

HEALTHY MADE EASY
FOOD AND PANTRY EDITION
Revised June 21, 2019

I know that busy families can find challenges in getting all the items needed to prepare their meals at home during busy weeks. I love finding great quality ingredients that are delivered to my home cutting out lots of time spent going to stores and waiting in checkout lines making **HEALTHY EASY!**

I recommend you follow a **low-carb, moderate protein diet** with lots of cooked low-carb vegetables and fruits in it - **diet for healing your gut and regulating blood sugar imbalances.**

You want to eat animal protein (**ONLY grass-fed, organic meats!!!**) at least twice a day - 4-5 oz per serving. Men can double up on protein if very hungry. Children should have **NO** limit on protein!!!

When you first begin to eat healthy and low-carb, **you may feel hungry** - INSTEAD of carbs, **add more FAT** to your meals (animal protein, cheese, butter, olive oil, avocados, almond butter, tahini - so many great choices).

Eating this way you will preserve and INCREASE **lean muscle mass** and if you have WEIGHT TO LOSE, with time your need for FAT will **decrease** as you keep your protein intake up and carbs low (I fluctuate between 10 and 30 total carbs a day).

If you would like me to give you EXACT amount of carbs, protein and fat for YOUR body and metabolic state RIGHT NOW, please reach out. I will even give you a meal plan and will review your food choices WHEN you record EVERY MEAL in [MYFITNESSPAL](#) app or online.

FOOD IS MEDICINE - please follow me on [Instagram](#) or [Facebook](#) for DAILY education and inspiration to make **HEALTHY EASY** for you and your family.

RECEIVE \$50 OFF your next hair tissue mineral analysis for **referring** your friends, colleagues, family or neighbors that want to be healthy and want to achieve their results easily without making costly mistakes.

In gratitude and peace,

Olya Carlin
: Healthy Made Easy :

RESOURCES FOR MAKING HEALTHY FOOD AND PANTRY CHOICES EASY:

PROTEIN AND MEATS

Less than 1% of all meat produced is both certified organic and 100% grass-fed

[Butcherbox](#) makes top quality grass fed meats delivered each month to your door at prices that are less than many grocery stores! This monthly deliver keeps you stock with top quality proteins.

[CLICK HERE](#) to get started and to claim \$10 off plus a current promotion like free bacon for life and more (must use the link provided)

[Sizzlefish](#) is another service shipping fresh fish and seafood to your door! Top quality sources of omega-3s. Use this link for 10% off <http://sizzlefish.refr.cc/olyacarlin>

[CLICK HERE](#) to get started.

[Hamburger Patties and other Proteins:](#)

Tribali Foods makes some great quality sourced proteins.

[CLICK HERE](#) to stock up.

PRE-PACKED FOODS AND MEALS:

[Cali'flour Foods](#)

Pizza, dough and wraps

These cauliflower crust pizza, dough and wraps are great for many uses, including sandwiches or even as tortillas.

[CLICK HERE](#) to order.

PANTRY ITEMS:

[Kettle & Fire Bone Broth](#)

Kettle and Fire make amazing bone broths. This is real bone broth made with grass fed ingredients. Top quality real bone broth in a box!

[CLICK HERE](#) to stock up and receive 20% off!

Beef protein powder is a great option for those avoiding dairy. I love this Paleo Pro protein powder for its high-quality grass fed ingredients.

[CLICK HERE](#) to stock up on beef protein.

A quality olive oil can make all the difference in flavor of a dish. These oils are the top quality. [CLICK HERE](#) to buy.

HOME AND BEAUTY PRODUCTS

[doTERRA](#) - Green Cleaning - safe for you and your family, highly effective, good for the environment, inexpensive

[Free ebook with recipes](#)

My favorite products for green cleaning - [click here](#)

My favorite anti-aging skincare - [click here](#)

Hair products - [click here](#)

Personal care products - [click here](#)

SAFE COOKWARE

[Xtrema ceramic cookware](#) is made of 100% inorganic ceramic minerals and so is the ceramic non-scratch glaze, no metals or lead and cadmium.

[Click here](#) and receive 25% off your order

AS I ADD NEW RESOURCES TO THIS LIST, I WILL EMAIL IT TO YOU!!!