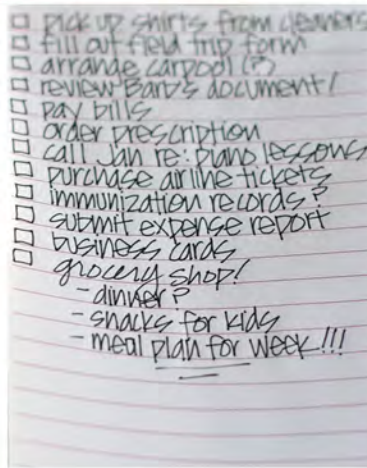


LIVE A *Whole* LIFE GUIDE



FOR COOKING & EATING
HEALTHY FOOD...

*Without adding to
your to-do list!*

Whether you run the department, run the company or run the family, I know there is too much on your plate to do! It can sometimes feel as if food is your enemy. You try hard to eat well and everywhere you go, you are faced with not-so-great choices.

How do you eat a healthy meal when your client dinner is at a steak house?

How can you cook healthy meals when you are exhausted at the end of the day?

How can you keep your kids from getting sick and obese from eating too many packaged foods while giving them healthy, tasty alternatives?

As women in business, we don't have time to spend all day at the grocery store or labor over a hot stove. We need our foods to be fast, tasty *and* nutritious. So, I've put together this weekday meal and snack guide for women on the go.

You don't need to sacrifice feeling energetic, alert or strong just because you're on the road or on the run. Eating to support your body and brain can be easy *and it can taste good!*



You've worked hard to get where you are.

Stay strong.

Stay in control.

Stay in your fly zone, girl!

Deb Boulanger, CHC

The Whole Life Coach for professional women over 40 who want to be healthy, hot and happy

STEP 1: Start Where You Shop

Healthy eating starts at the store. Here's a checklist that will help you make good choices right from the start. Most healthy foods can be bought right at your local grocery. Others may require that you look for a Whole Foods, Trader Joe's or a local health food establishment. Still, almost all healthy packaged foods can be bought in bulk online – and how easy is that?

There are no excuses in today's world for not putting good food into your mouth and the mouths of your babes. Plenty of data will tell you the American diet is making us sick. In order to look, feel and think your best, it's time you took control, and it all starts at the store.

VEGETABLES:

The basics:

- Onions
- Garlic
- Carrots
- Celery

In Season:

- Artichokes (especially babies)
- Asparagus
- Beets
- Broccoli/broccolini
- Brussels sprouts
- Cauliflower

- Cabbage
- Squashes (seasonal)
- Tomatoes (love those baby grape tomatoes!)
- Snap peas
- Green beans
- Leeks
- Green onions
- Bell Peppers (all colors)

Greens:

- Spinach
- Kale
- Romaine lettuce



FRUITS:

In season:

- Apples
- Pears
- Bananas
- Clementines or mandarin oranges
- Cherries
- Blueberries
- Strawberries
- Avocado
- Peaches / Nectarines
- Plums

In Season (con't):

- **Melons**
- **Lemons**
- Limes

Dried Fruits:

- Prunes
- Apricots
- Goji Berries
- Dates



FRESH HERBS (BASICS)

- Basil
- Dill
- Oregano
- Rosemary
- Parsley
- Sage
- Thyme
- Tarragon



CONDIMENTS

Basic Spices

- Basil
- Cinnamon
- Cumin
- Curry powder
- Garam Masala Spice Mix
- Garlic
- Ginger
- Oregano
- Thyme
- Turmeric



PEPPERS

- Black pepper in a grinder
- Cayenne
- Chili powder
- Chili flakes
- Paprika
- White pepper



SALTS

- Gomasio
- Heramare
- Sea Salt



PANTRY STAPLES:

Grains:

- Brown rice
- Quinoa
- Brown rice pasta (Tinkyada brand is good)
- Organic white flour
- Organic brown rice flour
- Whole grain pastry flour
- Organic corn meal
- Organic quick-cooking oatmeal

Cans and Jars (organic whenever possible)

