

# FOOD HEALTH NUTRITION

The title 'FOOD HEALTH NUTRITION' is written in large, bold, black, sans-serif capital letters. Each word is partially replaced by a colorful illustration of a vegetable or fruit. 'FOOD' features a cluster of blueberries. 'HEALTH' features a head of green broccoli. 'NUTRITION' features a green chili pepper, a stalk of yellow and green broccoli, a carrot, and a red strawberry.

**Navigating Nutrition**

Saturday, June 26th  
9:30 am–1:00 pm  
Grace Community Church

Hosted by:  
Kathy Robinson  
Tina Gallas  
& Lea Ann Hirth



# Larry Gallas

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## Health Benefits of Intermittent Fasting:

### #1: Fat Loss

Intermittent fasting can help both healthy and overweight adults lose weight and body fat effectively. Human intervention trials have consistently found I.F. significantly reduces weight as your body is in a fat-burning mode more often. In almost any type of fasting, losing weight is a natural byproduct because you're consuming fewer calories.

### #2: Improved Cognitive Function

Another perk of intermittent fasting is that it can improve brain function, boost focus, and get rid of brain fog. Studies find that restricting calories moderately can:

- Protect the brain by reducing oxidative damage to cellular proteins, lipids, and nucleic acids
- Elevate levels of BDNF, an important neurotrophin that is needed for synaptic plasticity

### #3: Lower Inflammation

I.F. is also great for your brain and might help you think clearer. Intermittent fasting, or restricting calories, also lowers markers of inflammation, which in turn aids cognitive function and protects your brain health.

### #4: Lower Blood Pressure

Research finds intermittent fasting can help reduce blood pressure. According to a recent study, people that restricted eating habits to a smaller period of time lost weight from a lower calorie intake, which then helped them lower their blood pressure.

### #5: Blood Sugar Control

Intermittent fasting is also an excellent tool for blood sugar regulation. Research has found that IF reduces blood sugar, insulin, and improves insulin sensitivity.

### #6: Better Metabolic Health

Due to the different beneficial effects of intermittent fasting on health markers, it supports overall metabolic health. Research finds intermittent fasting can improve metabolic profiles and reduce the risk of obesity and obesity-related conditions such as non-alcoholic fatty liver disease, and chronic diseases such as diabetes and cancer.

### #7: Longevity

The positive effects I.F. can have on your metabolic health, inflammatory markers, and blood sugar levels may contribute to a longer lifespan and healthy aging. Even though human trials

are still needed to measure I.F.'s impact on longevity, multiple animal studies show calorie restriction results in an increased lifespan. Another way intermittent fasting can improve your health is by facilitating ketosis.

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### Health Benefits of 16/8 Intermittent Fasting

#1: Fat Loss

#2: Improved Cognitive Function

#3: Lower Inflammation

#4: Lower Blood Pressure

#5: Blood Sugar Control

#6: Better Metabolic Health

#7: Longevity

PERFECT KETO

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## INTERMITTENT FASTING 16/8

**SKIP BREAKFAST**  
FIRST MEAL at 1 pm    LAST MEAL at 9 pm

**SKIP DINNER**  
FIRST MEAL at 7 am    LAST MEAL at 3 pm

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# Deciphering Food Labels

Going to the grocery store these days can be overwhelming. What's the difference between natural and organic? What does "free range" really mean? Read on to discover what food labels say about the foods you're eating.

## Grass-Fed

Beef and other animals that are labeled grass-fed freely grazed for their own grass and forage before being processed, or were fed grass, forage, hay or silage at a feed yard. Meat not labeled grass-fed means animals were fed a high-energy diet of grass, forage and grain.

## Organic (Certified)

To be certified as organic by the USDA, produce must be grown on soil that hasn't had synthetic fertilizers, pesticides and other prohibited substances for three years before harvest. Animals must be fed 100% organic feed and forage, and not given antibiotics or hormones.

## Natural

Natural products contain no artificial ingredients or added color, and are minimally processed. Labels must contain a statement explaining to consumers what is natural about the product, such as minimally processed, which means that the product was not fundamentally altered during processing.

## Cage-Free

When you buy chickens and other poultry with a cage-free label, it means that those animals were allowed to roam freely in a room, building or enclosure before being processed. However, cage-free does not necessarily mean the birds were free to roam around in the outdoors.

## Gluten-Free

Gluten is a naturally occurring protein in wheat, rye and barley. To be labeled gluten-free, a food must have a gluten limit of less than 20 parts per million. People with celiac disease, in which gluten can be irritating, are able to tolerate this small amount.

