



Whole Food Eating and Shopping Guide and Tips

Mindfulness and Holistic Living with Lisa Ware

Part 3

We can look at Whole Food eating, and this is really several parts: Lifestyle, Education, Whole Food Eating, Nutrition + Cleansing the body. For conciseness we will today focus on what we put into our bodies. Let's start with what to look for at the grocery store.

Whole Food Shopping Overview

The number one thing to remember when shopping for your program is:

Do not get overwhelmed. We all start somewhere!

Most supermarkets and grocery stores now have healthier food choices, organic brands and a designated aisle just for health food. Do not feel like you need a Health Food Store to find the food or the ingredients you need to start your program. However, if you do have a local health food store such as Whole Foods Market.

If you are going to a health food store to shop for the first time, make sure you have time to look around and plan on asking for help. Everyone that works in these stores is ready to help and is very knowledgeable.

When you make your shopping list for the first week, start with the foods you already love. Ease into the program on food you are familiar with and enjoy eating. You WILL need to switch to cage free eggs, free range poultry, grass fed beef. Look for organic high fiber carbohydrates, fruits and vegetables whenever possible. This way we are not ingesting toxins with the foods we eat.

Follow the meal plan provided when making your list: this makes it easier when going to the store the first time. A list keeps you on track, helps you remember everything you need and keeps you from feeling lost.

Find a coach! A good coach may be just what you need to help you transition.

Depending on where you are and where you want to be, this leap may seem too much to do on your own. It is always a great idea to hire a professional nutritionist, life or health coach! At Yoga 4 Love we offer free mini coaching consultations, you may book your own convenient time on our website lifecoaching page!

Find your Tribe!

An accountability group is a great asset. A good group will consist of like minded people, a strong and supportive leader, and a plan that not only makes sense to you, but is safe and scientifically researched. There are many out there that may be a good fit for you.

If you are looking for a place to plug into like minded people please contact us at Yoga 4 Love! We have a Healthy Living Tribe and offer: webinars, online groups, resources



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for clean eating, detox and cleansing, monthly challenges, as well as a maintenance and lifestyle group. <http://yoga4love.com/lifecoaching/healthy-living-tribe/>

Find a program!

Looking into all the different programs online and through books can be time consuming, expensive, tricky and confusing. I highly recommend the Shred 10. You can find more info at www.Shred10.com

Find a way to eat tons of high quality whole foods!

We all know we need to do this. But with so many packaged and processed foods we are a country of high caloric malnourished people. No wonder there is so much 'dis-ease' prevalent in our society.

Did you know that the recommended daily serving amount for a normal person is 9-13 servings of fruits and veggies? For athletes it is 13-18! A serving is the size of your fist. So... How many days last week did you get 9-13 fruits and veggies in? Last month? Last year? You get my point. It is really hard.

I recommend utilizing Juice Plus. What is Juice Plus? Juice Plus+ products are made from the juice powder concentrates and oils from 48 different fruits, vegetables and grains. While Juice Plus+ isn't a substitute for eating fruits and vegetables, our whole food-based products support a healthy diet by offering a much wider variety of naturally occurring vitamins, along with antioxidants and phytonutrients found in fruits and vegetables. Every Juice Plus+ product is made from quality ingredients grown farm fresh, providing the natural nutrients your body needs. There are over 38 PUBLISHED MEDICAL STUDIES ON JUICE PLUS+® in more than 20 prestigious medical and scientific journals.

<http://www.whatisjuiceplus.instagram.com>

SHOPPING TIPS:

BUY ORGANIC

Fresh, frozen or if needed, buy canned. There is usually an organic alternative to everything, just do your homework. If you want, you can shop online first so you know what is available before you ever step foot inside the store.

DO NOT JUST STICK TO ONE SUPERMARKET

Explore your options. Note the differences in price lists from store to store and keep a look out for the sales. Sign up for any mailing lists that will keep you informed of price cuts and special offers.



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DRY GOODS

These are a healthy alternative and can be prepared easily without additives.

LEAN PROTEINS

Organic cage-free, hormone-free and free-range meats are found in meat markets, health food stores, Costco, Whole Foods, Ann's Health Food, Cox Farms, farmers markets, co-ops. Only buy organic grass-fed beef and organic chicken. As for fish, purchase wild (never farmed) fresh or canned (in water or olive oil), Cage free organic eggs.

HEALTHY FATS

Use Extra Virgin Olive Oil (EVOO) in salad dressings and for low heat sautéing. Use Coconut Oil or grapeseed for high heat cooking high heat sautéing. Olive oil turns rancid (becomes toxic) under medium high heat, whereas grapeseed oil or Coconut Oil maintains its integrity when heated. Coconut oil is solid at room temperature. It is most often sold in jars alongside all the standard bottled oils. Avoid high-oleic safflower, corn, and canola oils as they are highly processed and most often contain GMO's. Enjoy small servings of avocado, coconut milk, olives, raw nuts and seeds (often sold at a lower price in the bulk foods section or at Costco).