- Marinara sauce
- Diced tomatoes
- Chicken stock
- Vegetable stock
- Olive oil
- Coconut oil (raw, virgin)
- Almond butter
- Beans - cannellini, chick peas, kidney, black

Snacks:

- Almonds
- Walnuts
- Brazil nuts
- Organic tortilla chips
- SeaSnax products
- Kale chips (homemade/packaged organic)

Sweeteners:

- Honey (raw, local)
- Maple syrup
- Date sugar
- Coconut sugar



ANIMAL PROTEINS (IF YOU EAT POULTRY AND FISH OR BEEF)

Always buy wild-caught fish and antibiotic and hormone free meats.

- Eggs
- Shrimp (typically frozen depending on your region)
- Scallops (in season)
- Salmon (wild caught)
- White fish – striped bass, halibut, grouper, other local fish
- Flat white fish – sole, flounder, tilapia
- Tuna (rarely due to diminished populations/high mercury)
- Boneless, skinless chicken breasts
- Whole cut up chicken
- Ground chicken
- Ground turkey
- Turkey bacon
- Chicken sausage
- Grass-fed beef



SUPER FOODS (SEE APPENDIX FOR DESCRIPTIONS)

- Cacao powder (raw, from a good source)
- Chia seeds
- Maca powder
- Fo-ti
- Pau d'Arco
- Spirulina (sea algae)
- Camu camu
- Greens powder (wheatgrass/buckwheat grass/blends)
- Flax seed (ground)



MAKE GOOD CHOICES EASY

1. Wash and prep your fruits and veggies
2. Bag your snacks
3. Cook once, eat many times

STEP 2: Wash and Prep – Ready to Go.

Once you get back from your healthy shopping trip, put all the fruits and veggies in the sink to wash and prep. It's one more step now that will save you hours down the road and will really boost your motivation to cook and eat healthier meals.

For lettuces and greens, wash well in water, wrap in a towel or spin to dry, then break or cut them up into bite-sized pieces. Having greens washed, and cut in advance makes it REAL easy to grab a handful later to sauté, steam or just eat raw. It also keeps them hydrated and crisp.



Hint: Be sure to seal your greens in a plastic bag and place on the shelf in the fridge if you have room. Putting the greens in the drawer may mean out of sight/out of mind – and we all know what that leads to!

For cruciferous veggies like cauliflower, cabbage and broccoli – go ahead and pre-chop them so you are ready to add them to stir fries, salads, soups and more.

It's best to wash squashes, cucumbers, carrots, beets and other veggies, but not to peel and chop in advance. They'll tend to dry out and rot more easily that way.

Do buy yourself a high quality peeler with a sharp blade to make prepping those babies just fly by!

With tomatoes and other fruits, it's best to wash them and leave them on the counter. For one, they'll taste better and two, you are likely to eat more of them – especially the cherry and grape tomatoes – if you can just grab a few as you walk by. And you might be surprised at what your kids grab if healthy choices are left out under their noses!



Do you sometimes wonder if it's necessary to buy organic produce? Here's a great guide on what you should buy organic and what comes in it's own protective skin.

Many people can't afford to buy all organic all the time. But you don't have to buy all organic produce to reduce your risk for chemical contamination. This list from the Environmental Working Group tells you which fruits and vegetables contain the most chemicals, and which ones are least contaminated.

Use it when shopping to help make the best choices for you and your family – even if you can't buy entirely organic foods.

12 Most Contaminated / Dirty Dozen™

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (Imported)
7. Grapes (Imported)
8. Sweet bell peppers
9. Potatoes
10. Blueberries (Domestic)
11. Lettuce
12. Kale / collard greens

15 Least Contaminated / Clean 15™

1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mangoes
8. Eggplant
9. Cantaloupe (Domestic)
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

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STEP 3: Bag Your Snacks

Recent studies show that artificial ingredients like food dye, preservatives and other food additives are linked to ADD and ADHD in children. It doesn't take a rocket scientist to notice the rising obesity epidemic in the United States in both children and adults. Diabetes and coronary heart disease are at all time highs.



