

## **Appendix 1:**

**100 processed foods to avoid**, with their **healthy alternatives**:

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### **Breakfast Foods**

<b>Processed Food</b>	<b>Healthy Alternative</b>
Sugary breakfast cereals	Steel-cut oats or unsweetened muesli
Flavoured instant oatmeal	Plain oats with cinnamon, nuts, and berries
White bread	Whole grain sprouted bread or sourdough
Store-bought muffins	Homemade almond flour muffins
Toaster pastries	Homemade almond butter oat bars
Boxed pancake mix	Whole grain pancakes from scratch
Frozen waffles	Homemade whole grain waffles
Boxed cake mix	Almond flour cake from scratch
Packaged cinnamon rolls	Homemade low-sugar cinnamon rolls
Store-bought banana bread	Homemade banana bread with oat or almond flour

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### **Main Meals**

<b>Processed Food</b>	<b>Healthy Alternative</b>
Frozen pizza	Homemade pizza on whole grain or cauliflower base
Microwavable meals	Batch-cooked stir-fries or bowls
Boxed mac and cheese	Pasta with homemade cheese sauce or nutritional yeast
Canned pasta (e.g., ravioli)	Whole wheat pasta with homemade sauce
Canned spaghetti	Whole wheat noodles and fresh marinara
Canned stews	Hearty homemade stew with lentils or beans

**Processed Food****Healthy Alternative**

Premade quiche

Homemade veggie quiche

Frozen meat pies

Homemade lentil or veggie pie

Fast-food burgers

Homemade turkey or veggie burgers

Fast-food chicken sandwiches

Grilled chicken with whole grain bun

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**Lunches & Sandwiches****Processed Food****Healthy Alternative**

Deli meats (ham, salami, etc.)

Roasted chicken, turkey, or lentil loaf

Hot dogs

Nitrate-free turkey or chicken sausages

Canned chicken salad

Homemade chicken or tofu salad

Processed frozen burritos

Homemade burrito bowls

Jarred pesto (with fillers)

Homemade basil pesto

Store-bought falafel mix

Baked homemade falafel

Canned chili

Homemade veggie chili

Frozen breaded chicken nuggets

Oven-baked chicken breast strips

Boxed stuffing

Whole grain stuffing with herbs and nuts

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**Dairy & Cheese Alternatives****Processed Food****Healthy Alternative**

Processed cheese slices

Natural aged cheese or goat cheese

Jarred cheese dips

Cashew cheese or hummus

Store-bought frosting

Whipped coconut cream or cream cheese

Flavoured coffee creamers

Coconut cream or unsweetened almond milk

**Processed Food****Healthy Alternative**

Store-bought eggnog

Homemade almond/coconut eggnog

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**Soups, Stews, and Sauces****Processed Food****Healthy Alternative**

High-sodium canned soup

Homemade vegetable or lentil soup

Instant noodle soups

Soba noodles with fresh broth

Canned hash

Homemade sweet potato breakfast hash

Canned gravy

Homemade broth-based gravy

Jarred pasta sauces (with sugar)

Homemade tomato or veggie sauce

Bottled marinades

Olive oil, garlic, herbs

Bottled BBQ sauce

Homemade low-sugar BBQ sauce

Jarred salsa with additives

Fresh homemade salsa

Sugar-loaded ketchup

Low-sugar or homemade ketchup

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**Snack Foods****Processed Food****Healthy Alternative**

Potato chips

Air-popped popcorn or roasted chickpeas

Crackers with additives

Whole grain seeded crackers

Pretzel snacks

Roasted edamame or whole grain pretzels

Cheese-flavoured crackers

Homemade cheese crisps or seed crackers

Snack cakes

Banana oat muffins or almond flour treats

Battered onion rings

Baked almond flour onion rings

Rice cakes with flavouring

Plain rice cakes with nut butter

**Processed Food****Healthy Alternative**

Store-bought granola bars	Homemade nut and seed bars
Commercial protein bars	Homemade protein balls
Snack mixes (with candy)	DIY trail mix with raw nuts and dried fruit

