

Nutrition & Food Resources

1. Grocery List + Pantry Swap Guide

Purpose: Take the guesswork out of grocery shopping and make healthy swaps feel simple, not restrictive.



Produce (Buy Fresh or Frozen)

- Leafy greens: kale, spinach, chard, collards
- Cruciferous: broccoli, cauliflower, cabbage
- Root veggies: carrots, beets, sweet potatoes
- Aromatics: onions, garlic, shallots, leeks
- Herbs: parsley, cilantro, basil, mint
- Citrus: lemons, limes, oranges
- Fruits: berries, apples, bananas (moderation), avocado



Protein

- Poultry: chicken, turkey
- Seafood: salmon, tuna, sardines, cod, shrimp
- Eggs (pasture-raised when possible)
- Occasional red meat: lamb, venison (if well-tolerated)
- Plant-based options: lentils, chickpeas (soaked or sprouted)

Starch & Fiber Sources

- Sweet potatoes, winter squash, green plantains
- Cassava, cauliflower rice, parsnips
- Quinoa or wild rice (if tolerated)

Healthy Fats

- Olive oil, avocado oil, coconut oil, ghee
- Avocados, olives, nuts, seeds
- Nut butters (clean label — just nuts + salt)

Natural Sweeteners (Use Sparingly)

- Coconut sugar, raw honey, pure maple syrup, dates
- Stevia or monk fruit (optional)

Flavor Builders

- Sea salt, mineral salt, black pepper
- Herbs + spices: turmeric, cumin, cinnamon, paprika, garlic powder, oregano
- Broths: bone broth or vegetable stock

- Fermented foods: sauerkraut, kimchi, pickles (low-sodium, live culture)

2. Pantry Swap Guide

Replace This	With This	Why It's Better
White flour	Almond, coconut, cassava, chickpea, or sweet potato flour	Adds nutrients, lowers inflammation
Vegetable oil	Olive, avocado, or coconut oil	Stable, heart-healthy fats
Table salt	Celtic sea salt or Himalayan salt	Adds trace minerals
Refined sugar	Coconut sugar, honey, palm sugar or maple syrup	Lower glycemic and natural minerals
Boxed sauces	Homemade spice blends or broths	No preservatives or seed oils
Bread crumbs	Crushed nuts, almond flour, or pork rinds	Grain-free and adds crunch
Processed snacks	Fruit, nuts, grain free chips or crackers, check ingredients	Satisfies without chemicals

 *Tip:* Keep this printed in your kitchen or as a phone photo for grocery trips.

3. 14 Easy Plates You Can Assemble Fast

The Plate Formula:

$\frac{1}{2}$ vegetables $\frac{1}{4}$ protein $\frac{1}{4}$ starch or fruit + healthy fat

Sample Combinations:

1. Grilled chicken + roasted sweet potato + steamed broccoli + olive oil drizzle
2. Wild salmon + cauliflower rice + sautéed spinach + lemon-ghee sauce
3. Ground turkey lettuce wraps + avocado slices + herb salsa
4. Shrimp + zucchini noodles + garlic olive oil + parsley
5. Eggs + sautéed greens + roasted squash + avocado
6. Turkey burger (no bun) + coleslaw + plantain fries
7. Chicken stir-fry + mixed veggies + coconut aminos
8. Soup bowl (bone broth + protein + greens + roots)
9. Grain-free tacos (cassava tortilla + fish + slaw + lime)
10. Power salad (greens + eggs + avocado + pumpkin seeds + olive oil)
11. Lamb meatballs + roasted carrots + garlic tahini drizzle
12. Cauliflower mash + grilled fish + green beans
13. Chicken thighs + roasted Brussels + sweet potato rounds

14. Breakfast bowl (eggs + veggies + herbs + ghee)

 *Reminder:* Keep these ingredients prepped, and you can assemble any meal in under 10 minutes.

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4. Sunday Reset Checklist + 60-Minute Meal Prep Map

Goal: Simplify your week, avoid decision fatigue, and keep real food ready.



Sunday Reset Checklist

- Review next week's schedule (plan quick meals for busy days).
- Choose 3 proteins, 2 starches, 3 veggies, and 1 sauce to prep.
- Make grocery list or order online.
- Clean fridge and pantry (toss old items).
- Wash and chop produce.
- Cook bulk proteins + starches.
- Fill water bottles / mineral station.
- Write affirmations or intentions for the week.



60-Minute Meal Prep Map

- 1. 0–15 min:** Start proteins (oven or Instant Pot).

2. **15–30 min:** Chop veggies + set starch to cook.
3. **30–45 min:** Mix sauces / dressings (tahini, vinaigrette, coconut curry).
4. **45–60 min:** Portion into glass containers; label for easy grab-and-go.

💛 *Mindset:* This isn't about perfection — it's about preparation. When food is ready, you make better choices.