What can you do? A good guideline is to not eat anything from a bag or a box and certainly don't eat anything you can't pronounce.

Stay away from high-fructose corn syrup, trans fats and artificial sweeteners (studies have been linked artificial sweeteners to the onset of Alzheimer's). Buy good quality nuts, nut butters, fruits and veggies, and pre-package them in snack-sized bags.



If your kids have a hankering for popcorn, make it at home on the stove with an air popper or with coconut oil. Add limited salt and no butter. The coconut oil is a "healthy fat" and adds a sweet, slightly coconut flavor that's delicious and it doesn't pack all of the artificial additives of packaged supermarket brands.



Nut butters like almond butter are great spread on apples or celery. Experiment. Find foods that you like that are healthy AND delicious.

STEP 4: Cook Once. Eat Many Times.



The best way to ensure you always have healthy choices at your command is if you make more than you'll eat in one sitting. Repeat after me: "Cook Once. Eat Many Times!" It's a great mantra to add to your repertoire.

Cooking more than you need at one time ensures you can 1. Eat the same meal again another day or 2. You can repurpose those ingredients for new combinations to keep things fun and lively.

Remember – if this gets to be a boring, monotonous routine, you might abandon it altogether. On the other hand, some people like a system that works over and over again. Then they don't need to think about it ever again – it becomes habit, rote. Do what works for you.

For instance, leftover quinoa can be used as a breakfast cereal. Leftover veggies can go into a quick frittata or omelet. Leftover kale and chicken can be tossed with a bit of quinoa and some chopped almonds and eaten cold for lunch.

Be creative with your choices. Use condiments liberally. Remember that onions and garlic make everything taste better – and not only that – they are also fabulous immune boosters.

Bonus Recipe Guide

Here are some simple recipe tips from my kitchen to yours. You'll see I don't get that fancy. I'm all for quick and easy and balanced. These are meant as suggested guides and not a cookie-cutter approach to meals. Use your own ingredients. Come up with your own inspirational creations. Post your recipes and photos on the [Live a Whole Life Network Facebook Page](#).



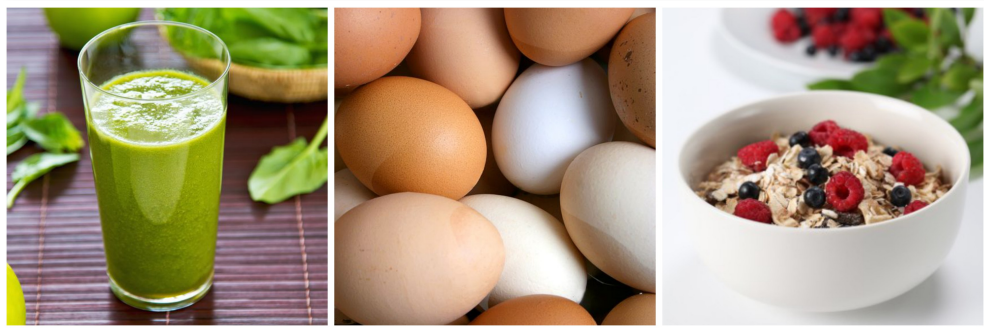
Remember, your choice for breakfast will depend on your [unique food blueprint](#)

Breakfast

Breakfast is the most important meal of the day and it's important that yours will fuel your body, mind and mood for the day ahead.

Your best food may be a superfood smoothie, a protein-based meal, or one with grains and fruit. Make sure you are getting a heaping of greens and/or fruit with your breakfast. Your body will thank you for it.

Do your homework to decode what food is best for your body type and then dig in and have fun! Here are some examples for you to try.



"Perfect" Hard Boiled eggs

Ingredients

- 2 free-range eggs, antibiotic and hormone-free
- Pot of salted water
- Timer

Directions

This is the 'official' guide to perfect hard-boiled eggs from Julia Child. Not tough, rubbery or gray, just perfectly cooked, tender and delicious.

