



Wellness Homemade
NUTRITION & WELLNESS COACH



How To Read Food Labels *Workbook*

Real food. Real Ingredients. Informed choices.
Better health. Better you.

Tasha Rosales
Certified Health and Nutrition coach

www.wellnesshomemade.org

WELCOME



I'm so glad you're here!

You are ready to throw dieting and restriction out the door and start learning how to lead a healthier lifestyle by simply reading labels. Reading labels can be so confusing, especially when you don't know what to look for.

In this guide you will learn how to not only read a food label but also, better understand what to look for and how you can make more informed decisions, simply based on a food label.

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Hiya!

I'M TASHA

I'm Tasha, a Board Certified Nutritionist helping clients learn more about food, what they put in their bodies and how it affects their everyday life. Reading labels is one of the easiest and best ways to begin to understand food, how it fuels you, how it takes away your energy or how it may be the cause of an array of issues like inflammation, high blood sugars and diseases like hypertension. I'm here to help you discover the world of reading labels so that YOU can be in control of your health, not big food companies. It is truly amazing how good you feel once you start removing processed foods from your diet.

Let's get started!

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1

ABOUT THE LABEL

Reading labels is easier than you think and can help you make healthier choices. Food labels, or Nutrition Facts, tell you the nutritional content of a food item. The nutritional content is what is in that food item. You can find these labels on the back or on the side of packages, cans or bottles.

READING FOOD LABELS

5 QUICK AND SIMPLE TIPS FOR MAKING HEALTHY CHOICES WHEN CHECKING THE LABEL:

1. Start with the serving information at the top of the label.



This will tell you the size of a single serving and the total number of servings per container (or package). Make sure to check serving sizes. Many times, if you eat or drink the entire product, you're getting more than one serving.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

2. Next, check total calories per serving.



Pay attention to the calories per serving and how many servings you're really taking in if you eat the whole package.

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160g 7%




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READING FOOD LABELS

3. Limit these nutrients.


The American Heart Association says it's a good idea to keep these numbers in mind: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little trans fat as possible, and no more than 2300 mg of sodium but are now recommending 1200mg-1500mg per day.



	% Daily Value
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%

4. Get enough of these nutrients.

Make sure you get enough of these beneficial nutrients such as dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.




Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

5. Look at the % Daily Value.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount.

- 5% DV or less is considered low
- 20 % DV or higher is considered high



Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

READING FOOD LABELS

LET'S TAKE A CLOSER LOOK:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
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Serving size

Calories

Nutrients

ABOUT THE LABEL



THE TOP OF ALL NUTRITION LABELS LIST THE SERVING SIZE AND HOW MUCH A SERVING SIZE IS

- The serving size is the amount of food that is customarily eaten in one sitting but is not a recommendation, it's a guide.
- Serving size identifies the amount that can be consumed in order to obtain the calories and nutrients listed in the rest of the label and is based on what is "typically consumed"
- The serving size should be reviewed to ensure you know and understand how much you are eating and the amount of nutrients you might get from the amount you eat.

Focus

Packaged foods and beverages often have more than one serving. The serving size is often determined to help make the rest of the Nutrition Facts Box appear reasonable to the consumer. For example, a usual serving of small cookies may be three, but that would result in 270 calories and 39 grams of carbohydrates. 90 calories looks much better so the serving size is one cookie.

ABOUT THE LABEL



THE SECOND SECTION OF A NUTRITION LABEL IS CALORIES

- We need calories!!!
- Calories provide energy to our bodies. We are constantly burning calories, when we sleep, walk, sit and exercise.
- Packages with 100 calories or less are considered **LOW**.
- Packages with 400 calories or more is considered **HIGH**.

Read the Label!

Figure out how many calories you are consuming by:

- Checking the serving size and determining how much you will eat
- Multiply the serving size by what you consumed or plan to consume

You will notice that some nutrition labels also list the amounts for the entire package.

2

NUTRIENTS & DAILY VALUE

Explanations of fats, sodium, carbs, sugars and proteins, how much you need and a basic understanding of nutrients and their values.

NUTRIENTS & DAILY VALUE

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
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Daily Value

Read the Label!

Get More

- **Fiber**
- **Calcium, iron**
- **Potassium**
- **Vitamin D**

- Use the nutrition label and daily value to determine the nutrient density of what you are consuming.
- 5% DV or less is considered **low**
- 20 % DV or higher is considered **high**
- Ensure you are calculating the amount of servings you are consuming by the daily value or grams to obtain an accurate %

NUTRIENTS & DAILY VALUE

% Daily Value*	
Total Fat 8g	10%
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Nutrients

Fats– Fats help us stay full but certain fats should be consumed less

- Saturated-fats moderately
- Trans fats - rarely or never

Its best if fats come from healthy sources rather than packaged processed items

Good sources of Healthy fats are

- Avocados
- Nuts & Seeds
- Eggs
- Nut butters
- Olive oil

Saturated Fats

- Coconut oils (Moderate)
- Butter (Moderate)

Tips

- Fats help us stay full.
- Consume healthy Monounsaturated fats in combination with small amounts of saturated fats.
- Trans fats should not be consumed.

NUTRIENTS & DAILY VALUE

% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
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Cholesterol 0mg	0%
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Nutrients

Sodium

- Daily recommendation is 2300mg (FDA) however many professional are recommending 1300mg (AHA)
- Some processed foods or packaged meals can contain upwards of 1300mg of sodium for one serving.
- Depending on nutritional needs you may need to consume less than the daily recommended amount of sodium.

Did you know?

2300mg of sodium is equal to 1tsp of salt

Bonus tip!
The DV% is based on
2300mg

NUTRIENTS & DAILY VALUE

% Daily Value*	
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Nutrients

Carbohydrates

- Carbs keep us full and give us energy. We need carbs for energy but we don't want to overdo it.
- Ensure you are calculating the amount of servings you are consuming by the daily value or grams to obtain an accurate number
- If fiber is higher than 5g you can subtract the fiber from the carbs obtain a "NET CARB" - This essentially lowers the amount of carbs
 - Example
 - 37g Carbs - 5g Fiber=32g Net Carbs

Tips

Too many carbs can lead to mid day crashes and disease like diabetes, the goal is to have balanced sugars all day.



NUTRIENTS & DAILY VALUE

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Nutrients

Fiber

- Fiber is often overlooked when considering a boost in nutrition or disease management, and prevention.
- Fiber
 - Keeps you fuller longer
 - Controls blood sugars
 - Lowers high cholesterol
 - + More
- Soluble Fiber & Insoluble Fiber have positive but different roles in the body but you need them both.

