinner**

Roast chicken with grilled onions and garlic with a side mixed green salad topped with a selection of chopped herbs (sage and oregano is great) and a drizzle of extra virgin olive oil and crushed black pepper.

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**Day 12**

**Breakfast**

A layered breakfast bowl: Start with a bottom layer of cooked millet, middle layer of chopped fruit and plain yogurt topped with chopped nuts or seeds and a drizzle of real maple syrup.

**Snack**

A handful of chopped celery/cucumber/radishes with a side of raw milk cheese (or any other cheese that is not processed).

**Lunch**



Black beans, a handful of greens (kale, spinach or Swiss chard) and hummus in a sprouted grain wrap. Hummus recipe is found in the Fit 'n Healthy Recipes.

**Snack**

A handful of almonds.

**Dinner**

Prawns, with a side of stir fried broccoli and asparagus and a drizzle of olive oil, crushed garlic, black pepper, mineral salt and shaved parmesan cheese.

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**Day 13****Breakfast**

Pancakes (See Fit 'n Healthy Recipes) topped with a little maple syrup and a small side of plain yogurt topped with berries.

**Snack**

Bison sausage with a side of sliced up cucumbers and mushrooms.

**Lunch**

Mixed green salad with pumpkin seeds, pumpkin seed oil, mineral salt, crushed garlic and a splash of honey.

**Snack**

Chewy Chocolate Balls (See Fit 'n Healthy Recipes).

**Dinner**

Sprouted grain wrap filled with: chickpeas, tahini, grilled zucchini and mushroom.

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## Day 14

### **Breakfast**

Bison sausages dipped in prepared mustard and served with a side of grilled onion and mushrooms.

### **Snack**

A medium sized Honeydew melon and hemp seeds.

### **Lunch**

Chicken Soup (see Fit 'n healthy Recipes) and a handful of whole grain crackers topped with a little butter.

### **Snack**

A bunch of snap peas.

### **Dinner**

Lentils, wild/brown rice, a mixture of raw and stir-fried vegetables of your choice and cilantro pesto.

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## Day 15

### **Breakfast**

Millet with hemp seed butter and a touch of honey mixed in topped with plain yogurt and a handful of blueberries.

### **Snack**

A small bowl of sliced tomatoes and a few slices of avocado drizzled with a mixture of balsamic vinegar, avocado oil or extra virgin olive oil and dried or

fresh basil. Top with crumbled goat or cow feta cheese, sprinkled with mineral salt and fresh cracked black pepper.

### **Lunch**

Nori wraps with filling containing (shared between as many nori sheets as you like): wild salmon, avocado, healthy mayonnaise, slices of cucumber. Dip: Teriyaki sauce or lite tamari mixed with wasabi.

### **Snack**

Sticks of zucchini (previously grilled) topped with fresh, chopped herbs and a drizzle of olive oil and mineral salt. Can be made in advance and kept in fridge for up to 3 days.

### **Dinner**

A Steak (the size of the palm of your hand) with a side green salad topped with balsamic vinegar/olive oil dressing along with a mixed grill consisting of: onions, garlic and broccoli.

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## **Day 16**

### **Breakfast**

Hard-boiled eggs with a side of sautéed spinach. Sourdough toast topped with butter.

### **Snack**

A bunch of steamed green beans topped with a little goat feta, crushed garlic and freshly ground black pepper. Can be made in advance and kept in fridge for up to 3 days.

### **Lunch**

A smoothie made with a handful of beet tops and whole fruit of your choice, your serving of protein powder all blended in the blender. Place in a bowl or tall glass and top with ground flax seeds.

**Snack**

Pineapple chunks, sliced banana, topped with cashew/macadamia nut butter.

**Dinner**

Sprouted grain pasta with cooked chickpeas, mixed vegetables and a dressing consisting of: extra virgin olive oil, crushed garlic, crushed red peppers and a sprinkle of palm sugar (coconut sugar).

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**Day 17**

**Breakfast**

A slice of whole grain toast topped with avocado and grated raw milk cheese plus an apple on the side sprinkled with cinnamon.

**Snack**

A handful of Nori sheets filled with: wild prawns, sliced cucumber, rice noodles and teriyaki sauce.

**Lunch**

Kale and Lentil Soup with Fall Veggies (see Fit 'n Healthy Recipes) with a handful of sprouted grain crackers spread with butter or nut butter.

**Snack**

Cut up celery, snow peas and hemp seeds.

**Dinner**

Veggie Coconut Milk Stir-Fry (see Fit 'n Healthy Recipes) plus cooked quinoa with roasted cashews.

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**Day 18****Breakfast**

Plain yogurt topped with blueberries and pumpkin seed oil.

**Snack**

A protein shake made with filtered water. Have an additional handful of walnuts.

**Lunch**

Pea soup with added turkey breast .

**Snack**

A whole apple with raw almond butter.

**Dinner**

Lamb chops with grilled onions, leeks, garlic, red cabbage and zucchini.

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**Day 19****Breakfast**

A smoothie consisting of: a handful of spinach and kale, mixed berries, crushed chia seeds and a serving of protein powder.

**Snack**

Snap peas, sliced up zucchini, garden carrots and hemp seeds.

**Lunch**

A bowl of mixed greens with grated beets and celery, your favourite dressing and mixed herbs, a hard-boiled egg and cut up turkey sausage.

**Snack**

Whole grain crackers topped with avocado and raw milk cheese.

**Dinner**

Salmon burgers (see Fit 'n Healthy Recipes) perched over a mixed green salad topped with a dip or dressing of your choice (for ideas, go to Fit 'n Healthy Recipes)

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**Day 20**

**Breakfast**

Stir fried vegetables with a side of nitrate free bacon and fried eggs.

**Snack**

Whole grain crackers topped with pumpkin seed butter and a handful of cut up vegetables.

**Lunch**

A blended drink made of: dark leafy greens , berries, ground flax seeds and brown rice protein.

**Snack**

Bison sausages, sliced, served with prepared mustard as dipping sauce and cut up veggies on the side.

**Dinner**

Wild/brown rice mixture with ricotta cheese, crushed garlic and mixed vegetables (try garden green beans, garden peas and broccoli).

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**Day 21****Breakfast**

Cooked oats/millet mixture, honey or dried fruit, and nut butter of your choice.

**Snack**

Cut up mixed vegetables and a dip of your choice.

**Lunch**

Spinach salad with slices of red onion, slices of nitrate free bacon and grated beets served alongside a slice of spouted grain toast dipped in olive oil/balsamic vinegar.

**Snack**

A whole apple and chopped walnuts.

**Dinner**

White fish with a side of grilled green beans and broccoli.

## 50 Additional Meal Ideas

Use the additional meal ideas below to substitute any of the meals outlined in the 21-Day Quick Start Meal Plan to create your week-by-week meal plans (and keep your taste buds excited!)

### BREAKFAST

#### For Egg Lovers

1. Omelette with cut up mixed veggies. Try shredding kale or spinach leaves and mix them in. Add in some crushed garlic and grated raw cheese for extra flavour.
2. Scrambled, poached or hard-boiled eggs on top of a mixed green salad. Add a touch of mayonnaise (always remembering to find a mayonnaise that uses healthy oils and natural sweeteners).
3. Scrambled, poached or hard-boiled eggs with sliced turkey sausage (nitrate free) or chicken wieners served alongside a bunch of sliced fresh tomatoes.
4. Scrambled, poached or hard-boiled eggs on top of layers of leaf lettuce using whole grain toast as the bottom. Serve with or without a healthy dressing.

#### For Dairy Lovers

5. A bowl of yogurt topped with mixed berries and nuts with or without a drizzle of maple syrup or other natural sweetener.
6. Sprouted grain cereal or cooked whole grain with raw cow milk with or without a drizzle of maple syrup or other natural sweetener. If you would enjoy nut or grain milk (e.g. almond, oat or brown rice), just remember that nut or grain milk is another carbohydrate instead of a protein (like raw cow milk) and make sure you add a protein source to the nut or grain milk (like ground nuts or seeds) to



have a balanced meal.

### **For Fruit Lovers**

7. Fruit Lovers Delight (see Fit 'n Healthy Recipes).
8. A protein shake (whey isolate, rice, hemp or pea) made with a little water with a side of cut up fruit and nuts or seeds.
9. Steamed, cut up apples sprinkled with cinnamon topped with chopped nuts or ground seeds. Add butter and vanilla extract for added flavour.
10. Fruit-eeen-sicles. Simply freeze your favourite blended fruit, which you have covered with crushed nuts or seeds and melted organic dark chocolate, in your Popsicle maker.

### **For Bean and Legume Lovers**

11. Brown rice, beans, your favourite veggies and sauce wrapped up in a sprouted grain wrap.

### **For Grain and Fruit Lovers**

12. Cooked oats, quinoa or millet topped with chopped nuts, mineral salt and dried fruit. Add in a little butter or pumpkin seed oil for flavour.
13. Cooked oats, quinoa or millet with a little butter and mineral salt plus a side of yogurt topped with berry flavoured protein powder.
14. Whole grain toast topped with nut butter and jam (sugar and artificial free).

15. Smoothie made with less fruit to allow your body room for an additional whole grain toast topped with butter and jam (sugar and artificial free).

### **For Meat Lovers**

16. Sausages (bison, chicken or other meat) topped with mustard, relish or low sugar ketchup plus a side of sautéed spinach, mushrooms and peppers.
17. Breakfast Wrap with a filling that includes: slices of roast meat, leaf lettuce, grilled onions mixed with a healthy barbeque sauce.
18. Whole grain toast topped with chicken breast, leaf lettuce, healthy mayonnaise, slices of avocado and a sprinkle of parmesan cheese.

### **For Seafood Lovers**

19. Breakfast Wrap with a filling that includes: scrambled eggs and wild prawns, red onion slices, capers and crushed garlic.
  20. Omelette made with wild prawns and spinach.
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## **SNACKS**

### **For Veggie Lovers**

21. Cup-up veggies dipped into hummus (see Fit 'n Healthy Recipes).
22. A fresh garden salad topped with cheese and avocado.
23. A blended vegetable drink made of cucumbers, celery, parsley, beet, ginger and apple. Add in a little healthy oil of your choice (e.g. pumpkin seed oil or walnut oil)

24. Celery sticks filled with tahini or hemp seed butter and sprinkled with a few raisins or dates.

### **For Nut and Seed Lovers**

25. Chewy Chocolate Balls (see Fit 'n Healthy Recipes).
26. Raw food crackers (see Fit 'n Healthy Recipes).

### **For Dairy Lovers**

27. Whole grain crackers topped with cheese slices plus a side of raw veggies.
28. Yogurt and whole fruit.
29. Protein powder mixed with raw milk.
30. Protein powder mixed in plain yogurt.