1. Place two eggs in a pan of cold water so that eggs are just covered by an inch of water
2. Salt the water
3. Bring to a boil
4. Shut off the burner and let sit for 17 minutes
5. Rinse with cool water and peel



For extra health benefits, enjoy your eggs on a bed of greens, with avocado or other leftover veggies. Sprinkle with kelp, sea salt, pepper or other seasonings and enjoy!

"Some programs are great weight loss programs, but they tell you: 'Here, do this. Do it our way.' Deb's approach is: 'Here is some information. What do you think? How does that impact you? What do you want to do differently that you didn't do before?' Deb gives people the space to craft their own program, and she is there supporting us at every step along the way if we have questions or need guidance. **It's a personal process where I can take ownership. It's not someone else's process that is never going to work for me that's not mine.**"

Nancy O'Keefe - Simple Small Business Solutions
www.simplesmallbusinesssolutions.com



Leftover Brunch Frittata

Ingredients

- 2 eggs per person (two people = 6" skillet)
- Last night's leftover veggies – or fresh, just sauté fresh veggies first
- Tbsp oil or butter
- Optional: onions and garlic
- Optional: turkey bacon or chicken sausage

Directions

This is a great way to use up those leftover veggies hanging out in your fridge. Never throw anything out – even if you have less than one serving left – you can always combine and get a meal out several bits of leftovers.

1. Preheat broiler to 400°
2. Sauté or reheat your veggies in the oil on med heat (there's no limit to how creative you can be here – spinach, kale, broccoli, chard, asparagus are all good choices)
3. Beat eggs with a hand or electric whisk until light yellow and slightly foamy
4. Pour egg mixture into pan with veggies
5. Lower heat to M/L and let the bottom of the frittata set (this is when you add a bit of cheese like parmesan, goat's cheese or feta – if you are eating dairy – it's totally optional)
6. When the eggs are set (still liquid on top but cooked on the bottom) put the pan under your broiler – oh, you will want to use an ovenproof skillet – this is where you need to pay attention. It only takes about 3 – 5 minutes for the frittata to fluff up and be fully cooked and lightly golden on the top.
7. Season when ready
8. Be creative with your plate! Make a rainbow on your plate with micro greens, sprouts, shredded beets or carrots, or guacamole.
9. Love your food! Your food will love you!



Note: to make a tostada instead of a frittata, toast a millet and flax lavash (or your favorite flat bread). Spread with your homemade guacamole (see recipe), add your egg/veggie mix, top with sprouted greens and salsa fresca – YUM!

Whole grain cereal with delicious additions

Ingredients

- ½ cup of grains per person
- Follow directions on water ratio
- Condiments: nuts, flax seed, granola, berries, nut butters, yogurt, stewed prunes and natural maple syrup or honey (pick your favorites and mix it up!)

Directions

Follow directions for cooking grains. Alternatively, you can use leftover rice, quinoa, millet as a *perfect* breakfast cereal. Use organic, steel cut oats, five-grain or ten-grain cereal – no limits. Just make sure your grains are organic and whole!

1. Cook according to grain instructions (typically 2:1 ratio of water to grain)
2. Add a pinch of real sea salt
3. Make your grain interesting and tasty with condiments mentioned above – include superfoods like berries, flax, chia seeds, add your favorite nut and drizzle (note, that's a very small amount) of honey or maple syrup if you require more sweetness.
4. Sit down, chew and enjoy your delicious breakfast!



Main Meals and Sides

Making your own meals should never be a chore. Here are some uber-healthy options that can be pulled together in 30 minutes or less!

Homemade Guacamole

Ingredients

- 1-2 rip avocados
- ½ onion, shallot or red onion
- 1 jalapeno pepper
- ½ lime
- Cilantro or mint

Directions

1. Pit and peel avocado(s). Put aside.
2. In the bowl of the food processor, blend 1/2 onion (could be shallot or red onion – no need to get picky) and one jalapeno pepper, and pulse until finely chopped
3. Add avocado and blend until smooth
4. Add ½ lime, chopped cilantro or mint to taste

Optional: If you want a bit more kick, add some red pepper flakes and pulse some more.