Did you know?

- The average person needs 25-38g of fiber a day.
- When you increase fiber, you want to ensure you increase your water intake.

INSOLUBLE FIBER

Soluble fiber dissolves in water

- Soluble fiber dissolves in water and creates a gel like substance that may improve digestion
- Can reduce blood pressure and help control blood sugars



Insoluble fiber BINDS to water

- Insoluble fiber helps promote bowel regularity and health. Bulks stools
- May also help reduce blood sugars
- Stimulates gastrointestinal tract
- Consume in moderation



Did you know?

All Fruits and veggies have BOTH
This is why having a variety is important

NUTRIENTS & DAILY VALUE

	% Daily Value*
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Nutrients

Sugar

- Total sugars are the amount of sugars naturally occurring when making the product. Products with fruit or other naturally occurring sugars may be higher here

Added Sugars

- Added sugars are those sugars added for extra sweet flavor (see the list of sugars tab)
- The DV% for sugar is based on the FDA's recommendation of 50g of added sugar for all NOT the American Heart Association's recommendations below.

Did you know?

According to the American Heart Association the maximum amount of added sugars per day are:

Men 37.5g a day or 9 tsp
 Women 25g or 6tsp
 Children 25g or 6tsp

Tip

4g of sugar
 = 1tsp



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READING FOOD LABELS

CHECK WHATS ON THE LABEL:



Kettlecorn (popcorn, cane sugar, sunflower oil, sea salt), flavored coating (sugar, palm kernel oil, natural flavors, medium chain triglycerides, tumeric and spiraling for color, salt), sprinkles (sugar, palm kernel and palm oil, cocoa powder, corn starch, sunflower lecithin, natural flavor, maltodextrin, carnauba wax, cellulose gum)

• Do you know what 10z of popcorn is?

• Do you know how many tsps of sugar are in 12 grams?

NUTRIENTS & DAILY VALUE

% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
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Nutrients

Protein

- Each gram of protein provided 4 calories or "energy".
- Protein is made up of amino acids.
 - Essential amino acids are required for normal body functioning but cannot be made by the body
 - Non-Essential amino acids are created by the body.
 - Essential amino acids made in the body through our bodies normal breakdown of protein

Did you know?

Most Americans are able to get the recommended amount of protein daily.

HEALTH CLAIMS AND DEFINITION CHEAT SHEET

High	20% or more of the Daily Value
Good	10-19% of the Daily Value
Light	at least 1/3 fewer calories or 50% less fat
Less or fewer	25% less of a nutrient or of calories
Calorie free	less than 5 calories
Low calorie	40 calories or less
Sugar free	less than 0.5 grams of sugar
Reduced sugar	at least 25% less sugar
Low fat	3 grams or less of fat
Sodium free or salt free	less than 5 mg of sodium
Low sodium	140 mg of sodium or less
Good source of fiber	2.5-4.9 grams of fiber

Use this when you get confused about marketing tactics or can't remember specifics.

Cheat Sheet

ABOUT THE LABEL RECAP

Note to Self

1. Serving Size

Review the serving size in the top portion of the nutrition label to accurately understand how much you have consumed or plan to consume.

2. Calories

Review the calories and use the formula to determine how many calories will be provided to you based on your serving size and how many servings you plan to consume.

3. Nutrients & Daily Value

Review the nutrients, specifically- Fats, sodium, carbohydrates, sugars and protein and use the serving size to determine how much you are actually consuming.

PUT IT INTO PRACTICE

Take Inventory

Take 5 items from your pantry and line them up.

1st rank them by calories

From highest to lowest which has the most and which has the least?

2nd, rank them by sodium

From highest to lowest, which has the most and which has the least?

3rd, rank them by sugars

From highest to lowest, which has the most and which has the least?

4th, Rank them by Fats

From highest to lowest, which has the most and which has the least?



3

INGREDIENT LABEL

The basics of label reading and what to keep in mind.

FOOD INGREDIENTS

WHAT'S THE DIFFERENCE

What are processed foods?

Processed food comes in bags, cans, jars, boxes, or other containers and are required by the government to have an ingredient list on the label. The list tells you what the food is made of and shows the ingredients included in order of quantity from most to least.

- Look for whole-food ingredients at the start of the list.
- If you see white flour, sugar, or high fructose corn syrup at the top of the list, that's a red flag telling you that the food isn't wholesome.



What are whole foods?

Whole foods are fruits, vegetables, nuts, eggs, fish, and whole grains like oats and brown rice are whole foods. These are the healthiest foods for you and do not need a nutrition label because they are only one ingredient and haven't had anything added or taken out of them.



FOOD INGREDIENTS

HOW DO YOU READ FOOD LABEL INGREDIENTS?

It's as easy as reading ingredients.

Do NOT base your decision on the front of a package truth lies on the back of the package!



I used to say "you don't need a “list” of ingredients to avoid when shopping for packaged food. Instead, just avoid the ingredients you don't know or can't pronounce."

HOWEVER, I also realize how tricky food packaging is, especially when the front says one thing, but the back says something different. For example, you'll almost never see “white flour” spelled out on an ingredient label, and how many people really know that “dextrose” equals sugar?

So, because label reading isn't always as straight forward as it should be, in this section I'm sharing a little cheat sheet that helps you understand and know what some of the more commonly found "ingredients" really are. Please know that there are thousands of additives out there so this list is to help learn the most common ones- otherwise we'd be here all day long!

READING FOOD LABELS

5 QUICK AND SIMPLE TIPS FOR MAKING HEALTHY CHOICES WHEN READING INGREDIENTS:

1. Read Ingredients first!! Not nutrition facts.

This will help you decide before you even get to the serving size, whether or not this is something you want to consume.

- 5 ingredients or less is best practice- anything more than this indicates highly processed foods- Consume products with more than 5 ingredients at a lower rate
- The ingredient list starts by quantity from highest to lowest. The first ingredient is what was used the most to make the product

INGREDIENTS: FILLING (HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, STRAWBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM CITRATE, CITRIC ACID, SODIUM ALGINATE, NATURAL AND ARTIFICIAL STRAWBERRY FLAVOR, DICALCIUM PHOSPHATE, MODIFIED CELLULOSE, CARAMEL COLOR, MALIC ACID, RED #40), ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), WHOLE GRAIN OATS, SUGAR, SUNFLOWER OIL, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF HONEY, CALCIUM CARBONATE, DEXTROSE, NONFAT DRY MILK, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE (LEAVENING), NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, SOY LECITHIN, WHEAT GLUTEN, CORNSTARCH, VITAMIN A PALMITATE, CARRAGEENAN, NIACINAMIDE, SODIUM STEAROYL LACTYLATE, GUAR GUM, ZINC OXIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), THIAMIN HYDROCHLORIDE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), FOLIC ACID.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

READING FOOD LABELS

2. Look for ingredients you can pronounce.

Look for ingredients you have in your kitchen or know how to pronounce.