### **For Grain and Nut Lovers**

31. Whole grain crackers topped with nut or seed butter of your choice with or without jam (sugar and artificial sweetener free) or honey.
  32. Super Moist Carrot cake (see Fit 'n Healthy Recipes).
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## **LUNCH & DINNER**

### **For Egg Lovers**

33. Hard boiled eggs with cut up celery, cucumbers, radishes, tomatoes, peppers or any other vegetable all served over a bed of greens. Look to adding grapes, cranberries or raisins for an alternative taste. Serve with a side of sprouted grain toast.
34. Yam burger, no oats (see Fit 'n Healthy Recipes). Serve on top of leaf lettuce or raw veggies with a side of stir-fried beet/leek/sweet potato mixture.
35. Vegetable and Egg Burger (see Fit 'n Healthy Recipes). Served on top of rice and stir-fried veggies of your choice.

### **For Bean and Legume Lovers**

36. Baked tempeh drizzled with a sesame oil and maple syrup mixture with roasted broccoli, red peppers and crushed garlic on the side.
37. Bean and veggie soup topped with grated cheese.
38. Bean and veggie soup with a side of whole grain toast topped with butter.
39. Bean burritos. Try it with a dollop of guacamole and salsa.

### **For Meat Lovers**

40. Beef or Buffalo Burger patties (see Fit 'n Healthy Recipes) with condiments such as: mustard, low sugar ketchup, relish or health conscious mayonnaise and a side green salad, pickles, slices of fresh tomato and red onion.
41. Beef and vegetable soup. Use a little whole grain bread for dipping into the soup.
42. Turkey, beef or chicken wieners (nitrate free) topped with condiments such as:

mustard, low sugar ketchup, relish or health conscious mayonnaise, a side of grilled onions, scallions and green salad.

### **For Grain and Meat Lovers**

43. Beef or Buffalo Burgers (see Fit 'n Healthy Recipes) topped with condiments such as: mustard, health conscious ketchup, relish or health conscious mayonnaise with pickles and slices of tomato and red onion in a sprouted grain bun.
44. Beef and Barley Soup (see Fit 'n Healthy Recipes).
45. Tacos with a filling consisting of: ground meat, leaf lettuce, chopped tomato and onions, grated cheese and spices. Topped with salsa and guacamole.

### **For Grain and Seafood Lovers**

46. Quick Lemon/Dill Salmon (see Fit 'n Healthy Recipes) with stir-fried veggies like broccoli, snap peas and red peppers, or others that you like and brown rice.
  47. Wild Prawns or grilled calamari over Caesar salad (see Fit 'n Healthy Recipes) with whole grain croutons. Drizzle fresh lime over top – yum!
  48. Grilled Mackerel with either red pepper sauce or pesto (see Fit 'n Healthy Recipes) served on top of a small bed of soba noodles and sliced mixed peppers.
  49. Sushi rolls. Try it with brown rice and choose real crab and wild salmon when you can. Ask for low sodium soy sauce.
  50. Salmon Burgers (see Fit 'n Healthy Recipes) sandwiched between two slices of whole grain toast, leaf lettuce and garlic butter.
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## Guilt-free Snack and Treat Choices – Yummy Too!

### Evening Snacks

- Cut-up banana topped with raw almond butter sprinkled with chocolate protein powder
- Protein powder mixed with a little water
- Protein powder mixed in with plain yogurt. Try out the different protein flavours to find your favourites
- Sprouted grain wrap with peanut butter and banana

### Treats

Have occasionally or in limited amounts

- Baked potato chips
- Root vegetable chips
- Organic corn chips
- Michale's Gourmet Popcorn (see Fit 'n Healthy Recipes)
- Kamut or rice or millet puffs. Try them slightly heated on a stainless steel frying pan and topped with melted butter and mineral salt. Add nutritional yeast for a nutty flavour
- Organic dark chocolate over 70% cacao. Ideally raw cacao is best. Limit to four squares
- Rice Dream or Coconut Bliss frozen desserts. Soy based desserts are not recommended
- Xylitol candies
- Black licorice sweetened with molasses, maple syrup or brown rice syrup
- Goji berries and raw cacao nibs
- Kristen's Raw Chocolate Pie (see Fit 'n Healthy Recipes)
- Super moist Carrot Cake (see Fit 'n Healthy Recipes)

## Going Organic On a Budget

Eating foods that are grown ‘organically’ can cost a little more. Here are four ways to help you eat organically on a budget:

**#1:** Eat from the “Clean 15” list and avoid foods from the “Dirty Dozen” list<sup>1</sup>

Clean 15 – the 15 best picks containing the least pesticide residue: onion, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, eggplant, papaya, watermelon, broccoli, tomato, sweet potato

Dirty Dozen – the 12 worst conventional picks containing the most pesticide residue: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, grapes-imported, carrots, pears

**#2:** Alternate shopping for organic produce with non-organic produce. Have fun doing a taste test to see which variety has the most flavour.

**#3:** Form a “buyers club” with three or four friends and share the cost of buying organic items in bulk.

**#4:** Go straight to the farm or farmers’ market. Check your paper in the classifieds section under “Foods and produce” for nearby locations. Shop fresh and enjoy great deals!

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<sup>1</sup> Go to [www.ewg.org](http://www.ewg.org) for more info.

## Fit 'n Healthy Recipes

For even more recipe ideas, go to [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com) and look under “Recipes.”

### DELICIOUS AND NUTRITIOUS BREAKFASTS

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#### Smoothie

Yield: 2 servings

#### Ingredients:

- 2 cups berries or 2 whole fruits of your choice, sliced
- Handful of dark leafy greens (spinach, beet tops, celery tops, Swiss chard, collards or kale), washed and with thick stems removed
- Fat source: choose either 6 tbsp raw ground flax or chia seeds, 2 tbsp nut or seed butter; ½ an avocado or 2 tbsp of any healthy oil like flax, sesame, walnut, coconut or pumpkin seed
- ½ – ¾ cup of filtered water (the less water, the thicker the smoothie)
- 4 scoops flavoured protein powder (try vanilla, orange or berry)

#### Directions:

Put berries or whole fruit, dark leafy greens, your fat source of choice and water into a blender. Blend. Add protein powder at the very end of the mix or simply pour fruit and green mixture in a bowl and top with protein powder (smoothies in a bowl).

#### Tasty Variations:

Save your fat source for your whole grain if you choose to have it alongside your smoothie (e.g. sprouted grain toast with butter or cooked oats with ground flax seed and dried fruit).

Save your fat source and add it like a topping alongside your protein powder for the “smoothies in a bowl”.



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## 5 Minute Oatmeal

Yield: 2 servings

### Ingredients:

- 1 cup slow cooking oats
- 2 tbsp ground flax seeds or chia seeds
- 2 tbsp dried fruit (try raisins, chopped dates or dried cherries)
- Mineral salt to taste
- Butter (optional)
- Maple syrup (optional)

### Directions:

Boil about 1 cup of filtered water. Place oats, seeds, dried fruit and salt in glass serving bowls. Add boiled water. Let sit for 1 minute , add options if you like and enjoy!

### Tasty variation:

Add flavoured protein powder for a complete breakfast.

## Omelettes

Yield: 2 servings

### Ingredients:

- 1 cup of vegetables: Try mushrooms (brown, white, oyster or Portobello), sliced; bell peppers (red, yellow or orange), chopped small; dark leafy greens (spinach, kale, celery tops, Collards or Swiss chard); broccoli; onions; leeks or shallots
- Coconut oil, 1 tbsp
- 6 eggs

### Directions:

Sauté vegetables of choice on medium/low heat using coconut oil (about 5 minutes) in a small skillet. Whisk eggs in a separate bowl and add to sautéed vegetable mixture. Cover until eggs are cooked (about 5 minutes). Fold and serve.

### Tasty Variations:

Add cheese or meat sausage or bacon (nitrate free).

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## Fruit Lovers Delight

Yield: 2 servings

### Ingredients:

- 3 cups mixed fruit, cut up
- 1 ½ cups plain, non-homogenized yogurt
- 4 scoops flavoured protein powder (Strawberry, Vanilla, Chocolate, Orange, Berry, etc.)
- 4 tbsp raw mixed nuts (almonds, walnuts and cashews), ideally previously soaked and/or sprouted and chopped
- ½ tsp cinnamon (optional)
- ½ tsp coconut flakes (optional)

### Directions:

Place mixed fruit in a large bowl. Layer with yogurt, then protein powder. Top with nuts. Sprinkle with cinnamon or coconut flakes (optional).

## Protein Waffles / Pancakes

Yield: 4 servings

### Ingredients for soaking:

- 1 cup spelt or kamut or oat flour (for oat flour, simply grind whole oats in a coffee grinder)
- ½ cup plain yogurt

### Dry Ingredients:

- ½ cup slow cooking oats
- 4 scoops Vanilla or Strawberry Whey protein powder or Brown Rice protein powder
- ¼ tsp mineral salt

### Wet Ingredients:

- 4 eggs
- 2 whole apple or pear, sliced
- Handful of kale, washed, dried, sliced and with thick stems removed
- ¼ tsp of stevia
- 1 tsp vanilla extract
- Dash of cinnamon
- ¼ cup melted butter

### Directions:

Mix flour with yogurt and leave in a warm place for 12 to 24 hours. (For those with milk allergies, use 2 cups filtered water plus 2 tbsp lemon juice instead of yogurt). Mix soaked flour and all other dry ingredients in a large bowl and set aside. In a food processor or blender, mix all wet ingredients together until smooth. Fold wet ingredients into dry ingredients. Melt coconut oil in the fry pan or spread on waffle maker. Place about ¼ cup of pancake mixture on medium/low temperature. Grill and cook until ready (3 to 5 minutes per side).