Lunch Tostada

Ingredients

- Fresh, homemade guacamole (see recipe above)
- Sami's Millet & Flax Lavash
- Leftover chicken
- Organic grape tomatoes
- Microgreens (broccoli, kale, pea shoots)

Directions

1. First make guacamole in your food processor.
2. Toast your lavash
3. Spread with guacamole
4. Add your leftover protein (could be chicken, fish, tofu, beans – whatever works for you)
5. Top with chopped veggies and microgreens.



MINDFUL EATING TIP

Make sure to chew your food many times before you swallow, because...

1. It tastes better that way.
2. Your mouth gets a chance to release digestive enzymes that ensure your body will absorb more of the nutrients from what you eat and
3. It gives you time to reflect on some gratitude for this delicious abundance before you.

The sun that was required to produce the chlorophyll in your greens and make those tomatoes so sweet and delicious, the earth that fed the food and the water that allowed the plants to grow. And certainly bless the animals that may have sacrificed for your health and happiness. The farmers who grew and shipped the food... Isn't it amazing how much energy goes into that meal? Have gratitude for it all.



Spring Detox Salad

Ingredients

- Red chard
- Fresh organic strawberries
- Organic asparagus
- Organic Feta cheese
- Olive oil drizzle
- Fresh lemon squeeze
- Salt and pepper to taste

Directions

Spring is the natural season to lighten up and shed some the layer of fat that we naturally take on in the Winter as we eat more acidic foods.

Greens like chard, kale, and romaine lettuce are great to eat raw. Berries are WONDERFUL additions to salads and with such a short local season – get 'em as many ways as you can. Here is one of my new salad combos.

There's no need for packaged dressings. A light drizzle of olive oil, a bit of citrus – lemon, lime or orange - seasoning and you are good to go.



Be bold. Create your own. The greatest thing about eating healthy foods is that there are no rules! Eat what's good for your unique body type and you can't go wrong.

***Prep tip: Make two and have one ready made to bring to the office with you tomorrow!

"I have heard the term lifestyle shift with so many programs out there, but until Deb's program, I did not see that as a possibility – they were too dramatically different from what I did. The way she has taught me to develop my food blueprint is experiential and it's fun. It's about observing myself and seeing what works for me. It's a tweak here, a tweak there, not a complete overhaul. It's unique and individualized and works for whoever does it. I really do see a lifestyle shift happening within me. **No other program I've ever been a part of has delivered on that promise.**"

Kyla Ledlow,
Sanity Strategist for Professional Working Moms
www.kyaledlow.com



Hearty Seasonal Salad

Ingredients

- Organic spinach
- Leftover chicken breast
- ½ Green apple
- ½ C organic blueberries
- ½ C walnuts
- Microgreens
- Olive oil and lemon drizzle
- Season to taste

Directions

This is a “what’s in my fridge?” inspiration meal. You should consider it a template that you can use to substitute what’s in your fridge. This guide is meant to simplify your life, not complicate it. Stop planning your meals and having lists of ingredients and recipes to follow. Just use the Live a Whole Life Shopping List and make sure you’ve got lots of good choices on hand and give yourself what your body needs – let the creativity flow!



1. Check in with your body: What do I need right now? How is my energy? How hungry am I? What do I need to do the rest of the day? What foods are going to best support that? Let those answers guide your food choices.
2. Now open the refrigerator door
3. See what’s fresh and easy – choose one green, leftover veggies, fruits or superfoods, nuts or other proteins (limit protein portion to 3 – 4 oz of your plate)
4. Include a healthy fat like olive oil, avocado, flax seed, nuts, etc.

CRAVINGS TIP

The more you satisfy your body’s needs for different types of foods on your plate in a single meal, the fewer cravings you will have. Cravings for sugar later in the day may indicate you need more protein in your diet. If you start losing steam at 3pm, don’t grab for the coffee or the sugar snack. Make yourself a cacao smoothie and a handful of almonds. You need to even out your blood glucose, not take an IV of sugar and caffeine. Trust me on this one. This meal lasted me from lunch right through to dinner. It was so good, I made it again for dinner the next day.