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**Desserts & Sweets****Processed Food****Healthy Alternative**

Candy bars	85%+ dark chocolate or fruit + nuts
Packaged cookies	Homemade almond or oat cookies
Ice cream	Banana “nice cream” with nut butter
Pudding cups	Chia pudding or coconut milk pudding
Gelatin cups	Homemade gelatin with fruit juice
Store-bought tarts	Homemade berry tarts with almond crust
Flavoured gelatin	Natural gelatin with 100% juice
Sweetened applesauce	Unsweetened applesauce or mashed banana
Sweetened jam	Fruit-only jam or mashed berries
Artificially sweetened gum	Xylitol gum or mint leaves

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**Drinks****Processed Drink****Healthy Alternative**

Soda and soft drinks	Sparkling water with lemon or herbal tea
Energy drinks	Water, green tea, or fruit smoothies
Bottled smoothies	Homemade smoothies with greens and berries
Flavoured yogurt drinks	Plain yogurt blended with fruit

**Processed Drink****Healthy Alternative**

Powdered drink mixes    Fruit-infused water or herbal tea

Flavoured coffee drinks    Black coffee with cinnamon or nut milk

Bottled cocktail mixers    Fresh citrus juice and herbs

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**Baking Ingredients****Processed Item****Healthy Alternative**

Boxed cake or brownie mix    Almond or oat flour baked goods

Store-bought pie crust    Almond flour or whole wheat crust

Store-bought pancake mix    Whole grain or nut flour pancakes

Artificially flavoured syrup    Real maple syrup or date syrup

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**Packaged Fruits, Grains, and Beans****Processed Food****Healthy Alternative**

Canned fruit in syrup    Fresh fruit or canned in water

Instant mashed potatoes    Mashed cauliflower or fresh potatoes

Flavoured rice packets    Brown rice with herbs and olive oil

High-sugar canned yams    Roasted sweet potatoes

Canned corn with sugar    Plain frozen or fresh corn

Instant couscous    Plain couscous with herbs

Canned baked beans with sugar    Homemade beans with spices

Boxed risotto    Arborio rice with homemade broth

**You said:**

Give top 10 examples of commonly consumed foods high in process sugar/flour

## **Appendix 2:**

### **The Harm of Eating Fast Food – Evidence from Scientific Literature**

Decades of peer-reviewed studies have linked fast food consumption to increased risk of obesity, type 2 diabetes, heart disease, fatty liver disease, and depression. A 2012 study in *Public Health Nutrition* found that people who consumed fast food more than twice a week had a significantly higher risk of developing metabolic syndrome. Fast food is often energy-dense, high in trans fats, sodium, refined sugars, and ultra-processed ingredients that disrupt metabolic and hormonal balance.

High intake of fast food is associated with systemic inflammation, insulin resistance, and unhealthy changes to gut microbiota. A 2020 systematic review in *Nutrients* concluded that regular consumption of fast food contributes to poor diet quality, excessive caloric intake, and nutrient deficiencies—particularly in fibre, omega-3s, magnesium, and potassium.