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## Easy French Toast

Yield: 2 - 3 servings

### Ingredients:

- 6 eggs, slightly beaten
- ¼ tsp mineral salt
- ¼ tsp cinnamon
- 4 slices sprouted or sourdough whole-grain bread

### Directions:

Combine eggs, cinnamon and salt in a mixing bowl. Soak each slice of bread by flipping it over within the mixture. Brown in coconut oil over low heat. Serve with a side of steamed veggies or whole fruit.

## “Good Morning Sunshine” Muffins

Yield: 18 large muffins

### Ingredients for soaking:

- 4 cups spelt or kamut
- 3 cup plain yogurt

### Dry Ingredients:

- 1 cup slow cooking oats
- 2 tbsp pumpkin seed protein powder
- 2 tsp mineral salt
- ½ tsp baking soda
- 1 cup total sweetener: your choice of any of these - palm sugar (coconut sugar), maple syrup or honey
- 1 cup flax seeds or chia seeds, ground
- ¼ cup wheat germ
- ½ cup of raisins

### Wet Ingredients:

- 1 cup butternut squash (previously baked with skins removed)
- ½ cup butter, melted
- 1 tsp vanilla extract
- 5 large eggs

### Directions:

Mix flour with yogurt and leave in a warm place for 12 to 24 hours. (For those with milk allergies, use 2 cups filtered water plus 2 tbsp lemon juice instead of yogurt).

In a shallow glass pan, prepare butternut squash for baking by preheating oven to 320 ° F. Chop squash in half, remove all seeds and bake for about 1 hr. Let cool then remove skins.

Mix all dry ingredients into a large mixing bowl and set aside. In a food processor or blender, mix all wet ingredients together until smooth. Fold in soaked flour mixture

and combine. Next, pour this combination into the bowl of dry ingredients and mix.

Preheat oven to 320 ° F. Spoon, about  $\frac{1}{4}$  cup of the mixture into the muffin cups.

Bake in the oven for about 40 minutes, until well-risen and golden on top. Take the muffins out of the pan and let them cool on a wire rack. Serve topped with butter.

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## YUMMY SNACKS

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### Chewy Chocolate Balls

Yield: 10 1-inch bars

#### Ingredients:

- ¼ cup ground flax seeds, chia seeds or sesame seeds
- ¾ cup nut or seed butter (try pumpkin seed, raw almond, macadamia nut and cashew, hemp seed butter, or combination)
- ⅓ cup honey or maple syrup or palm (coconut) sugar
- 3 tbsp cacao powder, raw
- 1 tbsp carob powder
- ½ cup wheat germ (optional)
- 2 tbsp flavoured protein powder (berry or orange taste best)
- touch of mineral salt

#### Directions:

Add all ingredients in food processor. Form into either balls or flat bars. Best served immediately. Refrigerate the remaining chewy chocolate balls (they keep for only 5 days).

#### Tasty Variation:

Cover bars in coconut flakes, slow cooking oats or flavoured protein powder.



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## Raw Food Crackers

Yield: 24 3-inch crackers

**Extra Prep Time:** Soak sunflower seeds for 4 – 6 hours in water and mineral salt. Rinse until the water runs clear.

### Ingredients:

- 1 cup dry sunflower seeds (to soak)
- ½ cup whole brown flax seeds (to grind) or chia seeds
- ½ cup hemp seeds (to grind)
- 2 tbsp raisins or dates or even prunes
- 1 tbsp lemon or lime juice or raspberry vinegar or balsamic vinegar
- ¼ cup water
- 3 cloves of garlic, minced
- 3 green onions, chopped
- ½ cup of celery, chopped
- 1 medium beet, washed and cut in chunks
- 1 medium carrot, washed and cut in chunks
- 2 stalks of celery, cut in chunks
- 3 medium red peppers, washed, core removed and cut in chunks
- 3 tbsp herb seasoning (any combination of oregano, onion, fennel, oregano, garlic, basil, bell peppers, chilli peppers, marjoram, parsley, thyme or tarragon)
- Mineral salt to taste
- A pinch of red pepper flakes

### Directions:

Soak sunflower seeds, then rinse thoroughly and place in the food processor. Grind whole flax seeds or use chia seeds or hemp seeds, place into a bowl and move to the side. Add all remaining ingredients (in with the sunflower seeds) into food processor and mix until smooth. Mix in the flax, chia or hemp seeds.

Place parchment paper into dehydrator or use your oven with the “warm” setting on and 6 inches left open to keep the temperature at around 108° F. Using a knife,

spread mixture  $\frac{1}{4}$  inch thick. If using the food dehydrator: Dehydrate at 120 F for one hour, then turn down to 108° F. Dehydrate until crackers are completely dry – about 8 hours. Cut into squares to serve.

Crackers will keep for one month if not refrigerated.

**Tasty variation:**

Replace sunflower seeds with pumpkin seeds.

Replace hemp seeds with sesame seeds (ground)

Add 1 whole tomato to blender

Serve topped with tomato paste and grated parmesan or goat cheese.

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## Best Tasting Granola

Yield: 8 - ½ cup servings

### Dry Ingredients:

- 4 cups slow cooking oats
- 2 cups mixed raw nuts and seeds (try hemp, sunflower, pumpkin, chopped almonds and cashews) ideally previously soaked and/or sprouted
- ¼ cup wheat germ
- 1 tsp cinnamon
- ¼ tsp mineral salt

### Wet ingredients:

- ½ cup melted butter
- ½ cup maple syrup or honey
- 1 tsp vanilla extract

### Tasty variation:

Add ½ cup of raisins

Try adding 3 scoops of pumpkin seed protein powder for a good protein boost

### Directions:

Preheat oven to 320° F. In a large mixing bowl, combine dry ingredients; mix well and set aside. In a sauce pan, on low heat, melt all wet ingredients (careful not to burn). Take off stove when completely melted. Slowly pour wet ingredients over dry ingredients, using a spatula to fold and evenly coat the dry mixture with the wet. Spread on cookie sheet or in a glass pan and bake. Turn granola every 30 minutes so it toasts evenly. Bake until granola is dry and golden (about 1 hr). Add in raisins (optional) and store in glass container.

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## Pumpkin Seed Butter Cookies

Yield: 16 2-inch cookies

### Dry Ingredients:

- 2 cups slow cooking oats
- ½ cup arrowroot, bulgur or coconut flour
- ½ cup pumpkin protein powder
- 2 tbsp Vanilla brown rice protein powder
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp mineral salt
- ¼ cup raisins

### Wet Ingredients:

- ¾ cup organic, softened butter
- ¼ cup coconut oil
- 2 tbsp real maple syrup
- ½ cup dates, pitted
- ¾ cup pumpkin seed butter
- 2 large eggs
- 2 tsp real vanilla extract

### Directions:

Preheat oven to 325° F. Mix dry ingredients and place into large bowl. Set aside. Melt butter with coconut oil on medium/low on the stove. Pour into the food processor then add remainder of the wet ingredients. Fold wet ingredients into the dry ingredients. Form into 2-inch cookies and place onto greased cookie sheets about 1 inch apart. Bake in 325° F oven for 22 minutes or until bottom of cookie looks a little brown.

## INCREDIBLE BURGERS

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### Ultimate Veggie Burger

Yield: 8 1-inch Veggie Burgers

#### Ingredients:

- 1 tbsp coconut oil
- 1 yellow onion, minced
- 3 garlic cloves, minced
- 1 cup grated carrot
- 1 cup grated celery
- 1 cup grated beets
- 1 cup grated zucchini, water squeezed out
- $\frac{3}{4}$  tsp mineral salt
- 1 tsp dried oregano
- $\frac{1}{2}$  tsp cracked black pepper
- $\frac{3}{4}$  cup mashed sweet potato or yam
- $\frac{1}{2}$  cup pumpkin seeds, raw ideally previously soaked and/or sprouted
- 2 tbsp light soy sauce (wheat free)
- 2 tbsp nutritional yeast
- 2 tbsp minced tarragon
- 2 tbsp minced parsley
- 2 tbsp real maple syrup
- 2 tbsp fresh wheat germ

#### Directions:

Heat oil in a wide-bottomed pan and sauté onions until translucent. Transfer sautéed onions into a bowl and add garlic, grated vegetables, herbs, salt and pepper. Form into burgers and chill for  $\frac{1}{2}$  hr.

When ready, grill for 10 minutes each side over medium-low heat. Serve topped with melted grated goat mozzarella. Try topping with pesto sauce.

## Salmon Burger

Yield: 4 servings

### Ingredients:

- 2 medium sweet potatoes, skins removed, sliced ¼ inch
- 3 garlic cloves, crushed
- 1 red onion, chopped
- 1 large scallion, chopped
- 2 tbsp basil or tarragon, dried or 4 tbsp fresh basil or tarragon
- 1 tbsp mineral salt
- ½ tsp black pepper, cracked
- ½ cup of red pepper, sliced
- 1 tbsp extra virgin olive oil

### Next three – separate

- ¼ cup wheat germ
- 2 canned salmon
- 2 whole eggs
  
- Coconut oil

### Directions:

Preheat oven to 325° F

In a glass, ovenproof container, place all ingredients except the last three. Bake for 45 minutes and turn every 20 minutes or so. Once cooked, remove and puree in food processor or blender.

Next, mix in the last three ingredients and form into patties. Grill for 10 minutes per side using coconut oil.

Try topping with pesto or red pepper sauce.

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**Vegetable and Egg Burger** (with or without oats)

Yield: 4 3-inch burgers, 6 3-inch burgers when add oats and wild salmon

**Ingredients:**

- 2 cups mixed vegetables (yams, carrots, red cabbage, green beans and peas work best)
- 1 tbsp extra virgin olive oil
- $\frac{3}{4}$  tsp mineral salt
- 4 eggs
- $\frac{1}{2}$  cup wheat germ
- 1 clove of garlic, crushed

**Tasty Variation:**

- $\frac{1}{2}$  cup slow cooking oats
- 1 can of wild salmon
- Coconut oil

**Directions:**

Preheat oven to 320° F. Roast mixed vegetables in a glass ovenproof container tossed with extra virgin olive oil and mineral salt. Cool roasted vegetables and place in food processor and add remainder of ingredients.