Easy Lunch or Dinner Salad

Ingredients

- Bunch of Kale
- Onion or shallot
- Boneless, skinless chicken sliced against the grain
- Microgreens
- Almonds
- Olive oil
- Sea salt and pepper to taste
- (Optional) Hot sauce

Directions

This is one of the easiest weeknight meals to throw together.

1. De-stem and wash kale if it's not already prepped in your fridge
2. Slice chicken against the grain so you have a bunch of small ovals roughly ½ inch thick
3. Place chicken in a mixing bowl, drizzle with olive oil and add seasonings – turmeric, sea salt, garlic, pepper – put aside
4. Toast almonds in toaster oven for ~ 4 minutes
5. Take a good quality fry pan – ceramic-coated is best. Heat skillet with a drizzle of olive oil. Sauté onion and when soft, add kale until only slightly wilted. Put vegetables aside in a serving dish.
6. Using the same pan, sauté the chicken until cooked through
7. To serve: Top the kale with the chicken, add microgreens and top with toasted almonds.



***Prep tip:

Make leftovers! This warm salad is as delicious at room temperature as it is hot off the stove.

LIVE A Whole Life Favorite Recipes:

Three Season Kale and Brussels Sprouts Salad:

<http://www.bonappetit.com/recipes/2011/11/kale-and-brussels-sprout-salad>

** note: this one is as good warm as it is cold. Eat it cold at the end of Summer and then sauté the kale and shredded Brussels for a warm winter salad.



Baked Shrimp with Tomatoes and Feta with Dill (Ellie Krieger)

<http://www.elliekrieger.com/baked-shrimp-with-tomatoes-and-feta>



Roasted Salmon with Shallot-Grapefruit Sauce (Ellie Krieger)

<http://www.elliekrieger.com/roasted-salmon-with-shallot-grapefruit-sauce>

Fast Weeknight Chicken (Donna Hay)

<https://www.donnahay.com.au/recipes/fast-weeknights/basil-lemon-and-garlic-roasted-chicken>



Mom's Turkey Meatloaf (Kids LOVE this!) (Ellie Krieger)

<http://www.foodnetwork.com/old-fashioned-turkey-meatloaf/video/index.html>

Fancy it up for your guests with...
Bay Scallops Gratin (Ina Garten)
<http://www.foodnetwork.com/recipes/ina-garten/bay-scallop-gratin-recipe/index.html>



Asparagus and Zucchini Ribbon Salad
<http://www.foodnetwork.com/recipes/giada-de-laurentiis/asparagus-and-zucchini-crudi-recipe/index.html>

Tomato and Watermelon Salad
<http://www.epicurious.com/recipes/food/views/Tomato-Watermelon-Salad-with-Feta-and-Toasted-Almonds-235588>



Raw Chocolate Energy Bites (and almost anything else from Mary Jolley at My Green Diet)
<http://mygreendiet.com/green-diet-plan-recipes/raw-chocolate-almond-energy-bites-for-our-next-big-move/>

**Note: you can have fun with this recipe. I add 1 tsp each of coconut oil and coconut butter for a smoother texture and form them into balls instead of squares. They are oh so yummy and worthy of serving to company!

Other great resources for total food inspiration:

www.theearthdiet.com (great for vegans and vegetarians as well as meat eaters)

www.kriscarr.com

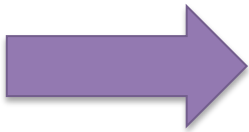
www.smittenkitchen.com (just remember to health up the ingredients!)

www.donnahay.com (same as above)

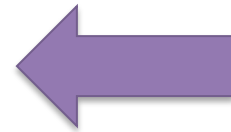
www.epicurious.com

My last words to you on food...

There is no one in the world exactly like you. Just like you have a unique personality, your body has a unique personality of its own. To be living life to the fullest – healthy, energetic, strong and mentally clear – requires that you decode your [unique food blueprint](#). I'm not exaggerating when I say it will change your life.