3. Look for whole foods.

Finding products with whole foods listed in the first 3 ingredients are deemed healthier.

4. Avoid anything that says hydrogenated

This is a process that changes a liquid oil into a solid or hydrogenated fat.

5. Look for real forms of sugar

See the list of artificial sweeteners in the following pages.



READING FOOD LABELS

CHECK WHATS ON THE LABEL:

Nutrition Facts Valeur nutritive	
Per 15 chips (28 g) pour 15 croustilles (28 g)	
Amount Per Serving Teneur par portion	% valeur
Calories / Calories	150
Fat / Lipides	9 g
Saturated / saturés	2.5 g
+ Trans / trans	0 g
Cholesterol / Cholestérol	0 mg 0 %
Sodium / Sodium	160 mg 7 %
Carbohydrate / Glucides	16 g 5 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	1 g
Protein / Protéines	1 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	0 %

INGREDIENTS: DRIED POTATOES, VEGETABLE OIL, CORN FLOUR, CORN STARCH, RICE FLOUR, SEASONING (MALTODEXTRIN, MODIFIED MILK INGREDIENTS, SUGAR, MONOSODIUM GLUTAMATE, COCONUT OIL, ONION POWDER, SALT, DEXTROSE, NATURAL FLAVOUR, SOUR CREAM MILK INGREDIENTS, CULTURES), LACTIC ACID, CITRIC ACID, YEAST EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE, MALIC ACID, VEGETABLE OIL), MALTODEXTRIN, MONO- AND DIGLYCERIDES, SALT, CITRIC ACID, WHEAT STARCH.
CONTAINS MILK AND WHEAT INGREDIENTS.



Is this a wholesome food??

READING FOOD LABELS

CHECK WHATS ON THE LABEL:



Is this a wholesome food??

- 2nd Ingredient is Vegetable oil, corn flour, rice flower, Maltodextrin.
- This product is full of inflammatory oils, artificial sweeteners and fake ingredients

READING FOOD LABELS

CHECK WHATS ON THE LABEL:



Is this a wholesome food??

Ingredients: whole grain oats, sugar, corn starch, honey, brown sugar syrup, salt, tripotassium phosphate, canola and/or sunflower oil, natural almond flavor. vitamin e (mixed tocopherols) added to preserve freshness. vitamins and minerals: calcium carbonate, vitamin c (sodium ascorbate), iron and zinc (mineral nutrients), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), vitamin b2 (riboflavin), a b vitamin (folic acid), vitamin b12, vitamin d3.

READING FOOD LABELS

CHECK WHATS ON THE LABEL:



Ingredients: whole grain oats, sugar, corn starch, honey, brown sugar syrup, salt, tripotassium phosphate, canola and/or sunflower oil, natural almond flavor, vitamin e (mixed tocopherols) added to preserve freshness, vitamins and minerals: calcium carbonate, vitamin c (sodium ascorbate), iron and zinc (mineral nutrients), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), vitamin b2 (riboflavin), a b vitamin (folic acid), vitamin b12, vitamin d3.

2nd Ingredient is Sugar, then corn starch, honey, brown sugar syrup.

This product is full of sugar, Vegetable oils = inflammatory oils and extra sugar- honey, brown sugar

READING FOOD LABELS

CHECK WHATS ON THE LABEL:



enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), vegetable oil (**soybean and palm oil with tbhq for freshness**), cheese made with skim milk (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color), salt. contains 2% or less of whey, paprika, cheddar cheese (milk, cheese cultures, salt, enzymes), buttermilk, tomato powder, garlic powder, **monosodium glutamate**, yeast, onion powder, paprika extract color, monterey jack cheese (milk, cheese cultures, salt, enzymes), sugar, malic acid, annatto extract color, **natural and artificial flavors, disodium inosinate, disodium guanylate**, spice extract, yeast extract, yellow 5, yellow 6, soy lecithin.

**Enriched Wheat Flour
inflammatory oils**

MSG

Natural and artificial flavors!

**These are highly addictive and very inflammatory.
This will cause gut issues, bloat, inflammation,
sugar issues and more.**

4

INGREDIENT INFORMATION

The basics of label reading and what to keep in mind.

INGREDIENTS TO AVOID

BEGINNERS GUIDE

Step 1

- Added sugars – try to reduce the amount
- Artificial Sweeteners – acesulfame potassium ace-k), sucralose, aspartame
- High Fructose Corn Syrup
- Artificial Dyes – red 40, blue 1, yellow 5, yellow 6, etc.
- Hydrogenated Oils, Vegetable and seed oils
- Industrial oils (canola, cottonseed, corn, soy, rapeseed)
- Nitrates – sodium nitrite, nitrate
- Artificial Flavorings
- GMO ingredients – soy, corn, sugar, canola,
- MSG – monosodium glutamate
- Carrageenan

SUGAR- HOW ITS LISTED

- Agave Nectar
- Brown sugar
- Brown Sugar Syrup
- Cane sugar/
evaporated cane juice
- Concentrated fruit
juice sweetener
- Corn Syrup
- Glucose
- Golden Syrup
- Honey
- Hydrolyzed starch
- Invert sugar
- lactose (milk sugar)
- Confectioners' sugar
- Corn syrup
- Corn sweeteners
- Dextrose
- Fructose
- Galactose
- Glucose
- Granulated sugar
- High fructose corn
syrup
- Levulose
- Malt
- Maltodextrin
- Maltose
- Maple sugar
- Maple syrup
- Molasses
- Powdered sugar
- Raw sugar
- Sucrose (table sugar)
- Table sugar
- Turbinado

INGREDIENTS TO AVOID

**MOVE TO THESE AFTER YOU START TO RECOGNIZE AND GET
THE HANG OF THE BEGINNERS GUIDE**

Step 2

- Autolyzed yeast extract
- Artificial Preservatives – BHT, BHA, TBHQ
- Bleached or enriched flour
- Caramel color – synthetically made
- DATEM – Diacetyl Tartaric Acid Esters of
- Monoglycerides
- Mono- and diglycerides
- Polysorbate 80
- Propylene Glycol
- Sodium Benzoate, Sodium Phosphate
- Sugar alcohols (xylitol, mannitol))

INGREDIENTS TO AVOID

INGREDIENTS TO TRY TO KEEP TO A MINIMUM

Step 3

- Cellulose
- Citric Acid, Malic Acid
- Gums
- Natural flavors
- Silicon Dioxide

Good to Know

This is a guide,
not a comprehensive list.
Use of this list is up to the consumer
and what they chose to consume or not.