Place in bowl and add optional slow cooking oats and wild salmon (in chunks). Form into patties.

Melt 1 tbsp coconut oil in fry pan on med/low heat. Grill burgers for about 10 minutes per side (until egg is cooked).

### **Yam Burgers** (with or without oats)

Yield: 4 3-inch burgers, 6 3-inch burgers with oats

#### **Ingredients:**

- 1 cup yams, chopped
- 1 cup onions, chopped
- 1 cup celeriac, or celery with tops, chopped
- 1 tbsp extra virgin olive oil
- $\frac{3}{4}$  tsp mineral salt
- 4 eggs
- $\frac{1}{2}$  cup wheat germ
- 1 clove of garlic, crushed
- $\frac{1}{2}$  cup slow cooking oats (optional)
- Coconut oil

#### **Directions:**

Preheat oven to 320° F. Roast mixed vegetables in a glass oven proof container tossed with extra virgin olive oil and mineral salt (about 25 minutes). Cool roasted vegetables and place in food processor and add remainder of ingredients. Place in bowl and add optional slow cooking oats. Form into patties.

Melt 1 tbsp coconut oil in fry pan on medium/low heat. Grill burgers for about 10 minutes per side (until egg is cooked).



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## Beef or Buffalo Burgers

Yield: 8 4-inch burgers

### Ingredients:

- 2 lbs of organic lean ground beef or buffalo
- 1 egg
- ½ an onion, minced or 2 sliced leeks
- 1 clove of garlic, crushed
- ¼ cup of wheat germ
- 1 tsp mineral salt
- ¼ tsp fresh ground pepper
- 1 tbsp oregano
- 1 tbsp basil
- 1 tbsp mustard

**Healthy note:** add ¼ cup organic blueberries or strawberries, blended. This avoids any carcinogenic (cancer causing) properties when grilling.

### Directions:

Mix all ingredients together and form into 4-inch patties (best if it sits in the fridge for ½ hr or more before cooking). Grill on the BBQ, low setting, 10 minutes on each side.

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## FRESH SALAD AND SALAD DRESSINGS

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### Baby field greens salad with herbed vinaigrette

Yield: 8 servings

#### Ingredients:

##### Vinaigrette

- 3 tbsp lemon juice
- 1 tsp minced lime zest
- 1 shallot, minced
- 1 clove of garlic, minced
- 1 tsp minced fresh thyme
- 1 tbsp minced fresh cilantro
- 1 tbsp unpasteurized honey
- ¼ tsp mineral salt
- ¼ tsp cracked pepper
- ¼ cup total: use any one of these: extra virgin olive oil, avocado, walnut, pumpkin seed or flax seed oil

##### Salad

- 8 cups assorted salad greens, torn apart into bite size pieces
- 1 cup goat or sheep cheese, crumbled

##### Directions:

Whisk together all of the vinaigrette ingredients, except oil, in a bowl. Continue whisking while slowly drizzling in the oil. Season to taste. Just before serving, toss greens with just enough vinaigrette to lightly coat. Finish with cheese and cracked pepper.

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## Szechwan Noodle Salad with Avocado and Cashews

Yield: serves 4

### Ingredients:

#### Dressing

- 3 tbsp sesame oil
- 3 garlic cloves, minced
- ½ tsp red chilli flakes
- 2 tbsp brown rice vinegar or apple cider vinegar
- ½ cup lite soy sauce, wheat free
- ½ cup water
- ¼ cup unpasteurized honey or real maple syrup
- 1 tsp arrowroot powder
- Juice of 2 limes
- Bunch of cilantro and tarragon, fresh and chopped

#### Salad

- 1 lb buckwheat or kamut soba noodles
- 4 scallions, minced
- 1 carrot, shredded
- 1 cup of sweet mixed peppers, julienne
- ½ cup of red cabbage, chopped
- 1 avocado, sliced
- ¼ cup raw cashews ideally previously soaked

#### Directions:

Heat oil in a pot over medium-low heat. Add garlic and chillies and sauté briefly, being very careful not to let them burn. Stir in vinegar, soy sauce and water and bring to a boil. Reduce heat to a simmer. Add honey and stir to dissolve. In a separate bowl, mix arrowroot with a few tablespoons of boiled water and whisk for about 5 minutes. This mixture should begin to thicken. Add to pot and continue to simmer for another 5 minutes. When the sauce has thickened slightly, remove it from the heat and let cool. Stir in lime juice, minced cilantro and tarragon and set aside.

Meanwhile, cook the noodles according to the package directions in plenty of salted, boiling water. Drain in a colander and rinse with cold, running water. Shake off excess water. Toss with a light coating of sesame oil. Refrigerate the noodles until ready to use.

Before serving, combine chilled noodles and prepared vegetables (except avocado) in a large serving bowl. Add dressing to liberally coat the ingredients and toss well. Garnish with avocado slices and raw (or slightly roasted) cashews. Top with additional fresh cilantro and tarragon. Serve immediately.

**Tasty Variations:**

Serve with a side of cooked chicken or wild prawns.

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## Coleslaw

Yield: 2 Servings

### Ingredients:

#### Salad

- 3 cups green and red cabbage, chopped
- 2 medium green onions, sliced

#### Dressing

- ¼ cup total: use any one of these: extra virgin olive oil, avocado, walnut, pumpkin seed or flax seed oil
- Juice of 1 lemon
- 1 clove of garlic, crushed
- 1 bunch of fresh dill, chopped
- 1 tsp of real maple syrup
- ½ tsp mineral salt
- Black pepper to taste

#### Topping

- 20 raw almonds, chopped or ¼ cup of raw sunflower seeds ideally previously soaked and/or sprouted

### Directions:

Combine salad ingredients in a separate bowl and set aside. Place all dressing ingredients in food processor and blend. Toss dressing into salad ingredients. Add topping. Season with black pepper.

### **Creamy avocado-lime dressing**

Yield: 2 servings

#### **Ingredients:**

- 1 avocado
- 1 tbsp fresh lime juice
- 2 tbsp total: use any one of these: extra virgin olive oil, avocado, walnut, pumpkin seed or flax seed oil
- ½ tsp mineral salt
- 1 clove of garlic, chopped
- Drop of hot pepper sauce or chilli peppers
- Spices or fresh herbs to taste (try tarragon, cilantro, oregano, basil, or thyme)

#### **Directions:**

Puree all ingredients until smooth.

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## Honey and sweet lemon dressing

Yield: 4 servings

### Ingredients:

- Juice of ½ a fresh lemon
- 1 clove garlic
- 1 tbsp unpasteurized honey plus a touch of stevia to taste
- ½ cup total: use any one of these: extra virgin olive oil, avocado, walnut, pumpkin seed or flax seed oil
- Herbs or spices to taste (try Herb de Provenance, chilli, or Cajun)

### Directions:

Puree all ingredients until smooth.

## Hemp Oil and Vinegar Dressing

Yield: 4 servings

### Ingredients:

- ¼ cup hemp seed oil
- ¼ cup balsamic vinegar
- 2 tsp sesame seeds
- 2 tsp hemp seeds
- 1 tbsp nutritional yeast
- 1 tbsp prepared mustard
- touch of stevia

### Directions:

Puree all ingredients until smooth.



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## Caesar Dressing

Yield: 4 servings

### Ingredients:

- ½ cup healthy mayonnaise (e.g. made with grape seed oil, whole eggs, honey)
- 2 cloves of garlic, crushed
- Juice of 1 lemon
- 1 tsp prepared mustard
- Mineral salt and pepper to taste

### Directions:

Combine all of the ingredients in a small bowl and stir thoroughly. Serve or refrigerate for up to 3 days.

### Tasty variation:

Try adding ¼ cup shaved parmesan cheese

## Lime Tarragon Mayonnaise

Yield: 4 servings

### Ingredients:

- ½ cup healthy mayonnaise (e.g. made with grape seed oil, whole eggs, honey)
- Juice of 1 lime
- Zest of 1 lime
- 2 tbsp minced tarragon or 1 tbsp dried tarragon
- 1 garlic clove, crushed
- 1 tsp prepared mustard

### Directions:

Combine all of the ingredients in a small bowl and stir thoroughly. Serve or refrigerate for up to 3 days

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## Mango Madness

Yield: 2 servings

### Ingredients:

- 1 ripe mango, peeled with core removed
- 1 tbsp sesame oil
- Juice of 2 limes
- 2 garlic cloves, crushed
- Pinch of chillies or red pepper flakes
- 3 tbsp chopped fresh cilantro
- Mineral salt and black pepper to taste

### Directions:

Puree all of the ingredients in a food processor, except cilantro. Pour into dressing dish and add chopped fresh cilantro. Season to taste with mineral salt and pepper and serve.

## Honey Ginger Dressing

Yield: 4 servings

### Ingredients:

- 1 tbsp fresh ginger, skin removed and minced
- 2 tbsp unpasteurized honey
- 1 tsp lite soy sauce, wheat free
- 2 tbsp raw almond butter
- 5 tbsp rice vinegar
- ½ tsp ground white pepper
- ½ tsp mineral salt
- 2 tbsp nutritional yeast
- ½ cup sesame oil

### Directions:

Combine all of the ingredients, except oil, in a food processor or blender and process until smooth. Keep the motor running and slowly add oil in a thin steady stream. Taste and adjust seasoning.

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## SCRUMPTIOUS SAUCES AND DIP IDEAS

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### Ginger Coconut Curry Sauce

Yield: 6 servings

#### Ingredients:

- 4 tbsp coconut oil
- 1 cup of sweet onions, chopped
- 3 stalks of celery, finely chopped
- 3 cloves of garlic, minced
- ½ inch grated ginger, skins removed and chopped
- 1 cup mixed peppers (red, yellow and green), sliced
- ¼ tsp red chilli peppers
- 2 tbsp curry powder
- 1 cup of chicken stock
- 1 cup of coconut milk or ¼ cup coconut cream (spread)
- Juice of 2 limes
- Large bunch of cilantro
- Mineral salt and fresh black pepper

#### Directions:

Sauté onions and celery until translucent. Add minced garlic and ginger. Then mix in the pepper, chilli peppers and curry. Sauté for about 3 minutes. Add in the chicken stock, coconut milk or cream. Simmer for 1 hour on low adding the lime juice at the end. Serve with cilantro on top and add mineral salt and pepper to taste.