If you are interested in lifestyle tools that preserve health rather than just treat symptoms, and that will enable you to live life more fully than you ever have before, [we should talk about it](#).



www.ConnectWithDeb.com

My approach is completely different than you will find with any health or wellness coach. There is no one size fits all and no two client sessions are exactly the same. I customize the program for every client. After you emerge from my program you will never ever need another diet book or nutritional plan.

I don't have a prescribed formula that I apply to everyone. You will get the exact help you need in the order in which you need it. You take what works and leave the rest behind. Your food blueprint and your transformation toolkit will enable you to provide your body, mind and spirit with whole, healthy conditions in order to maintain optimal health and enable you to continual thrive no matter what your age or physical condition.

To stay connected with this heart-felt tribe, you can post your most delicious whole food meals on the [My Plate group on Facebook](#).



Health and happiness,

Deb



Appendix: Top Superfoods to Add to Your Smoothie

No time for lunch? Eating on the run? Make a superfood smoothie to take on the road. They whip up in no time flat and can be as satisfying, or even more so, than a full meal.

If you are looking for some serious brain boosting power, check out these top superfoods¹ below - some even have the added benefit of acting as an aphrodisiac and can boost your brain and your mood!

Herbal additives:

Pau D'Arco

Pau d'Arco is a highly revered Amazonian medicinal tea herb. It has anti-fungal, antibacterial, and antiviral properties. This naturally sweet tasting herb contains no sugar, which makes it a perfect herb for cleaning unwanted guests and nanobacteria out of the body.

Cat's Claw

Cat's Claw has tremendous anti-viral properties, in addition to being one of the most delicious and incredible tasting Amazonian teas. A highly medicinal herb, Cat's Claw is regularly used in South America instead of pharmaceutical and over the counter drugs as a natural remedy for many conditions, including the common cold.

Chanca Piedra

Chanca Piedra is a small herb that grows in the rainforests of South America. The name of the plant is Spanish for "stone breaker." Chanca Piedra has traditionally been used to help break up calcifications in the body like gallstones and kidney stones.

Chanca Piedra is known to be antispasmodic, antiviral, antibacterial and diuretic. It is known to help dilate the urinary tract during the passing of a kidney stone in order to lessen the pain. Some people have used Chanca Piedra as a liver tonic and for liver issues.



¹ Superfoods information from David Wolfe of www.LongevityWareHouse.com

How to Make a Super Food Smoothie:

Liquid base:

Coconut water
Tea
Water
Almond milk

Raw cacao powder

The raw cacao bean is one of nature's most fantastic superfoods due to its mineral content and wide array of unique and varied properties. Cacao is the number one source of magnesium of any food on the planet. It contains plenty of iron per serving, contains the highest concentration of antioxidants of any food in the world, and is also exceptionally rich in chromium, anandamide (the bliss chemical), theobromine, manganese, zinc, copper, vitamin C, omega-6 fatty acids, PEA, tryptophan, serotonin, and more.



Due to its extraordinary concentration of PEA and magnesium, cacao is likely the single greatest weight loss food out there because it contains more minerals and molecules that actually shut off the appetite than any other food. Contrary to popular opinion, cacao contains very little, if any, caffeine. It has been clinically demonstrated that cacao does not elevate blood sugar in the same way as a food or beverage containing caffeine. Cacao is also a highly effective natural energy enhancer and aphrodisiac.



Berries

Goji berries – a top food in Chinese medicine – are some of the most nutritionally dense and finest antioxidant fruits on the planet. They typically contain two to four times the amount of antioxidants in blueberries!

Blueberries
Strawberries

Good fats

Avocado
Almond butter
Coconut oil

Maca powder (1 tsp)

Maca is a member of the cruciferous family of plants that includes broccoli, cabbage, cauliflower, kale, turnips, and radishes. Maca, like the goji berry, reishi mushroom, asparagus root, rhodiola, ginseng,



AFA algae, and others, is a powerful adaptogen. It's a plant from the Andes grown for its root, which resembles that of the radish. The character and properties of maca have been developed by the extreme conditions under which it grows. It increases oxygenation of the blood, which makes maca an excellent superfood choice for individuals living in cold climates, at high altitudes, and/or with extreme adventure lifestyles. As a bonus, it's also an aphrodisiac.