PUT IT INTO PRACTICE

Build Knowledge

Choose your favorite or most eaten snack

1st

Review the ingredient label.

2nd

How many ingredients are there?

3rd

What are the first 5 ingredients?

4th

Are there any preservatives, dyes or added sugars or artificial flavors

PUT IT INTO PRACTICE

Build Knowledge

Choose your favorite or most eaten snack.

1st

Line up your 5 items.

2nd

How much you would normally eat each time (how big is your serving size)?

3rd

Read the back and tell me how much a serving is

4th

How much of each group did you get by opening and eating what you normally eat?



PUT IT INTO PRACTICE

Build Knowledge

Use one (1) item in your kitchen for this test

1. Ingredients

Based on the ingredient list, is this a highly processed item or lower processed item?

2. Serving Size

Now determine how many servings you normally consume- how many servings in the container?

3. Calories

Based on how many servings you normally consume, how many calories are you taking in?

4. Serving Size

How many grams of sugar and ADDED sugar do you see? Do you already know if this is high in sugar based on reading the ingredients?



PUT IT INTO PRACTICE

Build Knowledge

Use one (1) item in your kitchen for this test

5. Fat

Based on 5% DV or lower being low and 20% DV and higher being high, What is your item?

6. Sodium

Based on 5% DV or lower being low and 20% DV and higher being high, What is your item?

3. Carbs

How many Carbohydrates are in this item? Can you subtract fiber from the carbohydrates to obtain a lower net carb?

5

WHAT TO BUY

Shopping lists of healthy snacks and alternatives

HEALTHY SNACKS

FRUITS AND VEGETABLE SNACK IDEAS

- Apple (good with peanut butter, or almond butter)
- Banana (good with peanut butter, or almond butter)
- Banana bites (2 slices banana with peanut butter dipped in chocolate)
- Carrots (good with hummus or ranch dip)
- Celery (good with peanut butter and raisins a.k.a. “Ants on a Log”)
- Mango
- Pear
- Peaches
- Cooked peaches with yogurt and honey
- Grapes
- Frozen grapes
- Strawberries – Good with yogurt
- Blueberries – Good with yogurt
- Raspberries – Good with yogurt
- Chocolate covered berries or bananas
- Plums
- Kiwi
- Grapefruit
- Mandarin oranges
- Avocado with everything but the bagel
- Guacamole and chips or crackers
- Pineapple
- Pickles
- Figs
- Dates with peanut butter and chocolate chips
- Honeydew Melon
- Cantaloupe
- Watermelon
- Cherries
- Edamame (good with soy/tamari sauce, or drizzle with a little olive oil +kosher salt)
- Raw Sugar Snap Peas
- Cooked Green Beans
- Sweet Potatoes, could mash them (good with butter and cinnamon)
- Raw Sliced Bell Peppers (good with hummus or homemade ranch dip)
- Cucumber Slices (make homemade ranch dip)
- Jicama
- Cherry Tomatoes with a pinch of salt
- Frozen Peas (frozen...no cooking necessary!)
- Raw Cauliflower
- Raw Broccoli (good with ranch dip)
- Applesauce
- Unsweetened Raisins
- Frozen fruit like (cherries or mangos)
- Freeze Dried Fruit
- Olives
- Chocolate covered berries or bananas

HEALTHY SNACKS

OTHER SNACK IDEAS

Grain Snack Ideas

- Whole Grain Crackers
- Popcorn (make your own)
- Oatmeal
- Shredded Wheat (look for brands that contain 1-ingredient)
- Brown Rice Cakes
- Whole-Grain Toast
- Small, Cooked Whole-Grain Noodles
- HU Grain free cookies

Nuts and Seeds Snack Ideas

- Larabars
- Trader Joe's rainbow trail mix
- Peanuts
- Cashews
- Almonds
- Pecans
- Walnuts
- Pine Nuts (they are good lightly toasted)
- Pistachios
- Sesame Seeds
- Pumpkin Seeds
- Nut Trail Mix including Dried Fruit

Other Snack Ideas

- Hard-Boiled Eggs
- Cheese (read your ingredients)
- Full fat greek yogurt (flavored with a little honey or maple syrup and vanilla extract)
- Organic and/or Local Bacon
- Chips and Salsa/guacamole
- Smoothie
- Fruit and veggie kabob (lunch meat, cheese, strawberries and cucumber)
- Pita bread and hummus
- Homemade lunchable

Other Snack Ideas

- Banana wrapped in tortilla with nut butter
- Homemade granola bars (recipe provided)
- Seaweed snack
- Homemade Jello
- Cheese quesadilla with tortilla and tortillas
- Chomps Jerky
- Siggies probiotic drink
- Chia seed pudding
- Pasta Salad (pasta, veggies and meat of choice)

Good but not clean snacks

- Bagel (dave's killer bread) with spread of choice
- Late July crackers with cheese/lunch meat
- Late July chips
- Applegate Uncured hot dog
- Annie's Crackers
- Simple Mills crackers and dip or cheese
- Annie's trail mix
- Bear fruit rolls
- Siete cookies

TRADER JOE'S

SHOPPING LIST

Produce

- Any Organic Fruits or veggies
- Steamed Lentils
- Just Chicken (cooked)
- BoneBroth
- Tomato Soup
- Chicken Noodle Soup
- Clam Chowder
- Applegate Uncured Hot Dogs
- Sweet Italian style sausage
- Beets
- Vopi salami
- GT's Kombucha

Frozen

- Organic Frozen Green Beans
- Organic Broccoli
- Organic Mixed Veggies
- Organic Fruit
- Organic riced cauliflower
- Organic Turkey Burgers
- Organic Fudge Cicles
- Organic Frozen Brown Rice
- Organic White Rice
- Organic Minced Garlic or Ginger
- Penne Arbiatta (not clean but ok)
- Cauliflower Gnocchi
- Melodious blend
- Stir Fry veggies
- Soy catash
- Melange Trois- Bell Peppers
- Roasted corn
- Brussels Sprouts
- Edamame
- Shrimp