## Red Pepper Sauce

Yield: 4 servings

### Ingredients:

- 5 cups of red bell peppers, seeded and quartered
- 2 cloves of garlic, crushed
- 1 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp coconut cream (spread) or real maple syrup
- Mineral salt and fresh black pepper

### Directions:

Preheat oven to 320° F. In an ovenproof glass container, toss red bell peppers with the remaining ingredients until the peppers begin to soften (about 20 minutes), turn and mix every so often to bake evenly. Cool, then place contents into a food processor and process until smooth. Season with mineral salt and pepper.

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## Peanut Sauce

Yield: 6 servings

### Ingredients:

- $\frac{3}{4}$  cup organic peanut butter
- 1 tbsp low sodium (lite), wheat free soy sauce
- 2 cloves of garlic, crushed
- 1 inch fresh ginger, skins removed and chopped
- 3 tbsp rice vinegar
- 1 tbsp sesame oil
- Juice of one lime
- 1 tbsp water
- Large handful of cilantro, chopped
- Pinch of red pepper flakes

### Directions:

Place saucepan over medium/low heat and gently cook the peanut butter, soy sauce, garlic, ginger and rice vinegar. Add in the sesame oil. Gradually stir in lime juice and water to make a creamy consistency. Cook until thickened, about 5 minutes. Take off stove and add in cilantro and red pepper flakes to taste. Peanut sauce will keep for 2 weeks.

### Tasty Variation:

Use almond butter instead of peanut butter

## **Pesto Sauce**

Yield: 8 servings

### **Ingredients:**

- 3 cups packed fresh basil leaves, washed, dried, and with thick stems removed
- 1 cup packed fresh spinach leaves
- 6 garlic cloves, crushed
- ½ cup pine nuts or walnuts ideally previously soaked
- ½ cup total: use any one of these: extra virgin olive oil, avocado, walnut, pumpkin seed or flax seed oil
- ½ tsp mineral salt
- Black pepper to taste

### **Directions:**

Add all ingredients to food processor in order of appearance. Pesto will become a thick paste. Add more oil according to taste. Pesto will keep in refrigerator for only 5 days. Freeze to keep for longer (up to one year).

### **Tasty Variation:**

Add ½ cup of freshly grated parmesan cheese or replace basil with cilantro for Cilantro Sauce!



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## Hummus

Yield: 6 servings

### Ingredients:

- 2 cups of cooked chickpeas ideally previously soaked and/or sprouted or 2 cups canned chickpeas (drained and rinsed)
- 4 garlic cloves, crushed
- 3 tbsp sesame oil
- Juice of 3 lemons
- 1 tsp curry
- ½ tsp ground cumin
- 1 red pepper, chopped
- ¼ cup sesame seeds

### Directions:

Place all ingredients into a food processor and blend until smooth. To thin hummus, just add more sesame oil and lemon juice.

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## MAIN MEALS

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### Veggie Coconut Milk Stir Fry

Yield: 4 servings

#### Ingredients:

- 1 tbsp coconut oil
- 1 cup of green beans, chopped
- ½ cup of green peppers, chopped
- 1 cup of red peppers, chopped
- 1 cup of cauliflower, chopped
- 1 cup of zucchini, chopped
- ½ cup of yellow squash, chopped
- ½ onion, chopped
- 1 garlic clove, crushed
- 1 tsp ginger, grated
- 1 tsp yellow curry powder
- ½ tsp turmeric
- 1 cup of coconut milk
- 1 strip of lemon rind
- ¼ cup of coconut cream or sauce
- Bunch of cilantro, fresh and chopped

#### Directions:

In a large heavy based pan, melt the coconut oil on medium/low. Sauté all vegetables until slightly soft (about 3 to 4 minutes). Add garlic, ginger, yellow curry powder, turmeric, coconut milk, and lemon rind and coconut cream or sauce. Simmer gently, uncovered for 10 minutes. Serve on a large plate, garnish with a side of chopped, fresh cilantro.

#### Tasty Variations:

- Add ½ cup of almond butter to sauce
- Try cardamom or cinnamon as spices

---

## Quick Lemon/Dill Salmon

Yield: 4 servings

### Ingredients:

- 4 Salmon fillet or steaks
- 1 fresh lemon
- 2 tbsp dried dill or 4 tbsp of fresh dill
- Pinch of mineral Salt
- Pinch of black Pepper
- 4 tbsp butter

### Directions:

Preheat oven to 400° F

Place salmon fillet on a piece of parchment paper

Squeeze lemon juice over the salmon, sprinkle with dill, salt and pepper. Dot with 1 tbsp butter. Seal the paper. Place on the rack in the oven (or on a cookie sheet if you want). Bake until the centre of the fish is still a little pink (careful not to over cook).

### Tasty Variations:

- Sprinkle soy sauce (1 – 2 tsp) over salmon.
- Sprinkle 1 tsp maple syrup and 1 tbsp healthy mayonnaise over salmon.
- Sprinkle with minced garlic.
- Grate a bit of ginger over top.

## Quick Sushi Wraps

Yield: 2 servings

### Ingredients:

- 4 Toasted nori wraps

### Filling

- 1 can wild salmon
- 1 tbsp healthy mayonnaise (e.g. using grape seed oil, whole eggs, honey)
- 1 clove of garlic, crushed
- ½ an avocado, sliced
- ½ cup cucumber, sliced

### Dip

- Lite soy sauce, wheat free
- Wasabi
- Sesame seeds

### Directions:

Place nori wrap on a plate, fill with wild salmon. Spread mayonnaise, garlic, avocado and cucumber evenly and roll into a wrap. Dip into soy sauce mixture and sesame seeds.

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## INCREDIBLY TASTY SOUPS AND CHILLIES

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### Kale and Lentil Soup with Fall Veggies

Yield: 6 – 8 servings

#### Ingredients:

- 1 tbsp coconut oil
- 1 large onion, minced
- 2 carrots, finely chopped
- 2 celery sticks, chopped
- 1 cup zucchini, grated
- 1 yam, washed and finely chopped
- 1 cup green lentils, ideally previously soaked and sprouted, rinsed
- 1 tomato, chopped
- 2 cloves of garlic, crushed
- ½ tsp mixture of: thyme, marjoram and/or basil
- Pinch of freshly ground pepper (black)
- 1 ½ tsp mineral salt
- 6 cups water
- 1 bunch of kale or Swiss chard, finely chopped and stemmed
- ¼ cup lemon or lime juice

#### Directions:

In a stockpot, heat coconut oil over medium heat. Add onion, carrots, celery, zucchini and yams; sauté, stirring often until tender (about 5 minutes). Add lentils, tomato, garlic, herbs, salt, pepper and water. Bring to a boil, reduce heat, simmer uncovered until lentils are tender (about 20 minutes). Skim off any scum that may surface.

Add kale or Swiss chard to soup and cook until leaves are wilted and tender, about 5 minutes. Puree half of the soup and add it back in. Mix in lemon or lime juice.

Serve topped with grated cheese or a side of whole grain bread and butter.

## Chicken Soup

Yield: Serves 4

### Ingredients:

- 1 tbsp coconut oil
- 2 sweet onions, sliced
- 4 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped
- 3 zucchini, chopped
- 2 tomatoes, chopped
- Handful of kale or spinach
- 3 garlic cloves, crushed
- 6 cups water or chicken broth
- 1 tsp mineral salt
- 2 cups left over chicken chunks

### Directions:

In a stockpot, melt coconut oil over medium heat. Add onion, carrots, and celery stalks; sauté, stirring often until tender (about 5 minutes).

Add zucchini and tomatoes, kale or spinach, and garlic, sauté about 5 more minutes being careful to add a little additional water so that you do not burn the vegetables.

Add water or chicken broth, mineral salt, and chicken. Bring to a boil, then turn down to low and simmer for ½ hour.

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## Vegetarian Chilli

Yield: Serves 8

### Ingredients:

- 1 tbsp coconut oil
- 2 large onions, finely chopped
- 1 cup celery, finely chopped
- 2 cups carrots, grated
- 2 cups zucchini, grated
- 2 large colourful peppers, chopped
- 1 cup broccoli stalks, chopped
- 8 garlic cloves, crushed
- 3 tsp chilli powder
- 2 tsp cumin powder
- Mineral salt and pepper to taste
- Touch of cayenne pepper
- 2 cups fresh tomatoes
- 1 can stewed tomatoes
- 1 can tomato sauce
- 1 can tomato paste
- 1 cup kidney beans, ideally previously soaked and/or sprouted or 1 can of kidney beans
- 1 cup white beans, ideally previously soaked and/or sprouted or 1 can of white beans
- 2 tbsp coconut cream or 1 can of coconut milk

### Directions:

Sauté onions, celery, and carrots in coconut oil over low to medium heat until tender. Add zucchini, peppers, and broccoli stalks. Stir for about 10 minutes making sure the vegetables do not burn. Add water if necessary. Next, stir in remaining ingredients, turn down heat to minimum and simmer for 1 hour.

## Beef and Barley Soup

Yield: Serves 8

### Ingredients:

- 1 tbsp coconut oil
- 1 lb of extra lean beef
- 1 onion, chopped
- 2 stalks celery, chopped
- 2 carrots, diced
- 10 cups homemade chicken stock or 10 ounces chicken broth
- 2/3 cup pearl barley, ideally previously soaked
- 1 cup of white navy beans, ideally previously soaked and/or sprouted or 1 can of white navy beans
- 3 cloves garlic, crushed
- Mineral salt and pepper to taste

### Directions:

Sauté extra lean beef and onion in coconut oil until beef is mostly cooked. Add celery and carrots and sauté for about 5 more minutes. Add chicken stock, barley, beans, minced garlic, salt and pepper. Bring to a boil. Simmer for 1 hour.

### Tasty variation:

Use buffalo meat instead of extra lean beef.

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## HOMEMADE TREATS

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### Michale's Gourmet Popcorn

Yield: 4 servings

#### Ingredients:

- ¼ cup of coconut oil
- ½ cup organic popcorn
- Mineral salt to taste
- Butter to taste

#### Directions:

Melt coconut oil in fry pan or wok on medium/low heat. Place a few kernels of popcorn in pan and cover with lid. Wait for popping sound. Then add remainder popcorn. Shake until all of the kernels are popped being careful not to burn. Place in a bowl and add mineral salt and butter.