HIGH FIBER CARBOHYDRATES

FRESH! Look for beautiful squishy nutrient rich veggies like squash, artichokes, leeks, okra, pumpkin or sweet potato. Enjoy experimenting with new grains, legumes and vegetables. When shopping always look for the freshest, least processed foods.

BULK

This is a great way to shop for nuts, legumes (lentils and beans), brown rice, spices, quinoa and other grains. Buying bulk is a great way to eat on a budget and also decrease waste, especially if using our own jars or other reusable containers.

DRY PACKAGED

Legumes and grains such as brown rice are often packaged and sold in ethnic or health food sections of grocery stores. Whole Foods even has vacuum sealed packaged cooked brown rice; add diced veggies and Extra Virgin Olive Oil (EVOO) for a delicious grain salad.

FROZEN



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Look for cooked squash, artichoke hearts, lima beans and other veggies.

CANNED

Watch out for high sodium. Read the labels and compare, beans, artichoke hearts in water, organic soups and organic broths.

REFRIGERATED

Look for Hummus, salsa, rice tortillas, cooked lentils, grain salads and pesto.

LOW GLYCEMIC INDEX FRUITS + NON-STARCHY VEGETABLES

Look for the freshest most beautiful produce you can find. Choose a variety of colors, textures and tastes. Add healthy servings of greens (spinach, kale, Swiss chard, arugula, etc) to every meal! Explore fresh herbs like basil, cilantro, rosemary, lavender and sage Find the joy in eating low on the food chain directly from the Earth.

Most stores have an organic produce section but for a wider variety of organic fruits and vegetables, visit your local Farmers Market for farm fresh veggies (many are not organic, though) or Healthy Food Stores. Frozen organic fruits and vegetables are a great alternative when fresh is not available.

Optimal Food Choices List:

LEAN PROTEIN

Juice Plus+ Complete Whole Food as a drink, shake or smoothie

Organic chicken and turkey

Wild caught cold water fish: Wild Salmon, Halibut, Cod, Mackerel, etc. NO Shellfish, Catfish or Bottom Feeders

Grass Fed Lean Red Meats, (1 x per week),

Wild Game

Cage Free and Organic Eggs

Vegan choices

HEALTHY FATS

Raw nuts and seeds (no peanuts), macadamia nuts, freshly ground flaxseed, olive oil, olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk and almond butter, grapeseed oil

HIGH FIBER CARBS

Squash (acorn, butternut, winter), artichokes, leeks, lima beans, okra, pumpkin, sweet potato or yam and turnips



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Legumes: black lentils, adzuki beans, cow peas, chick peas, French beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans, brown rice, quinoa, hummus and millet

FRUIT GLYCEMIC INDEX

Low: GI-Blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, green apples.

Moderate: GI-Cherries, pears, apricots, melons, oranges, peaches, plums, grapefruit, pitted prunes, red apples, avocados, kiwi, lemons, limes, nectarines, tangerines, passion fruit,, persimmons and pomegranates.

High GI-(avoid during the Detox phase) Bananas, pineapples, grapes, watermelon, mango and papaya. *Only after yoga/workout are these acceptable during your detox phase. Blend into a smoothie with Juice Plus Complete Powder for more whole foods, 13 grams of plant protein and 8 grams of fiber.

NON STARCHY VEGETABLES

*RULE: Eat no white bread/potatoes etc.

DO Eat:

Arugula, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, broad beans, broccoli, Brussel sprouts, cabbage, cassava, carrots, cauliflower, celery, chayote fruit, chicory, chives, collard greens, cucumber, jicama (raw), jalapeno peppers, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, radishes, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, radicchio, snap beans, snow peas, shallots, spinach, spaghetti squash, summer squash, Swiss chard, tomatoes, turnip greens and watercress.

WHOLE FOOD MEAL BREAKDOWN

Main Dishes: Lean proteins, high fiber carbohydrates and non-starchy vegetables

Side Dishes: Low glycemic index fruits and healthy fats

WHEN EATING

Think lean protein and greens, big leafy salad, steamed veggies and your choice of Quinoa or an organic meat, wild salmon or wild caught cold water fish, grass fed beef, chicken, eggs, turkey, legumes with brown rice, quinoa or amaranth.

Serving Size: 3 ounces for women and 4 ounces for men

ANOTHER MISSED TOPIC~ Our skin!

This is our largest organ! Be observant of what we put into it!



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SKIN AND BODY CARE

Remove all products that have chemical ingredients. This is a big clearing process and can be done gradually. We could really spend hours on this subject alone. Obviously, the faster that you remove the use of chemicals on your skin, the faster you will begin to detox. The skin is the largest organ and we constantly bombard it with artificial fragrances, colors, lotions with petro-chemicals (aka 'Mineral oil' and many other names, and pretty much every product from a Bath and Body Works).