Grocery

- Organic Black Bean Rotini
- Organic Beans
- Organic Brown Rice & Quinoa Spaghetti
- Organic Coconut Aminos
- Organic Coconut Oil
- Black Olives
- Kalamata Olives
- Dried fruits
- All nuts
- Trail Mixes
- Organic Banana Chips (not clean but good)
- Vegetable Radiatore
- Brown Rice Quinoa nNoodles
- Tomato Soups
- Apple sauce
- Couscous
- Coconut Cream
- Seasonings
- These Peanuts Went on a Date bars
- Seaweed snack
- Water Crackers
- Pita bite Crackers (not clean but good)
- Sprouted Wheat bread

Snacks

- Rainbow trail mix
- Nuts
- Organic Brown Rice Cakes
- Organic Popping Corn
- Organic Popcorn with Organic Extra Virgin Olive Oil

WHOLE FOODS

SHOPPING LIST

Meat

- Rotisserie chicken
- Applegate uncured hot dogs
- Tenton Grassfed Hot dogs
- True Story Pulled Pork
- Whole Foods market Organic Grilled Breast Strips
- Bilinski's Chicken Apple Breakfast Sausage
- No Sugar Added Hickory Smoked Bacon
- Organic Whole Chicken
- Organic Chicken

Dairy & Fridge

- Milk
- Straus Organic Chocolate Milk
- Alexandre dairy free chocolate milk (not clean)
- Three Trees Dairy free Beverage
- Siggies Yogurt
- Sanoma Brinery Pickles and Sauerkraut
- Siggies Probiotic drink
- Vital Farms Butter
- Good Culture Cottage Cheese
- Lactose Free Sour Cream
- Lactose Free Cream Cheese
- Kite Hill Cream Cheese any
- Oil Free Hummus
- Siete Tortillas
- Siete "Queso" Dip
- Organic Salsa
- Grillos Pickles

Produce

- **Any Organic Fruits or veggies**

Frozen

- Aidells Hash browns
- Organic Frozen Green Beans
- Organic Broccoli
- Organic Mixed Veggies
- Organic Fruit
- Organic Wild Blueberries
- CauliPower Sweet potato slices
- Grain Trust Steamed brown rice
- Grain Trust Hibachi fried rice, (not clean)
- Good Pop Popsicle
- Alden's Ice Cream

WHOLE FOODS

SHOPPING LIST

GROCERY

- Grateful sourdough bread
- NUMI-Drinking Chocolate
- Four Sigmatic Powders
- Santa Cruz Peanut Butter
- Santa Cruz Jelly
- North coast Apple Sauce
- Larabars
- Raos Pasta Sauce
- Paos Pizza Sauce
- Kettle Fire Broths
- Kettle Fire Soups
- Plant Strong Stew
- Plant Strong Chili (not clean)
- Hakubako Udon or Ramen noodles
- Cream Of Mushroom Soup
- Brown Rice Spring Roll Wraps
- Kettle broth
- Braggs Coconut Aminos
- Siete Taco Seasoning
- Siete Slow Cooker Seasoning
- Siete Taco Shells
- Annies Mac N Cheese (not clean but a good option)
- Divina Pitted Kalamata Olives
- Sir Kensingtons Avocado Oils Mayo
- Primal Kitchen Mustards
- Lillies BBQ Sauce (better but not clean)
- Wild Planet Albacore tuna
- Olives
- Olive Oils
- Coconut Oils

GROCERY, contd.

- Simply Organic Vanilla
- Riegal Taco Seasoning
- Sir Kensingtons Ketchup
- Braggs Salad Dressings (any)
- Bear Fruit Rolls
- Carrs- Water Crackers
- 365 Water Crackers
- WASA Crackers -ANY
- HU Crackers
- Simple Mills Almond Flour Crackers
- Siete Cookies

Baking Isle/Cereals

- Bobs Red Mill ORGANIC Oats
- One Degree Oats
- One degree quinoa Hemp Instant Oats
- Purely Elizabeth Apple Pecan quinoa
Amaranth
- Purely Elizabeth Blue berry Collage
Oats
- Aluminum free baking Powder
- Enjoy life Chocolate morsels
- Organic Raw Honey
- Casa Sanchez chips (not clean)
- Natures Path Keto Cereal
- Natures Path Kamut Wheat Puffs

Snacks

- Siete' chips (any)
- Nuts
- HU Chocolate

SAFETY

SHOPPING LIST

Meat

- Organic rotisserie chicken
- Applegate uncured hot dogs
- Tenton Grassfed Hot dogs
- No Sugar Added Applegate Bacon
- Organic Whole Chicken
- Organic Chicken

Dairy & Fridge

- Malk or Three Trees if carried
- Straus Organic Chocolate Milk
- Straus Ice Cream
- Alexandre dairy free chocolate milk (not clean)
- Siggies Yogurt
- Organic Greek Yogurt
- Siggies Probiotic drink
- Sanoma Brinery Pickles and Sauerkraut
- Tillamook White cheese
- Vital Farms Pasture raised Butter
- Kerrigold butter
- Good Culture Cottage Cheese
- Lactose Free Sour Cream
- Lactose Free Cream Cheese
- Miyokos Dairy free Cream cheese
- Oil Free Hummus
- Siete Tortillas
- Siete "Queso" Dip

Produce

- **Any Organic Fruits or veggies**
- **House made guacamole and salsa**

Frozen

- Aidells Hash browns
- O Organics black bean burgers (not clean)
- Tres Pupas Chicken & Cheese
- Organic Frozen Green Beans
- Organic Broccoli
- Organic Mixed Veggies
- Organic Fruit
- Organic Wild Blueberries
- O Organics brown rice
- Good Pop Popsicle
- Alden's Ice Cream

Oils and Dressings

- Coconut Oils
- Primal Kitchen Spray oils
- La Tourangelle Sesame Oil Toasted
- La Tourangelle Oil Avocado
- Braggs Apple cider vinegar
- Braggs salad dressings
- Chosen Foods oils

Boxed Mixes

- Birch Benders pancake mix
- Simple Mills Cake Mixes

SAFETY

SHOPPING LIST

GROCERY

- NUMI-DrinkingChocolate
- Four Sigmatic Powders
- Santa Cruz Peanut Butter
- O Organics Peanut Butter
- Santa Cruz Jelly
- North Coast Apple Sauce
- Larabars
- Raos Pasta Sauce
- Raos Pizza Sauce
- Hakubako Udon or Ramen noodles
- Brown Rice Spring Roll Wraps
- Kettle broth
- Braggs Coconut Aminos
- Coconut Secret Sauce Teriyaki Coconut Aminos
- Siete Taco Seasoning
- Siete Slow Cooker Seasoning
- Siete Taco Shells
- Annies Mac N Cheese (not clean but a good option)
- Divina Pitted Kalamata Olives
- Sir Kensingtons Avocado Oils Mayo
- Primal Kitchen Avocado Oil Mayo
- Sir Kensingtons Avocado Oil Mayo
- Sir Kensingtons Ketchup
- Primal Kitchen Ketchup
- Primal Kitchen Mustards
- O organics mustartrd
- Crystal Hot Sauce (original only)
- Red Hot Sauce (original only)
- Lea & Perrins Original Worcestershire Sauce
- Tabasco
- Lillies BBQ Sauce (better but not clean)

GROCERY, contd.