### **Top Harmful Fast Foods & Sugary Beverages and Healthier Alternatives (with evidence-informed explanations)**

<b>Fast Food or Drink</b>	<b>Why It's Harmful (based on published science)</b>	<b>Healthier Alternative</b>
<b>1. French Fries</b>	High in trans fats and <b>acrylamide</b> , a carcinogen formed in deep-frying. Linked to heart disease and insulin resistance ( <i>Tsuji et al., J Agric Food Chem, 2019</i> ).	<b>Oven-roasted sweet potatoes</b> with olive oil and herbs (high in fibre, vitamin A, and resistant starch when cooled).
<b>2. Soda (regular &amp; diet)</b>	Linked to obesity, type 2 diabetes, and fatty liver. Diet sodas may impair insulin sensitivity ( <i>BMJ 2015; Nutrients 2020</i> ).	<b>Sparkling water</b> with lemon, mint, or stevia-sweetened options.
<b>3. Fast Food Burgers (with refined buns)</b>	Often contain processed meat, refined white bread, and inflammatory oils. Nitrates and AGEs increase cancer and heart risk ( <i>WHO; Am J Clin Nutr, 2019</i> ).	<b>Lettuce-wrapped grass-fed burger</b> or <b>chickpea patty</b> with avocado.
<b>4. Fried Chicken</b>	High in omega-6 oxidized oils, sodium, and AGEs. Increases LDL-C and inflammatory markers ( <i>Nutrients 2018</i> ).	<b>Baked or air-fried chicken thighs</b> with garlic and rosemary.

Fast Food or Drink	Why It's Harmful (based on published science)	Healthier Alternative
5. Milkshakes	Loaded with added sugars and saturated fats; can cause blood sugar spikes and promote insulin resistance ( <i>JAMA</i> 2004).	<b>Almond milk smoothie</b> with berries, chia seeds, and cinnamon.
6. Processed Breakfast Sandwiches	Refined carbs, processed meats, trans fats, and low fibre. Associated with higher risk of obesity and metabolic syndrome ( <i>AJCN</i> , 2012).	<b>Whole grain or keto wrap</b> with egg, avocado, and spinach.
7. Chicken Nuggets	Contain preservatives, binders, and fried in unhealthy oils. Linked to increased inflammatory markers and poor diet quality ( <i>Nutrients</i> , 2020).	<b>Homemade almond flour-crusted chicken bites</b> baked, not fried.
8. Pizza (fast food chain)	Refined flour crust, low in fibre, and high in sodium, saturated fats, and processed meats ( <i>Circulation</i> 2017).	<b>Cauliflower crust pizza</b> with fresh tomato, spinach, and mozzarella.
9. Energy Drinks & Frappuccinos	Excessive caffeine, sugar, and artificial additives. Linked to elevated cortisol, anxiety, and insulin resistance ( <i>Front Public Health</i> , 2015).	<b>Iced coffee</b> with unsweetened almond milk and cinnamon.
10. Packaged Donuts & Pastries	Ultra-processed, high in sugar, trans fats, and refined flour. Increase postprandial glucose and fat storage ( <i>BMJ</i> , 2020).	<b>Homemade almond flour muffins</b> or <b>low-carb chia puddings</b> .

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### Summary of Scientific Concerns:

- **Trans fats and refined oils** increase inflammation and cardiovascular risk.
- **Added sugars** promote insulin resistance, liver fat accumulation, and glycation damage.
- **Processed meats and white flour** are linked with colorectal cancer and obesity.
- **Ultra-processed foods** are designed for overconsumption and have poor nutrient density.

**Key Takeaway:**

Replacing harmful fast foods with **whole, minimally processed, high-fibre, low-glycemic meals** can drastically improve blood sugar control, weight, and long-term disease risk.

Choosing **healthy fats, non-starchy vegetables, clean proteins**, and **natural hydration** supports the metabolic reset you're working hard to achieve.



## **Appendix 3:**

### **Healthy Meal Planning Strategies for Truck Drivers (and Travelers)**

#### **1. Invest in the Right Gear**

- **12V cooler or portable fridge** (e.g., Dometic, ARB): Keeps fresh food safe for days.
  - **Electric lunch box / 12V food warmer:** For heating pre-cooked meals without a microwave.
  - **Insulated thermos:** Ideal for soups, bone broth, or hot drinks.
  - **Dry food bin:** Store nuts, seeds, low-carb wraps, protein powders, etc.
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#### **2. Pack Smart, Balanced Meals**

Choose meals that are:

- **Portable**
- **Low glycemic**
- **Shelf-stable or easy to reheat**

Examples:

<b>Meal Type</b>	<b>Options</b>
<b>Breakfast</b>	Hard-boiled eggs + avocado; chia pudding with almond milk; Greek yogurt + walnuts
<b>Lunch</b>	Low-carb wraps with turkey, spinach, and hummus; grain-free “bento box” (cheese, olives, boiled eggs, nuts)
<b>Dinner</b>	Pre-cooked chicken thighs + roasted veggies; chili or curry in a thermos
<b>Snacks</b>	Pumpkin seeds, almonds, protein bars (low net carbs), cut veggies + guac

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#### **3. Avoid Fast Food Pitfalls**

**When you must stop at restaurants:**

- Choose grilled instead of fried
- Replace fries with salad or double vegetables

- Say no to the bun or ask for lettuce wraps
  - Skip sugary drinks — opt for water, black coffee, or unsweetened iced tea
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#### 4. Plan and Prep Once per Week

- Use a cooler to store 3–4 days of meals
  - Freeze extra meals and rotate them into your cooler
  - Batch cook staples like meat, veggies, or egg cups at home
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#### 5. Stay Mindful and Motivated

- Keep your “**why**” visible: better energy, lower blood sugar, long-term health
  - Use a tracker app (like Carb Manager) to stay accountable
  - Build small rituals: stretch breaks, hydration reminders, and mindful eating pauses
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#### 6. Hydration & Electrolytes

Long hours can mask dehydration. Aim for:

- **2–3L of water daily**
  - Add  $\frac{1}{4}$  **tsp salt or electrolyte tablets** to prevent fatigue and headaches, especially if eating low carb
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#### 7. Emergency Backup Food

Keep a kit with:

- Tuna packets or canned chicken
- Nut butter pouches
- Shelf-stable almond milk
- Low-carb protein bars (e.g., Keto Bars, Quest)

## **Appendix 4:**

### **Culturally Informed Food Swaps for Metabolic Health (with Farm Girl, Oroweat, and Carbonaut Options)**

<b>Culture</b>	<b>Traditional Food</b>	<b>Instead-ofs (Healthier Substitutes)</b>
CA Canadian First Nations	Bannock (white flour)	<b>Farm Girl Pancake Mix</b> , Ground flax flatbread, Coconut flour bread
	Frybread tacos	Carbonaut wrap tacos, Baked turkey lettuce wraps, Cauliflower base taco bowl
	Sweet tea / sugary drinks	Steeped berry tea, Stevia lemonade, Sparkling water with cedar or mint
IT Italian	Pasta	Zucchini noodles, Shirataki noodles, Palmini noodles
	Risotto	Cauliflower rice risotto, Hemp heart “grain,” Konjac rice
	Tiramisu	Mascarpone with stevia + cocoa, <b>Farm Girl sponge base</b> , Chia chocolate mousse
MX Mexican	Flour tortillas	Oroweat Keto wraps, Carbonaut wraps, Almond or flax tortillas
	Refried beans	Mashed cauliflower + avocado, Black soybeans, Lentil mash with olive oil
	Horchata / sugary drinks	Almond milk horchata (stevia), Coconut milk with vanilla, Cinnamon chia smoothie
IN Indian / South Asian	White basmati rice	Cauliflower rice, Shredded cabbage with turmeric, Eggplant rice
	Naan / roti	<b>Farm Girl flatbread</b> mix, Almond flour roti, Psyllium husk naan
	Gulab jamun / sweets	Almond flour laddoo, Chia halwa, Cardamom custard with coconut milk