#### Tasty variation:

Top with Nutritional Yeast or ground flax seeds for a nutty flavour.

Top with flax seed oil instead of butter on cooked popcorn (with or without ground flax seeds).

## Kristin's Raw Chocolate Pie

Yield: 8 servings

### Ingredients:

#### Filling

- 3 ripe avocados
- $\frac{3}{4}$  cups dates (placed in a glass container with a little water for soaking)
- 2 tbsp coconut oil or coconut butter
- $\frac{1}{4}$  cup raw cacao nibs (ground in a coffee grinder)
- 3 tbsp carob powder
- 1 tsp vanilla extract

#### Crust

- $1\frac{1}{2}$  cups of pecans, chopped ideally previously soaked
- $\frac{3}{4}$  cups dates, pitted
- 1 tsp coconut oil (optional)
- Pinch of salt

#### Direction:

Blend all filling ingredients in a food processor or blender until smooth. Place into bowl and set aside. Then blend all crust ingredients and refrigerate for 2 – 3 hours until it sets (overnight is best). Cover filling over crust and enjoy.

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## Super moist Carrot Cake

Yield: 12 servings

### Ingredients for soaking:

- 3 cups spelt flour
- 2 cups yogurt

### Dry Ingredients:

- ½ tsp mineral salt
- ½ tsp cinnamon
- ½ tsp allspice
- ¼ tsp nutmeg
- ⅛ tsp ground cloves
- 2 tsp baking soda
- ½ cup raw walnuts, chopped, ideally previously soaked
- 1½ cups whole oats

### Wet Ingredients:

- 2 large eggs
- ½ cup total sweetener: your choice of any of these - palm sugar (coconut sugar), maple syrup, honey, or pitted dates
- 2 ½ cups carrots, shredded
- 1 tsp real vanilla extract
- 3 tsp butter and/or coconut spread

### Directions:

Mix flour with yogurt and leave in a warm place for 12 to 24 hours. (For those with milk allergies, use 2 cups filtered water plus 2 tbsp lemon juice instead of yogurt). Mix all dry ingredients in a bowl and move to the side. In a food processor or blender, mix all wet ingredients together until smooth. Fold dry ingredients into the wet ingredient mixture, then add the soaked flour. Preheat oven to 325° F. Separate cake mixture, evenly into two 8 in by 8 in glass square pans previously oiled with coconut oil. Bake about 1 hour or until done (times may vary depending on your oven).

**Tasty Variation:**

**Icing**

- Equal parts cream cheese and butter plus add 1 tsp of vanilla extract.
  - Add 1 tsp unpasteurized honey for sweetness.
-

## Preparation tips: Grains, Nuts, Seeds, Beans and Legumes – for better digestion

### SOAKING METHOD

**Whole grains, Beans & Legumes:** in a glass jar, stainless steel or wooden bowl, soak desired amount of whole grain, beans or legume in an equal amount of water with your choice of: 1 tbsp raw vinegar, whey, fresh lemon juice, buttermilk, kefir or plain yogurt (Use 2 – 3 tbsp if you're cooking a large amount of grain, bean or legume). Cover and let sit at room temperature, overnight (for at least 7 hours and as long as 24 hours). When ready to cook, rinse thoroughly, then add remaining required amount of water or stock and cook.

According to Sally Fallon, in her book, *Nourishing Traditions*, “Whole rice and whole millet contain lower amounts of phytates than other grains so it is not absolutely necessary to soak them. However, they should be gently cooked for at least two hours in a high-mineral gelatinous broth. This will neutralize some of the phytates they do contain and provide additional minerals to compensate for those that are still bound; while the gelatin in the broth will greatly facilitate digestion”.

**Flours:** in a glass jar, stainless steel or wooden bowl, soak desired amount of flour with buttermilk, kefir, yogurt at a 3:2 ratio (3 cups flour to 2 cups cultured dairy product). For those with milk allergies, use 2 cups filtered water plus 2 tbsp whey, lemon juice or vinegar in replacement of the cultured dairy product.

Soak for 12 – 24 hrs (covered and at room temperature).

**Raw nuts & seeds:** in a glass jar, stainless steel or wooden bowl, place raw nuts or seeds and add 1 tbsp mineral salt. Cover with filtered water, about 2 inches above the nuts or seeds. Leave at room temperature for 6 – 8 hours or overnight. Drain the water. Rinse, thoroughly, and either use immediately, dry on a cookie sheet on low heat (120° F or lower) for 12 to 24 hours or air-dry them on a towel.

Nuts or seeds that are NOT fully dried will only last in the fridge for 3 – 5 days. Nuts or seeds that are fully dried will last outside the fridge for a few weeks.

## SPROUTING METHOD

**Whole grains, nuts/seeds, beans & legumes:** fill a mason jar one-third full with any grain, nut/seed, bean or legume. Add filtered water with 1 tsp mineral salt to the top of the jar and screw on a screen insert (purchased at any cooking or natural health store). Soak overnight, at room temperature. Rinse thoroughly then pour off excess water. You can do this without removing the screen insert. Invert the jar and let it sit, at room temperature, on an angle to keep the water draining and allow air to circulate. Rinse 2 – 3 times a day. In 1 – 4 days, the sprouts will appear. Rinse one last time and replace the screen insert with a solid lid. These sprouts will keep for up to 3 days in the fridge.

**Flax and chia seeds:** flax and chia seeds are too difficult to soak and sprout because they become too mucilaginous.

Irradiated seeds will not sprout.

Nuts like pecans, cashews and walnuts will not sprout, however, it is wise to soak them overnight in warm, salted water to neutralize sprout inhibitors.

## Going Gluten Free

Gluten, along with other proteins in grain, can be very difficult to digest. A diet high in gluten containing grains that have not been properly prepared, can put an unnecessary strain on the digestive tract. Over time, this weakens the digestive system and can lead to allergies, Candidiasis<sup>1</sup>, neurological imbalances (like depression), celiac disease<sup>2</sup>, osteoporosis and more.

For those who are sensitive to gluten containing grains, properly preparing them may not be enough. This is where following a gluten-free diet can be helpful. Please note: gluten-free grains still contain anti-nutrients<sup>3</sup> and need to be neutralized by following the instructions outlined above in “Preparation tips: Grains, Nuts, Seeds, Beans and Legumes – for better digestion”.

### Gluten-free foods list<sup>4</sup>

- Rice
- Amaranth
- Teff
- Millet
- Polenta
- Buckwheat
- Quinoa
- Corn
- Wild Rice
- Oats (must be labelled as Gluten-free Oats)

### Gluten-free flours list<sup>5</sup>

- Brown rice

1 Yeast like fungus overgrowth.

2 Celiac disease can be inherited or acquired.

3 Phytic acid is the most common however, there are also enzyme inhibitors that act to bind certain minerals in the digestive tract and are consequently eliminated instead of absorbed.

4 Found in Medical Nutrition from Marz, 2nd Edition by Russell B. Marz, N.D., M.Ac.O.M.

5 Found in Medical Nutrition from Marz, 2nd Edition by Russell B. Marz, N.D., M.Ac.O.M

## PART TWO: YOUR ACTION PLAN

- Teff
- Quinoa
- Amaranth
- Potato
- Pinto Bean
- Tapioca
- Buckwheat
- Garbonzo beans



# Part Three:

## Support Tools

During the transitioning period from your old body to your new, healthier body, you may experience new emotions or feelings that you have not felt before. Below are some tips and tricks to help you through this period so that you can continue to move forward and feel great!

### **Cleansing Reactions – What to Expect?**

In the process of cleansing and rebuilding, some people may experience discomfort, such as headaches, nausea, indigestion, diarrhea, or fatigue. Do not panic!! This period of detoxification is a very good thing for your body to be going through (although it may not feel like it) and usually passes within a few days or so. It is best not to suppress these unpleasant symptoms with products such as aspirin, etc. because you will only drive the toxins (that are trying to come out) deeper in the body.

What do you do? Instead drink more water, go into a sauna, do yoga where you can sweat or add ½ a cup of Epsom's salts (found in any pharmacy) to your bath and soak for a ½ hour.

If your body is telling you to rest, it is best to do so.

## What If You Fall Off the Program? Don't Panic!

Falling off the program means that you are outside what is comfortable for you. You are starting to face obstacles. This is a sign that you are on track! Use this as a learning tool to find out more about yourself. If you fall off your program, do not use it as an excuse to quit, just get back on it again! Remember, it is a process. Do not feel you have to be perfect. Loosen up, forgive yourself, and just keep moving forward to a healthier way of eating as it is shown to you in this program.

## Curb your Cravings – Your Taste Buds DO Change!

Temptation loses its power when you are okay with having just a taste of something “off limits” now and again instead of telling yourself it is off limits forever. Alternatively, remember the ALL OR NOTHING rule... which simply means, do not have that certain food<sup>1</sup> – again! Replace it with something that is healthy instead. For example, if you have a ‘chip’ habit, replace it with my gourmet popcorn (found in the Fit ‘n Healthy recipe section), a healthier whole grain or try making the Raw Food Crackers found in the Fit ‘n Healthy Recipes. Alternatively, trick your taste buds and have a herbal tea sweetened with stevia. If you have a chocolate habit, make some Chewy Chocolate Balls found in the Fit ‘n Healthy Recipes and have them as a yummy replacement.

Feel comforted that, after following The Fit ‘n Healthy Plan, you will eventually either lose the desire for the same “junk food” or you will become accustomed to satisfying your cravings with smaller amounts of your particular tempting foods by just having a bit or two!

## Are You an Emotional Eater?

If you are someone who tends to eat these “bad foods” all too often, you may be, “self medicating” to feel good. While this does work in the short term, it is devastating to your health (and well-being) in the long term.

<sup>1</sup> That certain food is referring to the food that you know you should not be having.

Here is how it works, you feel bad and through the processes of your memory center, you remember the foods that can make you feel good-instantly. So, you choose these foods, feel good while eating them, then feel bad again (both physically and emotionally). So here you are, feeling bad again and what are you most likely to do? You guessed it, choose these same ‘bad’ foods again, only to feel good for a short time, then bad again, and so on...