- Simply Organic Vanilla
- Simply Organic Seasonings
- Braggs Nutritional Yeast
- Bear Fruit Rolls
- Carrs- Water Crackers
- O Organics Whole Wheat Pasta
- 365 Water Crackers
- WASA Crackers -ANY
- HU Crackers
- Simple Mills Almond Flour Crackers
- Annies-cheese crackers all (not clean)
- Siete Cookies
- Siete Enchilada sauce

Baking Isle/Cereals

- Bobs Red Mill ORGANIC Oats
- One Degree Oats
- O Organics oats
- One degree quinoa Hemp Instant Oats
- Purely Elizabeth Apple Pecan quinoa Amaranth
- Purely Elizabeth Blue berry Collage Oats
- Aluminum free baking Powder
- Enjoy life Chocolate morsels
- Organic Raw Honey
- Casa Sanchez chips (not clean)
- Natures Path Keto Cereal
- Natures Path Kamut Wheat Puffs



Tasha Rosales | wellnesshomemade.org

SAFETY

SHOPPING LIST

Canned foods and Soups/Broths

- O Organics Beans (whole)
- O Organic Refried Black beans
- O Organics Refried Beans
- Libbys canned pumpkin
- Valley Fresh Chicken in water
- Wild Planet Albacore tuna
- Lindsay organics Olives
- O Organics Olives
- O Organics Stuffed Green Olives (better not Clean)
- Cento Crushed Tomatoes
- Cento Tomato paste
- Cento Tomato pure'
- O Organics diced tomatoes (not perfect but ok)
- Mutti Crushed tomatoes
- Del Monte Green Beans
- Signature Select Green Beans
- O Organics Green Beans
- Del Monte Corn
- Raos soup pasta fagioli
- Raos soup Minestrone
- Bonafide broths
- Kettle Fire Broths
- Kettle Fire Soups
- Plant Strong Stew
- Plant Strong Chili (not clean)
- Pacifico Cream Of Mushroom Soup
- Pacifico Cream Of Chicken Soup

International Cuisine

- Dynasty Whole baby corn
- O Organics Sushi Nori
- Braggs Liquid Aminos
- San J Tamari Sauce
- Siete tortillas
- Tortilla land tortillas
- O Organics Panko Bread Crumbs

Beverages

- Harmless Harvest coconut water
- Organic Coffees
- O Organics Orange Juice
- Evolution Orange Juice
- Suja Organic Shots
- Suja Cold Pressed Juice
- Rebbl Drinks
- Numi tea

Wine

- Herzog Sulfite Free Be-leaf Paso Robles Cabernet Wine
- Our Daily Red Orleans Hill Wine Sulfites Free
- Fray

Snacks

- Siete' chips (any)
- HU Chocolate
- Annies crackers (not clean but a better option)

THRIVE

SHOPPING LIST

COOKING & BAKING

With THRIVE Brand Products

- Almond Flour
- Avocado Oil
- Baking Soda
- Baking Powder
- Ghee
- Organic Apple Sauce
- Organic Arrowroot Powder
- Organic Coconut Sugar
- Organic Cacao Powder
- Organic Coconut Aminos
- Organic Coconut Flour
- Organic Garlic Powder
- Organic Ground Coriander
- Organic Maple Syrup
- Organic Olive Oil
- Organic Olive Oil Spray
- Organic White Quinoa Mix
- Organic Tahini
- Organic Onion Powder
- Organic Paprika
- Organic Pumpkin Puree
- Organic Sesame Seeds
- Organic Tapioca Flour
- Organic Vanilla Extract

Healthful add Ins

- Chia Seeds
- Organic Cacao Nibs
- Organic Camu Camu Powder
- Organic Goji Berries
- Organic Ground Flaxseed
- Organic Hemp Seed Hearts
- Pitted Green Olives

SNACKS & PANTRY

- Non-GMO Creamy Almond Butter
- Organic Black Beans
- Organic Creamy Peanut Butter
- Organic Garbanzo Beans
- Organic Kidney Beans
- Organic Pumpkin Puree
- Organic Raw Almonds
- Organic Rolled Oats
- Organic Walnuts
- Organic Yellow Mustard
- Raw Cashews

BEAUTY/ WELLNESS

- Activated Charcoal Toothpaste
- Triple Action Peppermint Toothpaste

FROZEN

- Cappello's Almond flour Pizza Crust
- Cappello's Pizza
- Cappello's Pasta
- Cascadian Farms Frozen Fruit
- Cascadian Farms Hash Browns
- First Light Ground Beef
- Kevins Sweet mashed potatoes
- Primal Kitchen frozen meals
- Rao's Homemade Lasagna
- Rao's Homemade Pasta Dish
- Tattooed Chef Buddha Bowl
- Tattooed Chef Frozen Spirals

THRIVE

OTHER BRANDS AND PRODUCTS

COOKING & BAKING

- A Dozen Cousins Cuban Black Beans
- Bob's Red Mill Super Fine Almond Flour
- Bob's Red Mill Organic Rolled Oats
- BioNature Tomato paste
- BioNature Tomato Sauce
- Bonafide Provisions Vegetable Broth
- Coconut Secret Coconut Aminos
- Chosen Foods Avocado Oil Spray
- Eden Beans
- Fourth & Heart Original Ghee
- Good Food for Good Ketchup
- Good Food for Good BBQ Sauce
- Hu Chocolate Gems
- Jovial Pasta
- Jovial Whole Peeled Tomatoes
- Just Date Syrup
- Mamma Chia Chia Seeds
- Native Forest Coconut Milk
- Navitas Coconut Palm Sugar
- One Degree Organic Sprouted Rolled Oats
- Primal Kitchen Avocado Mayo
- Primal Kitchen Buffalo Mayo
- Primal Palate Breakfast Blend Seasoning
- Rao's Marinara Sauce
- Simply Organic Seasonings
- Every Body Eat Crackers
- FatWorks Pure Tallo
- Fit Joy Sea Salt Pretzels
- Gimme Olive Oil Seaweed Snacks
- Hu Kitchen Chocolate Bars
- Hu Kitchen Crackers
- Hu Kitchen Hunks
- Joolie's Dates Pitted/WHOLE Medjool Dates
- Kettle & Fire Broth
- Lesser Evil Himalayan Pink Salt Popcorn
- Mary's Gone Crackers Super Seed
- Natierra Organic Freeze Dried Blueberries
- Nuttzo Organic Smooth Power Fuel Butter
- Paleo Powder Breadless Crumbs
- Pan's Mushroom Jerky, Original
- Purely Elizabeth Blueberry Walnut Collagen Protein Oats Cup
- Purely Elizabeth Superfood Oats Cup
- Purely Elizabeth Vanilla Almond Granola
- Purely Pecan Nuttin' But Pecans Butter
- Redmonds REAL Salt
- Seven Sundays Cereal
- Siete Grain Free Hard Taco Shells
- Siete Kettle Cooked Potato Chips
- Simple Mills Crackers (organic only)
- Skout Kids Snack Bars
- Solely Dried Fruit
- Stasher Bag
- That's It Bars
- Thunderbird Bars (watch sugar)
- Wild Planet Tuna