Avoid aluminum found in deodorants which is a known link to breast cancer, parabens and sulfates in shampoos and conditioners and much more that we put on our body. Look for products that have ingredients that you can pronounce. Most likely you will begin to shop for beauty products at the local health food store instead of at the naturalist's worse enemy, Wal-Mart. Watch where you spend your money and you will support the process of creating a cleaner body and a cleaner planet! We can do this one purchase at a time!

Remember, the toxic lifestyle is very much overlooked and taken for granted in the Western culture. You may feel like you are swimming upstream, but slowly and surely you will see the huge positive impact on your own body's health and energy levels, then the health of your family. The ripple will begin to widen! Your mentor is always just a text, call or phone or email away!

Pantry Makeover:

WHAT TO BUY

Bob's Red Mill Brown Rice Flour
Flax Seeds
Chia Seeds
Bob's Red's Mill Gluten Free Oatmeal Grape Seed Oil
Bulk Foods: Dry Beans, Grains, Nuts, Seeds
Herb's & Spices
Bragg's Liquid Amino (for flavoring stir fries and salads)
Organic Tamari (wheat Free, Gluten Free)
Edward & Sons Brown Rice Crackers
"Food should Taste Good" Products
Sweet Potatoes
Chips & Flaxseed Chips
Bulk Pecans and walnuts, pine nuts, cashews, almonds
Bulk Dried Beans and Lentils
Healthy Gluten Free Flours
Zucchini



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Ginger
Steamed Beets
Cooked Lentils
Roasted Flaxseeds
Cauliflower
Olive Oil
Green Beans, Parsley, Dill, Chives
Veggie Chop (veggies chopped up to add to salads or quinoa)
Rice Cheese
Meat alternative Products; low processed
Organic Quinoa
Quinoa GF Pasta
Organic Chicken Broth (8 pack)
Almond Butter
Organic Eggs
Sliced Mushrooms
Organic Spinach
Healthy Gluten Free Crackers (Mary's Gone Crackers)
Carrots
Organic Salsa (made without vinegar)
Celery (Great with Almond Butter)
Organic Hummus
Organic Frozen Strawberries
Nori Seaweed Sheets in the snack area (to make sushi or burritos)
Organic Frozen Berry Mix
Tasty Bite Instant Meals Ready to Eat - Punjab Eggplant, Chickpeas, Lentils
Tasty Bite - Bombay Potatoes
Raw Nuts (in the snack area)
Huge Jar of Organic EV Coconut Oil
Organic Chicken Breasts
Organic Sugar (after the 90 Days)
Green Apples
Frozen Wild Salmon
Frozen Orange Roughy Fillets
Brown Rice Pasta
Sea Salt~ Himalayan Pink in a Grinder
Ms. Mary's Cashew Crunch
Extra Virgin Olive Oil "EVOO" - cold pressed
Canned organic no sugar Tomatoes



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UNREFRIGERATED PRODUCE, FROZEN SECTION, MILK ALTERNATIVE SECTION

Cherry Tomatoes
Frozen Organic Berries for smoothies
Unsweetened Almond Milk
Green Apples
Frozen Organic Veggies Coconut Milk
Organic Lemons
Avocados in a bag
Frozen Wild Salmon, Ahi Tuna, Halibut, Tilapia, etc
Frozen Wild Salmon Burgers

REFRIGERATED PRODUCE, CANNED GOODS, DRY GOODS

Garlic ~ Minced in bulk
Bagged Lettuce
Sliced Mushrooms
Broccoli Slaw
Shredded Cabbage
Sugar Snap Peas
Butternut Squash
Frozen Buffalo Burgers
Frozen Brown Rice
Frozen Chili Lime Chicken
Coconut Milk
Sardines
Wild Salmon
Oysters
Olives & Capers
Pumpkin
Sweet Potatoes
Squash Puree
Quinoa
Brown Rice
Brown Rice Pasta
Organic no sugar Tomatoes
Stevia in a huge box
Herbs and Spices
Almond Butter
Frozen Sweet Potato Spears (great as fries with olive oil & sea salt)

CEREAL AISLE, REFRIGERATED MEATS



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Roasted Flax Seeds
Free Range Whole Chicken
Ground Flax Meal
Free Range Ground Turkey

Sprouted Brown Rice Smoked Salmon
Seaweed & sesame seed
Brown Rice
Gluten Free Cereals

Where to Find The Good Groceries?

WHOLE FOODS MARKET
COSTCO
SPROUTS
TRADER JOE'S
KROGER PLUS
CENTRAL MARKET

Lastly, it is great to own a Magic Bullet Blender (for shakes at work or travel). A Vitamix or Blentec Blender is a real essential for the kitchen. It is a bit of an investment but you can use it for making soups, smoothies, sauces and so much more!
ENJOY RESEARCHING!

WEBSITES FOR INFORMATION ON WHOLE FOOD OPTIONS:

www.wholefoodmarkets.com
www.traderjoes.com
www.foodforlife.com
www.foodshouldtastegood.com
www.ushealthfoodstores.com
<http://whole9life.com/start/>
www.kinnikinnick.com/