How do you break this cycle? Read below for the tips:

## Tips for Emotional Eaters:

### Tip #1: Think about feeding your body instead of your emotions.

Some people choose the “bad foods” when they are anxious or depressed. If this is you, be aware that this is happening and stop.

### Tip #2: Find out what your favourite food says about you.

Research has been done on how the choice of foods relates to the emotional state. Here is what they said:

What You Choose to Eat	What it Says About You
Hard, crunchy or tough foods	Angry
Sugars	Depressed <sup>1</sup>
Soft and sweet foods like ice cream	Anxious
Salty foods	Stressed <sup>2</sup>
Heavy foods like pasta	Lonely, sexually frustrated
All foods	Jealous

### Tip #3: Find a purpose.

Often times we use foods to fill our need to feel good. Finding a purpose can take our minds away from the bad foods by displacing our thoughts and placing them

<sup>1</sup> When we are depressed, our body is looking to increase its serotonin levels – with sugar.

<sup>2</sup> When we are stressed, the adrenal glands are activated and sends salt craving signals.

onto our new purpose. You may want to try joining a club with like-minded people that are working towards a worthy cause, start a new educational course or move towards employment that you love. Another tip to consider is what an amazing role model you would be for either your children or loved ones as you move towards a healthier way of life.

**Tip #4: Find your motivation.**

Think about what the real reason is that you want to be at your ideal health. Really take some time to think about what that reason is and remember it for those times when you feel you are about to go off your healthy eating program. For instance, you may really want to be healthier because you want to have a baby, be a good example for the children you already have, or prevent the genetic diseases that are showing in your family.

**Tip #5: Think ahead.**

Think of how you would feel AFTER you ate that piece of bad food. Now think of how you would feel by choosing to do either an activity or making better food choices. Usually, this is all it takes to shift your mindset and create healthier habits.

## Time-Saving Ways to Feed Your Family Well

For more information on great meal ideas for children, go to [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com) and look under “Children’s Health.”

There is strength in numbers, and if your entire family is motivated to follow these healthier eating habits, the time it will take to make these healthy foods, is greatly reduced. A good way to begin is to pick a time to have all family members sit down and discuss the changes that need to be made to help improve the quality of your lives. Have each member give input about specific changes they are willing to start helping with.

Make a difference in your family members’ health by following some of these time-saving tips below:

### **Tip #1:**

Take your family shopping and have them pick their favourite vegetables. Doing this can help improve co-operation when it comes time to eating them too!

### **Tip #2:**

Reduce the amount of grains in a day and increase the amount of vegetables. Raw vegetables are easy to serve, just wash and cut (no cooking required). Offering a great variety with many different colours can help to increase vegetable consumption.

### **Tip #3:**

Have each member make a new, healthier recipe. Often times if they help make it, they are happy to help eat it.

### **Tip #4:**

Switch from whole wheat pastas to sprouted grain pasta (reduces cooking times from 12 minutes to only 4 minutes). Make more and have some the next day.

### **Tip #5:**

Invest in a whole house water system. Saves you time by avoiding phone calls to water delivery services and labour that is involved in replacing large empty plastic water containers for full ones.

**Tip #6:**

Make extra amounts and freeze for future use. Often times these left-overs are much more appreciated and useful when you are in a hurry to eat.

*Make family mealtimes more enjoyable by following these tips:*

**Create a fun game by having your children name the vegetables.** For each one they get right, give five cents or fun stickers or something equally exciting for them.

**For children, most importantly, MAKE IT FUN!** Remember, they can pick up on any of the anxiety that you may have about food. You will be giving your children the gift of health for life by teaching them to eat healthy. On the days when it may be difficult for you to make healthy choices, think of your children and do it for them.

**To encourage healthy eating, just presenting good, healthy, natural foods is all you have control over.** They have control over what they choose to eat and how much. As long as the choices are good, they will read their own little bodies and choose the foods they think are best. There is one exception to this rule, if their choices do not include enough vegetables or fruits, then ask them to have X amount of vegetables or fruits before they choose another piece of whole grain/meat/or dairy. Explain to them that eating these veggies/fruits is super important for their health! I really encourage you to NOT miss this step. In this day and age, when the processed/fast food advertisements are on so many billboards and commercials, it is more important than ever to “teach our children” what eating healthy REALLY is!

**One question you may ask each of your family members before starting your meal is, “What was the best part about your day?”** This begins the mealtime on a happy note and everyone has a chance to participate. You would be surprised to find how much more enjoyable your mealtimes will be.

## Tips for 'picky eaters':

For those children that are not use to eating certain healthy foods, start slowly with them and simply have them either lick or taste the food you wish them to try before they begin eating the foods you know they are accustomed to eating.

A second trick you can try is to tell them that their tummies must not be hungry if they are choosing not to try these new foods. Explain to them that when they are hungry, they can try again. You can also mention that they may be surprised at how tasty these foods really are. Having you or your partner eat them is also a good way for the children to include them too.

Additionally, pay particular attention to presentation, colour and texture. Cut the foods into funny shapes, place the foods in a particular design (like a clown face), read to them their favourite book or play a game while they eat the foods to keep it fun!

## Your Fit 'n Healthy Journal

For some of you, keeping a record of your sleep, what you did for exercise, your water intake, supplements, your meals and snacks of the day, can help you stay on track.

Record keeping is also good for fine-tuning your plan to see both what is and what is not working.

A sample journal page has been created for you to use at your convenience. Simply photocopy it and use it daily for as long as you need to.

I personally wish you success while on your path to wellness and would like to hear any comments that you may have. Please send along your comments by logging onto [www.fitnhealthynutrition.com](http://www.fitnhealthynutrition.com). This information is very useful to better understand what your needs are and to further develop future wellness plans.

Now, go out and apply these simple solutions!!

Michale Hartte BAsc (Nutr), NNCP



## Journal Sample Page

Date: \_\_\_\_\_ Hours Slept: \_\_\_\_\_

How I am feeling this morning: \_\_\_\_\_

Litres of Water: 500ml 500ml 500ml 500ml 500ml 500ml 500ml 500ml

Ounces of Water: 10 10 10 10 10 10 10 10 10

### Exercise Log

Activity: \_\_\_\_\_

Duration: \_\_\_\_\_

### Supplements taken

Morning: \_\_\_\_\_

Evening: \_\_\_\_\_

### Eating and drinking Log

Meal One: \_\_\_\_\_

Meal Two: \_\_\_\_\_

Meal Three: \_\_\_\_\_

Meal Four: \_\_\_\_\_

Meal Five: \_\_\_\_\_

Meal Six: \_\_\_\_\_

Number of bowel movements: \_\_\_\_\_

What I am grateful for today: \_\_\_\_\_

How I am feeling this evening: \_\_\_\_\_

One thing I did to move towards my goal is: \_\_\_\_\_

\_\_\_\_\_



# Appendices

## Appendix 1: The 10 Natural Laws of Health

**Principle 1:** Drink enough clean water

**Principle 2:** Be mindful

**Principle 3:** Practice good nutrition

**Principle 4:** Live with purpose

**Principle 5:** Avoid exposure to outside toxins

**Principle 6:** Eliminate inside toxins

**Principle 7:** Establish a good routine

**Principle 8:** Get moving

**Principle 9:** Get enough sleep

**Principle 10:** Be grateful and give thanks

## Appendix 2: Healthy Proteins

### ANIMAL-SOURCED

- Best meat and poultry sources: organ meats, beef, lamb, veal, venison, moose, bear, bacon (nitrate free), chicken, turkey, duck and other fowl
- Best fish and seafood sources: anchovies, herring, mackerel (Atlantic), oysters, sardine, scallops, sole (pacific), squid, trout, tilapia, wild prawns and wild salmon
- Whole eggs (from pasture-fed chickens)
- Best dairy sources: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows.
- Best protein powder sources: whey protein isolate

### PLANT-SOURCED

- Best protein rich nut and seed sources: all nuts and seeds are good. However, consider chestnuts, coconuts, macadamia and pecans to be primarily a carbohydrate and fat source
- Best fermented soy sources: natto, miso and tempeh
- Best plant protein powder sources: sprouted, fermented or organic brown rice, pea, pumpkin seed or hemp protein powders, fermented soy

### COMPLETE PLANT-SOURCED PROTEINS

- Food combinations for complete proteins: combine beans or legumes with whole grains, nuts, seeds, or dairy (see below)
  - Best bean and legume sources: dried beans, lentils, dried peas and the fermented soy products (natto, miso and tempeh)
  - Best whole grain sources: amaranth, barley, quinoa, millet, buck-

wheat, kamut, whole wheat, whole oats, steel cut oats, Scottish oats, brown rice, wild rice, rye and spelt

- Best nut and seed sources: all are considered excellent for our health with the exception of peanuts
- Best dairy sources: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows.