SNACKS & PANTRY

- Bare Snacks Organic Apple Chips
- Brami Lupini Beans
- Chomps
- Divina Kalamata Olives
- Elmhurst Two Ingredient Cashew Milk
- Elmhurst Two Ingredient Hazelnut Milk

THRIVE

SHOPPING LIST

Wellness Products

- ACV Active Gel
- All Good Healing Balm
- Aura Cacia Organic Essential Oils
- Badger Rose Oil
- Badger Mineral Sunscreen Stick
- Banyan Botanicals Daily Swish Oil
- Beauty by Earth Self Tanner
- Beekeeper's Naturals Propolis Spray
- Bragg's Apple Cider Vinegar
- Clean Circle Reusable Skincare Pads
- Cocokind Chlorophyll Mask
- Cocokind Matcha Stick
- Cocokind Oil to Milk Cleanser
- Cocokind Turmeric Spot Stick
- Cocokind Glow Essence with Sea Grape Caviar
- Cocokind Organic Rosewater Facial Toner
- Cocokind Chia Seed Face Oil
- Cocokind Organic Facial Cleansing Oil
- Cocokind Vitamin C Serum
- Dessert Essence Dental Floss
- Dr. Bronner's Magic Balm
- Dr. Bronner's Toothpaste
- Dr. Bronner's Shaving Cream
- Dr. Bronner's Hand & Body Lotion
- Earth Mama Nipple Cream
- Essential Oxygen Peppermint Mouthwash
- Essential Oxygen Toothpaste
- Golde Superfood Mask
- Hilma Gas & Bloat Relief Pills
- Hilma Heartburn & Indigestion Relief
- Hilma Tension Relief Pills
- Lola Organic Tampons
- Lola Organic Pads
- Lumineux Mouthwash and teeth whitening
- Medicine Mama Magic Healing Skin Cream
- Moon Valley Organics Eczacalm cream
- Moon Valley Organics Shampoo Bar
- Nourish Organic Replenishing Beauty Oil
- Radius Silk Floss
- Redmond Bentonite Clay Facial Mask
- Redmond Earthpaste Toothpaste
- Trace Minerals Drops
- The Dirt Oil Pulling Mouthwash
- True Moringa Moringa Oil
- HOUSEHOLD
- Aunt Fannie's Floor Cleaner
- Aunt Fannie's Carpet Refresher
- Better Life Unscented Dish Soap
- Caboo Bamboo Bath Tissue
- Dr. Bronner's Castille Soap
- Dr. Bronner's Liquid Soap
- Ever Bamboo Fridge Deodorizer
- Full Circle Dish Clothes
- Molly's Suds Dish Soap Bar
- Moon Valley Organics Hand Soaps
- Nellie's Wow Stain Remover Stick
- Seventh Generation Oxygen Boost



GROCERY STORE CHECKLIST

You're at the store, NOW WHAT?? When you are shopping there is a key checklist to help you read your labels in a jiff.

☐

START WITH INGREDIENTS

Be conscious of ingredients and try to consume products with 5 or less ingredients or keep it below 2 lines of ingredients. Sometimes starting here helps you decide before you look elsewhere

☐

REVIEW SERVING SIZE

How much do you plan to consume and what is considered a serving for this item?

☐

REVIEW CALORIES

Review calories to decide if it is High or Low calorie

☐

REVIEW SUGAR

Review Sugars, will this be providing you with more sugar than you would like?

☐

FATS

Trans fats should never be consumed, but look at the rest of the fats and try to keep it under the 20% (high fat) marker

☐

SODIUM

Many processed items yield high sodium levels. Some have close to the daily amount of sodium in one serving.

☐

CARBOHYDRATES

If you are diabetic or watching your carbs you can start here. Review based on YOUR specific Carb needs

☐

FIBER

Fiber over 5g can be subtracted from carbs to yield a lower "net carb". Foods higher in fiber will keep you fuller longer.

☐

PROTEIN

Review whether the item is high or low protein item

☐

DECIDE

Based on your review of ingredients you may decide the item is not for you and may not need to look at the daily values of nutrients. If you got past the ingredients- is this item for you??



6

EXTRAS!!

Tips for Kids and Recipes

KIDS AND FOOD

HOW TO TALK TO KIDS ABOUT FOOD

Green light foods = GOOD TO GO!!

Green Light Foods have the highest levels of nutrition and make your body work best- Eat more! Consume these foods any time, they provide your body and brain with the most fuel. Examples of green-light foods include whole fruits and vegetables, whole grains, lean meats, milk, and water. **Foods without labels!**



Yellow light foods= Sometimes foods

Yellow Light Foods can be enjoyed sometimes, but not all the time because foods provide less nutritional value. Yellow light foods include cookies, flavored yogurt, 100% fruit juice, granola bars, and veggies with sauce. Be careful, some of these may have red light ingredients, **READ YOUR LABELS!**

Red Light Foods = Foods to Avoid

Red Light Foods have the lowest nutritional value for your brain and body and should be consumed rarely or never. These food choices are usually made in a factory and come in a package that contains high levels of sugar or fats, and should be replaced with food choices from green and yellow-light options. Foods in the red-light category include chips, candy, fried food, cake, donuts, and soda.

CLEAN MEALS



Find easy meals, with good ingredients and start to incorporate them into your weekly plans.