Culture	Traditional Food	Instead-ofs (Healthier Substitutes)
CN Chinese / East Asian	Fried rice	Cauliflower fried rice, Cabbage stir-fry, Broccoli rice
	Lo mein / chow mein	Shirataki noodles, Spiralized cabbage, Egg drop veg soup
	Bao / dumplings	Cabbage wrap dumplings, <b>Farm Girl steamed dough</b> (small portions), Egg pancakes
JP Japanese	White rice (sushi, donburi)	Cauliflower sushi rice, Shirataki rice, Sesame cucumber wraps
	Tempura	Almond flour batter, Egg and coconut flour crust, Pan-fried veggie strips
	Ramen	Shirataki noodles in bone broth, Zucchini noodles, Miso veg soup
PH Filipino	Pancit noodles	Konjac noodles, Cabbage pancit, Shirataki
	White rice with sauce	Cauliflower rice adobo, Eggplant mash, Roasted bok choy
	Halo-halo	Coconut milk + chia, Shaved ice + stevia + avocado, Almond milk flan
FR French	Baguette / croissant	Farm Girl baguette loaf, Carbonaut keto bun, Seed crackers with pâté
	Gratin potatoes	Cauliflower gratin, Kohlrabi bake, Turnip cream casserole
	Crème brûlée	Stevia egg custard, Coconut cream gelatin, Chia crème brûlée
MA North African / Middle Eastern	Couscous	Cauliflower couscous, Hemp tabbouleh, Cabbage + herbs
	Pita bread	Farm Girl pita dough, Oroweat flatbread, Almond flour naan

Culture	Traditional Food	Instead-ofs (Healthier Substitutes)
us / CA North American / Western	Date sweets	Almond-tahini balls, Coconut + stevia truffles, Chia spice pudding
	White bread	Oroweat Keto bread, Carbonaut loaf, Farm Girl sandwich buns
	Fries	Baked turnip fries, Sweet potato wedges, Zucchini air-fried
	Soda / sweet iced coffee	Zevia soda, Cold brew + almond milk, Sparkling water with lemon

# Appendix 6:

## Metabolically Healthy Eating at Tim Hortons (Canada)

### Best Strategies

- 1. **Skip the bun, wrap, and hash browns.** Ask for eggs, cheese, and meat in a bowl or lettuce wrap.
- 2. **Avoid sugary beverages**—even small iced coffees can have 20+g sugar.
- 3. **Add protein and fibre, minimize starch.**
- 4. **Say no to “beyond meat”** if avoiding processed soy or seed oils.

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### Healthier Meal Options

Menu Item	Modification	Net Carbs (est.)	Why It Works
<b>Breakfast sandwich</b> (Sausage or bacon)	Ask for <b>no bun</b> , in a <b>bowl or lettuce wrap</b>	~3–5g	High protein, low sugar, keeps you full
<b>Grilled Chicken Wrap</b>	Ask for <b>grilled chicken only</b> , side salad no croutons	~6–8g	Lean protein, no refined flour
<b>Farmer’s Breakfast Bowl (no hash browns)</b>	Ask for <b>egg, sausage, cheese, no hash browns</b>	~5g	Protein + fat without the carbs
<b>Brewed Coffee or Tea</b>	Ask for <b>no sugar</b> , use cream if tolerated	0–1g	Keeps insulin low
<b>Loaded bowl (custom)</b>	Request <b>eggs, sausage, cheese, spinach, tomato</b> if available	~4–6g	DIY low-carb “omelet” in a bowl

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### Foods to Avoid

Item	Why It’s Problematic
Donuts, muffins, Timbits	Ultra-processed, 20–50g sugar each
Bagels & croissants	Refined carbs, high glycemic load

Item	Why It's Problematic
Hash browns	Fried starch = fast insulin spike
Smoothies	Even “small” ones can have 30–60g sugar
Iced Capps & flavoured lattes	Often over 30–40g sugar

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### Tips for Staying On Track

- Keep **stevia or monk fruit** sweetener in your glove box or bag
  - Pair coffee with **a protein-rich side** (egg patty, cheese, sausage)
  - Eat slowly, hydrate with water, and avoid "just one" Timbit temptation
  - Treat Tim's as a **protein stop**, not a full meal location
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Would you like a printable “wallet card” version or a comparison with other Canadian chains (McDonald's, A&W, Starbucks)?