## Appendix 3: Healthy Carbohydrates

- Best vegetable choices, low glycemic – alfalfa sprouts, artichokes, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, collard greens, summer squash, cucumber, dandelion greens, eggplant, endive, green beans, lettuce, kale, kohlrabi, leeks, okra, onions, radish, mustard greens, scallions, spaghetti squash, spinach, Swiss chard, tomatillo, tomatoes, turnips, turnip greens, watercress, yellow beans and zucchini
- Best vegetable choices, moderate-high glycemic – beets, carrots, corn, jicama, parsnips, potatoes, pumpkin, sweet potatoes, winter squash and yams
- Best fruit sources: all whole fruits are good. Best choice for high antioxidant and lower sugar values are berries.
- Best whole grain sources: amaranth, barley, quinoa, millet, buckwheat, kamut, whole wheat, whole oats, steel cut oats, Scottish oats, brown rice, wild rice, rye and spelt
- Best dairy sources: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows
- Best fermented soy sources: natto, miso and tempeh
- Best nut and seed sources: all are considered excellent for your health with the exception of peanuts

## Appendix 4: Healthy Fats

- Best nut and seed sources: all are considered excellent health with the exception of peanuts. Consider chestnuts to be primarily a carbohydrate source
- Best dairy sources: goat or sheep milk, raw cow's milk; cheese, yogurt and kefir made from pasture-fed goat, sheep or cows
- Best fermented soy sources: natto, miso and tempeh
- Best oil and other fat sources: extra virgin olive oil, avocado oil, grape seed oil, unrefined sesame seed oil, hazelnut oil, almond oil, hemp seed oil, unrefined flax seed oil, walnut oil, pumpkin seed oil, avocado, butter and olives



## Appendix 5: Natural Sweeteners

- Stevia
- Unpasteurized honey
- Agave nectar (controversial)
- Palm sugar
- Real maple syrup
- Unsulphured molasses
- Brown rice syrup
- Barley malt
- Date sugar
- Evaporated cane juice
- Xylitol
- Lou han guo
- Dried fruits

## Appendix 6: Healthy Beverages

- Filtered water
- Herbal tea (decaf)
- Green or white tea
- Sparkling mineral water (plain)
- Raw vegetable juice
- Organic coffee
- Organic decaf coffee
- Organic unpasteurized beer
- Organic wine
- Herbal coffee substitute

## Appendix 7: Healthy Condiments

- BBQ/teriyaki sauce
- Salsa
- Relish
- Ketchup (low sugar)
- Mustard
- Steak sauce
- Lite or low sodium (naturally fermented) soy sauce, wheat free
- All dry seasonings
- Vinegar (raw apple cider, balsamic, red/white wine, brown rice)
- All herbs (non-irradiated)
- All spices
- Yeast (nutritional yeast, brewers yeast)
- Wasabi powder
- Miso paste
- Salt (celtic, himalayan, or other natural mineral salt)

## Appendix 8: Trans Fats and Unstable Fats Avoidance List

- Margarine
- Vegetable shortening
- Corn, safflower and sunflower oils<sup>1</sup>, soybean, canola or any highly processed vegetable oils

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1 According to Sally Fallon in her book *Nourishing Traditions*. “ Use of these oil should be strictly limited. They should never be consumed after then have been heated...high oleic safflower and sunflower oils, produced from hybrid plants, have a composition similar to olive oil, namely, high amounts of oleic acid and only small amounts of polyunsaturated fatty acids and thus are more stable than traditional varieties. However, it is difficult to find truly cold-pressed versions of these oils”.

## Appendix 9: Artificial Sweeteners Avoidance List

- Aspartame
- Acesulfame-K
- Alitame
- Cyclamate
- Saccharin
- Splenda
- Sucralose

## Appendix 10: Refined Sugars Avoidance List

- Corn syrup
- Fructose
- Sucrose
- Maltose,
- Malt sugar
- Dextrose
- Cane sugar
- Corn sugar
- Succanat
- White, brown and raw sugar
- Demerara sugar
- Galactose
- Glucose
- High fructose corn syrup
- Invert sugar
- Lactose
- Malt
- Maltodextrin
- Powdered or confectioner's sugar
- Turbinado sugar
- Polydextrose

## Appendix 11: Top 10 Grab-and-Go Foods

### From Home

1. Ready-made wieners/sausages and cut-up veggies  
Try: chicken, turkey, beef or bison wieners and tomato, cucumber, celery, red/yellow/orange peppers, radish
2. 5 Minute Oatmeal (see Fit 'n Healthy Recipes)
3. Hard-boiled eggs and cut-up veggies
4. Burgers made the night before and cut-up veggies  
Try: salmon, veggie, beef/bison, or turkey burgers
5. Chocolate Chewy Balls (see Fit 'n Healthy Recipes) and cut-up veggies
6. Nuts and dried fruits  
Try: cashews and raisins or almonds and dates
7. Cheese and fruit  
Try: mozzarella and apple or goat feta and pear
8. Cheese and cup up veggie
9. Wrap with nut butter and sliced veggie  
Try: almond butter and grated carrot
10. Wrap with fruit and nut butter  
Try: banana and organic peanut butter

## Appendix 11: Top 10 Grab-and-Go Foods (continued)

### From the Deli<sup>1</sup>

1. Mixed veggie and grain salad with a few hard-boiled eggs on the side
2. Bean or lentil soup with a bun (buy extra soup for later or add it to a grain for dinner)
3. Samosa
4. Spanokapita
5. Ready-made sandwiches (that include a protein source)
6. Mixed veggie salad and a side of sausages (nitrate/nitrite free)  
Try: turkey, bison or beef sausages
7. Bean or lentil burgers and side veggie salad with nuts/seeds or grain
8. Chicken or beef soup and a bun (buy extra soup for dinner or tomorrow's lunch)
9. Snack bar with nuts/seeds, dried fruits and greens as ingredients
10. Cheese and crackers  
Try: mozzarella and spelt crackers (avoid crackers with hydrogenated fats)

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<sup>1</sup> Know that most whole grains will not be properly prepared. This will be the time to follow the “Just do the best you can with what is available” principle.



## Appendix 12: The Fit 'n Healthy Grocery List

### Grains

- Brown rice
- Wild rice
- Millet
- Kamut (flakes or whole kernel)
- Spelt (flakes or whole kernel)
- Quinoa
- Slow cooking oats (also called old-fashioned oats)/steel cut oats/Scottish oats
- Bread/bagels/English muffins/wraps (whole grain or sprouted)
- Wheat germ
- Flours (bulgur, spelt, rye, kamut or other)
- Pasta (spelt, sprouted grain, kamut, brown rice)
- Udon noodles (buckwheat, spelt, kamut)
- Crackers (sprouted grain, spelt, rye, brown rice)

### Legumes

- Dried beans and legumes (chickpeas, pinto, kidney beans, lentils, split peas, etc.)
- Canned beans and legumes (chickpeas, baked beans with no refined sugar, etc.)

- Prepared bean dishes such as soups and chilli

### **Nuts, Seeds, and their Butters**

- Nut butters (raw almond, cashew, dry-roasted organic peanut butter, etc.)
- Nuts, raw (cashews, almonds, walnuts, coconut, Brazil nuts, filberts, chestnuts, etc.)
- Seed butters (tahini, hemp, pumpkin, sunflower, etc.)
- Seeds, raw (sesame, hemp, pumpkin, sunflower, flax, chia, etc.)

### **Fruits & Vegetables**

- Fresh greens (kale, collards, beet tops, Swiss chard, spinach, bok choy, etc.)
- Seasonal fresh vegetables
- Garlic & onion
- Pasta sauces, canned tomatoes, tomato paste
- Seasonal fresh fruit
- Frozen fruit
- Canned water-packed fruits
- Dried fruits (apricots, dates, figs, prunes, goji berries, apples, raisins, cranberries fruit juice sweetened, etc.)

### **Dairy Products and Eggs**

- Cheese from cow (ideally made using raw milk) goat, or sheep
- Raw cow's or goat's milk
- Table cream

- Organic eggs or eggs from pasture-fed chickens
- Plain, non-homogenized whole milk yogurt from cow, sheep or goat
- Kefir

### **Non-Dairy Milks**

- Coconut milk
- Brown rice milk, oat milk, almond milk (occasional use only)

### **Fish/Meats/ Poultry**

- Canned wild salmon with bones
- Low mercury fish (trout, wild salmon, sole, etc.)
- Shellfish (wild prawns, oysters, etc.)
- Sardines
- Beef/Buffalo (ground, roast and in steaks)
- Lamb
- Organ meats
- Chicken/turkey (wieners, sausages, ground, whole or breasts)
- Duck

### **Fats and Oils**

- Extra-virgin olive oil
- Avocado oil
- Seed oils (flaxseed, unrefined sesame, pumpkin, grape seed, cold pressed hemp, etc.)

## APPENDICES

- Nut oils (hazelnut, walnut, etc.)
- Coconut oil, refined or unrefined
- Butter
- Ghee

**Sweeteners**

- Stevia
- Date sugar
- Palm sugar (also known as coconut sugar)
- Brown rice syrup
- Blackstrap molasses
- Agave nectar (controversial)
- Honey, unpasteurized
- Real maple syrup

**Beverages**

- Herbal teas, caffeine free
- Green or white tea
- Organic and decaf coffee
- Herbal coffee substitutes
- Spring /carbonated natural spring water
- Organic red or white wine

- Naturally brewed dark beer

### **Fermented soy products**

- Natto
- Miso
- Tempeh

### **Seasonings, Condiments, Other**

- Lite, wheat free soy sauce, tamari (ideally unpasteurized)
- Healthy mayonnaise (made with healthy oils and natural sweeteners)
- Guacamole
- Tahini & hummus
- Salsa
- Organic brown rice miso
- Low sugar ketchup, mustard, relish
- Pickles made without the use of sugar
- Lemon/lime juice
- Vegetable/chicken broth
- Vinegar (brown rice, red/white wine, aged balsamic, apple cider, raspberry)
- Jams (juice sweetened, made without refined or artificial sweeteners)
- Dried seaweed: kombu, nori
- Fresh herbs and spices, non-irradiated

- Mineral salt (Celtic or Himalayan) & black pepper
- Curry paste
- Cooking wine
- Nutritional yeast or brewer's yeast

### **Snacks**

- Snack bars (Look for raw, preferably made with organic ingredients such as: dried greens, vegetables, nuts, fruits and/or whey/pea/hemp protein powder. Stay away from soy powder and artificial anything!)
- Recommended brand names in Canada: Organic Raw Food Bars, Elevate Me!, Organic Fiber Bar, Dr. Weil Bars and Think Bars
- Organic popping corn
- Rice or vegetable chips
- Organic corn chips
- 70%+ organic dark chocolate or raw cacao
- Rice Dream or Coconut Bliss frozen desserts
- Kamut or rice or millet puffs

### **Baking Items**

- Arrowroot
- Baking soda
- Baking powder (aluminum free)
- Guar gum

- Vanilla extract, organic
- Vegetable glycerin
- Coconut flakes
- Cocoa powder, raw
- Carob powder
- Coconut spread (simply made of ground coconuts)

## Appendix 13: Gluten-free foods list

- Rice
- Amaranth
- Teff
- Millet
- Polenta
- Buckwheat
- Quinoa
- Corn
- Wild Rice
- Oats (must be labelled as Gluten-free Oats)

### Gluten-free flours list

- Brown rice
- Teff
- Quinoa
- Amaranth
- Potato
- Pinto Bean
- Tapioca
- Buckwheat
- Garbonzo beans



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