21 DAY FIX EGG ROLL IN A BOWL



INGREDIENTS

Sauce

- 2 teaspoons ground ginger
- ½ cup coconut aminos or low sodium soy sauce
- ½ teaspoons crushed red pepper flakes
- 1 teaspoons honey
- cracked black pepper to taste

Stir fry

- olive oil spray
- 1 ½ pounds ground beef, turkey, or chicken will work, cooked, crumbled, drained
- 4 teaspoons toasted sesame oil
- 8 cups shredded cabbage, carrots, onions store-bought slaw mix works great

INSTRUCTIONS

Sauce - Add all ingredients in a small bowl and set aside.

Stir fry

1. Cook, crumble and drain ground meat. Set aside.
2. Wipe out the skillet. Add sesame oil heat, then add shredded vegetables. Cook till soft and translucent.
3. Add ground meat back to the pan. Heat back up.
4. Add sauce to the pan and stir constantly till the liquid evaporates.
5. Ultimate Portion Fix/21 Day Fix Container Counts
6. ¼ of the pan = 2G, 1½R, 1teaspoon

SKINNY TASTE BELL PEPPER NACHOS

INGREDIENTS

- olive oil spray
- 1 lb 93% lean ground turkey
- 1 clove garlic, minced
- 1/4 onion, minced
- 1 tbsp chopped fresh cilantro (optional)
- 1 tsp garlic powder
- 1 tsp cumin powder
- 1 tsp Real Sea salt
- 1/4 cup tomato sauce
- 1/4 cup chicken broth
- 21 mini rainbow peppers, halved and seeded (about 13 oz seeded)
- 1 cup sharp shredded Cheddar cheese
- 2 tbsp light Greek Yogurt
- 2 tbsp sliced black olives
- 1 jalapeno, sliced thin (optional)
- chopped cilantro, for garnish

INSTRUCTIONS

1. Preheat oven to 400F and line a large baking tray with parchment
2. Spray oil in a medium nonstick skillet over medium heat.
3. Add onion, garlic and cilantro and saute about 2 minutes, add ground turkey, salt, garlic powder, cumin and cook meat for 4 to 5 minutes until meat is completely cooked through. Add 1/4 cup of tomato sauce and chicken broth, mix well and simmer on medium for about 5 minutes, remove from heat.
4. Meanwhile, arrange mini peppers in a single layer, cut-side up close together.
5. Fill each with cooked ground turkey mixture, then top with shredded cheese and jalapeno slices, if using.
6. Bake 8 to 10 minutes, until cheese is melted.
7. Remove from oven and top with black olives, sour cream and cilantro. Serve immediately



<https://www.skinnytaste.com/mini-bell-pepper-loaded-turkey-nachos/>

HEALTHY BREAKFAST SAUSAGE

INGREDIENTS

- 1 lb. raw 93% lean ground turkey
- 2 Tbsp. pure maple syrup (optional)
- 1½ tsp. Real sea salt (or Himalayan salt)
- 1 tsp. finely chopped fresh sage
- 1 tsp. finely chopped fresh rosemary
- ¼ tsp. ground black pepper
- ¼ tsp. ground nutmeg
- 2 tsp. ice cold water
- 1 tsp. olive oil

INSTRUCTIONS

1. Combine turkey, maple syrup, salt, sage, rosemary, pepper, juniper, nutmeg, and water in a large mixing bowl; mix with clean hands until just blended. (Do not over mix, as that will make the sausage tough.) Set aside. (optional, make patties)
2. Heat oil in large nonstick skillet over medium-high heat.
3. Add turkey mixture or patties. Cook for 5 to 8 minutes, or until turkey is no longer pink and the patties are cooked through or the sausage crumbles are no longer pink.
4. Can be cooked as patties or as ground sausage meat (like taco meat)



HOMEMADE GRANOLA BARS



INGREDIENTS

- 1 ½ cups gluten free rolled oats
- 1 cup puffed millet or puffed quinoa
- ½ cup about 6 Medjool dates, pitted and diced
- 1 tbsp chia seeds
- ½ tsp salt
- ¾ cup nut butter I used peanut butter
- ½ cup honey or maple syrup if vegan
- ¼ cup coconut oil
- 1 tsp vanilla
- 3 oz. dark chocolate melted for

INSTRUCTIONS

1. Add all dry ingredients to a bowl
2. Melt together the nut butter, coconut oil, honey and vanilla
3. Pour into dry ingredients and mix well
4. line a 9x9 pan and flatten.
5. drizzle with melted chocolate if you desire
6. refrigerate for 2 hours- then cut and keep in fridge.

HEALTHY CHIA SEED PUDDING



INGREDIENTS

- 3/4 cup milk of choice (we use oat)
- 3 TBS Chia seeds
- 1 TBS Maple syrup (you can lower this to 1tsp)
- 1 tsp vanilla

INSTRUCTIONS

1. Mix all together and let sit for at least 15 minutes but for BEST results I recommend overnight.

Add preferred fruit like,

- Strawberries
- Banana
- Wild blueberries or regular

Add nuts if you like,

- Walnuts
- Almonds
- Pecans

WEEKLY PREP IDEAS

- Breakfast Sausage
- Sweet potatoes
- Butternut Squash
- Hard boiled eggs
- Chia seed pudding
- Overnight Oats
- Grilled chicken
- Baked whole chicken
- Homemade granola bars
- Pre-Cook Quinoa
- Rinse garbanzo beans
- Fajita meat and veggies

- Overnight oats (use chia seed recipe and add oats)
- Cut up seasonal fruits (cantaloupe, strawberries, berries, grapes)
- Cut up veggies of choice (broccoli, snap peas, cucumber, carrots, etc)
- Taco meat (for salads, quick taco night or "turkey chorizo" (cook meat with eggs))
- Hash, Potatoes, bell peppers, breakfast sausage or chicken apple sausage
- Turkey Meatballs
- Burrito bowls (Turkey meat, beans, tomatoes or (salsa), corn, lettuce- top with Greek yogurt)
- Breakfast burritos (can freeze or refrigerate and warm)



MEAL TRACKER



This tool helps you track your food so you can start connecting how you eat with how you feel.

DAILY FOOD TRACKER

Date:

BREAKFAST	SNACKS	LUNCH	DINNER

TODAY'S WORKOUT

WATER INTAKE

HOW I FELT AFTER MY MEALS

Today's Date:

Meal 1

How I Feel

Meal 2

Meal 3

Note to self

Snacks & Extras

NEXT STEPS



What's Next?

Start reading labels everywhere you go!! Use the guide to help look for beginner ingredients to start removing.

If you signed up for coaching sessions, REACH OUT!!! Lets get you started!

Enjoy your new found knowledge and thank you for signing up!

Follow me on Instagram for the latest tips and advice, @wellness.homemade or visit my website at wellnesshomemade.org.