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## **Appendix 7:**

### **Metabolically Healthy Eating at other Major Fast-Food Chains**

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#### **Starbucks (Canada/US)**

##### **Healthier Options**

<b>Menu Item</b>	<b>Modification</b>	<b>Net Carbs (est.)</b>	<b>Why It Works</b>
Egg Bites (Bacon & Gruyère or Egg White)	No changes	7–9g	High-protein, moderate fat, low sugar
Brewed coffee / Americano	Unsweetened, add cream or almond milk	0–1g	No sugar, low insulin impact
Iced coffee / cold brew	Ask for <b>no classic syrup</b> , add cinnamon or stevia	0–1g	Removes 15–20g sugar
Custom drink	<b>Unsweetened almond milk + espresso + cinnamon</b>	~2g	Creamy + low glycemic
Protein Box	Remove fruit and bread	~8–10g	Nuts, cheese, eggs = filling, low sugar

##### **Avoid:**

- Frappuccinos, Refreshers, Chai Lattes (30–60g sugar!)
- Banana bread, scones, oat bars (ultra-processed carbs)

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#### **McDonald's**

##### **Healthier Options**

<b>Menu Item</b>	<b>Modification</b>	<b>Net Carbs (est.)</b>	<b>Why It Works</b>
Egg McMuffin	Ask for <b>no muffin</b> – just eggs, cheese, ham	~3g	High-protein, no refined carbs



Menu Item	Modification	Net Carbs (est.)	Why It Works
Sausage & Egg McMuffin	No muffin	~4g	Fat + protein = satiety
Side Salad	No croutons, full-fat dressing	~3–4g	Adds fibre and bulk
Coffee / Iced Coffee	<b>Unsweetened</b> , add cream or bring stevia	0–2g	Keeps insulin low

**Avoid:**

- Hash browns, fries, hotcakes (spike glucose)
- McWraps and buns (30–40g refined carbs)
- All McFlurries and shakes (50–80g sugar)

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**A&W (Canada)**

**Healthier Options**

Menu Item	Modification	Net Carbs (est.)	Why It Works
Breakfast Sausage & Eggs	No toast, no hash browns	~4g	Classic low-carb meal
Buddy Burger / Teen Burger	Ask for <b>lettuce wrap</b> instead of bun	~5–7g	Satisfying, bunless protein
Beyond Meat Sausage & Egg (if non-meat OK)	Ask for no bun	~6g	Good fat, no flour
Coffee / Tea	Unsweetened, add cream	0g	Hydrating, non-caloric option

**Avoid:**

- Root Beer (35–60g sugar), even diet has artificial sweeteners
  - Onion rings, Chubby Chicken wrap, hash browns
  - Beyond Meat burger with bun (40+g refined carbs)
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## Chick-fil-A (US-based)

### Healthier Options

Menu Item	Modification	Net Carbs (est.)	Why It Works
Grilled Chicken Sandwich	No bun – ask for lettuce wrap or grilled filet only	~3–5g	Lean protein, no starch
Egg White Grill (breakfast)	No English muffin	~4g	Protein-rich start
Grilled Nuggets (8 ct)	No sauce or use mustard	~2g	Clean protein with minimal carb
Kale Crunch Salad	Light dressing, no croutons	~7g	High fibre + healthy fats (almonds)
Unsweetened Iced Tea	Add lemon or stevia	0g	Refreshing without insulin spike

### Avoid:

- Regular nuggets (battered + fried = starch + oil)
- Milkshakes, lemonades (35–80g sugar!)
- Hash brown scramble burritos (tortilla = ~30g carbs)

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### General Fast-Food Metabolic Hacks

Strategy	Why It Matters
Ask for meals <b>“no bun” or in a bowl</b>	Cuts 25–40g refined carbs
Choose grilled over fried	Reduces inflammatory seed oils
Skip all sweetened drinks	Even small iced coffee = blood sugar spike
Bring <b>stevia, salt, or vinaigrette</b> packets	Replaces sugary/sodium-heavy condiments
Stick to <b>protein + veg + healthy fat</b>	Supports blood sugar control and satiety