Fo-ti

Fo-ti, also known as He Shou Wu or polygonum multiflorum, is one of the premiere superior class tonic herbs. It is a longevity and Yin Essence replenishing herb of the highest order. It increases your Jing energy and increases feelings of bliss or ecstasy.

He Shou Wu has been prized for centuries because of its ability to prevent premature aging, and enhance longevity and youthfulness. According to Chinese theory, He Shou Wu restores and nourishes the primal energy of the body known as "jing" or "essence." By nourishing the root energy, you tonify and energize the skeletal system, the muscular system, and the nervous system.

Reishi mushrooms

Reishi has been the most revered herbal mushroom in Asia for over 2,000 years. The Taoists consider it an "elixir of immortality" that increases the spiritual "shen" energy. Its reputation for causing radiant health and extreme longevity along with its superior anti-aging properties make it an essential addition to any health regimen.

Reishi has been proven effective in aiding the treatment of arthritis, and it possesses anti-allergenic, anti-inflammatory, anti-viral, anti-bacterial, and antioxidant properties.

Reishi is also an excellent anti-stress herb. When we are holding stress and tension both physically and mentally, we are compromising our immune system. Our body's ability to fight illness is significantly weakened.

Reishi is known to ease tension, elevate the spirit, and promote peace of mind by transforming negative energy in the body in the same way that the mushroom transforms decayed material in a tree into life-giving nourishment.

Camu camu

Camu camu is actually a superfruit, and like many other superfruits, it comes from the Amazonian rain forest of Peru. It is one of the most nutrient dense foods and offers considerable disease-prevention benefits.

The camu berry is best known for its unusually high vitamin C content. Vitamin C has many uses for preventing chronic disease. Natural (not synthetic) vitamin C is an antioxidant that



prevents free radical damage to the DNA of the cells throughout your body, which helps in the prevention of serious disease. Vitamin C also prevents colds and the flu. It is a huge immune system booster and an all-around power-packed vitamin, but only in its full spectrum, natural form.

Chlorophyll (Chlorella or Spirulina)

Chlorella is a single-celled, water-grown algae that consists primarily of a nucleus and a large amount of directly available chlorophyll, a nutrient vital to the health of our bodies. Chlorella contains more chlorophyll per gram than any other plant in the world. It is a whole food, as it is extremely rich in vitamins, minerals, amino acids, essential fatty acids, polysaccharides, and a host of other beneficial compounds.

Chlorella supports the function of the brain and liver, improves digestion and elimination, helps regenerate the body, protects against radiation, relieves inflammation, supports healthy weight loss, enhances the immune system, and overall accelerates the healing process within the body.

Spirulina belongs to an ancient class of single-celled, blue-green spiral algae. Spirulina are freshwater-growing, alkaline-environment loving, microscopic algae that have been living on this planet since the appearance of life on earth. Spirulina form spiraling, helical, microscopic strands that are smaller than the human eye can detect. The name "Spirulina" comes from this superfood's spiral character.

Spirulina contains an astonishing array of nutrients, including chlorophyll, protein, vitamins, major minerals, trace minerals, essential fatty acids, nucleic acids (RNA and DNA), polysaccharides, and a vast spectrum of antioxidants.

Sweetener - Raw honey

For a #1 enzyme food, local, wild honey is best. Raw honey acts as a prana concentrator and great source of trace minerals.

Made from the nectar that bees sip from flower blossoms, honey is a universal medicine, sweetener, and nutrient resource. The tremendous amount of research conducted on honey in Russia indicates that raw, unprocessed honey is nature's richest source of live healing enzymes, plus it increases reflexes, mental alertness, and even IQ.

Whenever possible, we recommend that you choose wild honey. We don't have enough wild food in our diet, and wild honey is easy to come by, easy to store, easy to consume, and easy to travel with.

All honey should be eaten raw, as cooked honey has no enzymes. Honey can be taken with other mineral-rich superfoods to increase mineral absorption.