## Heart Healthy

To be certified as heart healthy, a food must meet requirements set by the American Heart Association regarding the amount of fat, cholesterol and sodium per serving. In addition, the food must contain 10% or more of the daily value of one of six key nutrients.

## Hormone-Free

The hormone-free label on beef means it has been adequately proven the animal was raised without supplemental hormones. Labels referring to "no added hormones" on poultry and pork products may be misleading since there are no hormones approved for pork or poultry.

## Low Fat

As a rule of thumb, a food can be considered low fat if it has 3 grams or less of fat per 100 calories. This means 30% or less of the calories are from fat. However, the low fat label does not address total calories in the food. Low-fat foods may be high in sugar content and calories.

## Free Range

Animal products with this label indicate that the animals were allowed to access the outdoors. The amount of access to the outdoors is not regulated nor is the size of the outdoor space. A free-range label on chicken packages or egg cartons may not mean birds roamed freely at all times.

## Pasture Raised

A "pasture raised" claim on meat, poultry, dairy, or egg labels means that the animals were raised for at least some portion of their lives on pasture or with access to a pasture, not continually confined indoors. Raising animals on pasture is not the industry standard; the vast majority of dairy cows and beef cattle are confined indoors or in outdoor feedlots for a portion of their lives and fed a high-grain feed ration, rather than being allowed to graze on pasture. The vast majority of chickens and pigs are raised inside with no access to the outdoors.



# Juice



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Keep Refrigerated. Pasteurized. / Garder au réfrigérateur. Pasteurisé.  
Shake well for best taste. / Bien agiter pour un meilleur goût.

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31001913401

**Nutrition Facts**  
**Valeur nutritive**  
Per 250 mL / par 250 mL

| Amount<br>Teneur                    | % Daily Value<br>% valeur quotidienne |
|-------------------------------------|---------------------------------------|
| <b>Calories / Calories 110</b>      |                                       |
| <b>Fat / Lipides 0 g</b>            | <b>0 %</b>                            |
| <b>Potassium / Potassium 470 mg</b> | <b>13 %</b>                           |
| <b>Carbohydrate / Glucides 27 g</b> | <b>9 %</b>                            |
| <b>Sugars / Sucres 23 g</b>         |                                       |
| <b>Protein / Protéines 2 g</b>      |                                       |
| <b>Vitamin C / Vitamine C</b>       | <b>120 %</b>                          |
| <b>Calcium / Calcium</b>            | <b>2 %</b>                            |
| <b>Folate / Folate</b>              | <b>25 %</b>                           |

Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, vitamin A or iron.  
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, vitamine A et fer.

**INGREDIENT: 100% pure squeezed orange juice.**  
**INGRÉDIENT : jus d'orange pressé pur à 100 %.**

# Soda

**LIVE YOUR BEST**

**Nutrition Facts**  
10 servings per container  
Serving size 1 can (355 mL)

Amount per serving  
**Calories 0**

% DV\*

|                 |     |    |
|-----------------|-----|----|
| Total Fat       | 0g  | 0% |
| Sodium          | 0mg | 0% |
| Total Carb      | 0g  | 0% |
| Total Sugars 0g |     |    |
| Protein         | 0g  |    |

INGREDIENTS: CARBONATED WATER, STEVIA LEAF EXTRACT, TARTARIC ACID, NATURAL FLAVORS, CAFFEINE, CITRIC ACID.

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CAFFEINE: 45 MG/12 FL OZ  
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VEGAN

Certified GF Gluten-Free

8 49429 00211 6

801201

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium, iron and potassium.

\* %DV = %Daily Value

**Coke.**  
**Nutrition Facts**  
Serv. Size 1 Can

Amount Per Serving  
**Calories 140**

% Daily Value

|                            |      |     |
|----------------------------|------|-----|
| Total Fat                  | 0g   | 0%  |
| Sodium                     | 45mg | 2%  |
| Total Carb.                | 39g  | 14% |
| Total Sugars 39g           |      |     |
| Incl. 39g Added Sugars 78% |      |     |
| Protein                    | 0g   |     |

Not a significant source of sat. fat, trans fat, cholest., fiber, vit. D, calcium, iron and potas.

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE. CANNED UNDER AUTHORITY OF THE COCA-COLA COMPANY, ATLANTA, GA 30313 BY A MEMBER OF THE COCA-COLA BOTTLERS' ASSOCIATION, ATLANTA, GA 30327. CAFFEINE CONTENT: 34 mg/12 fl oz

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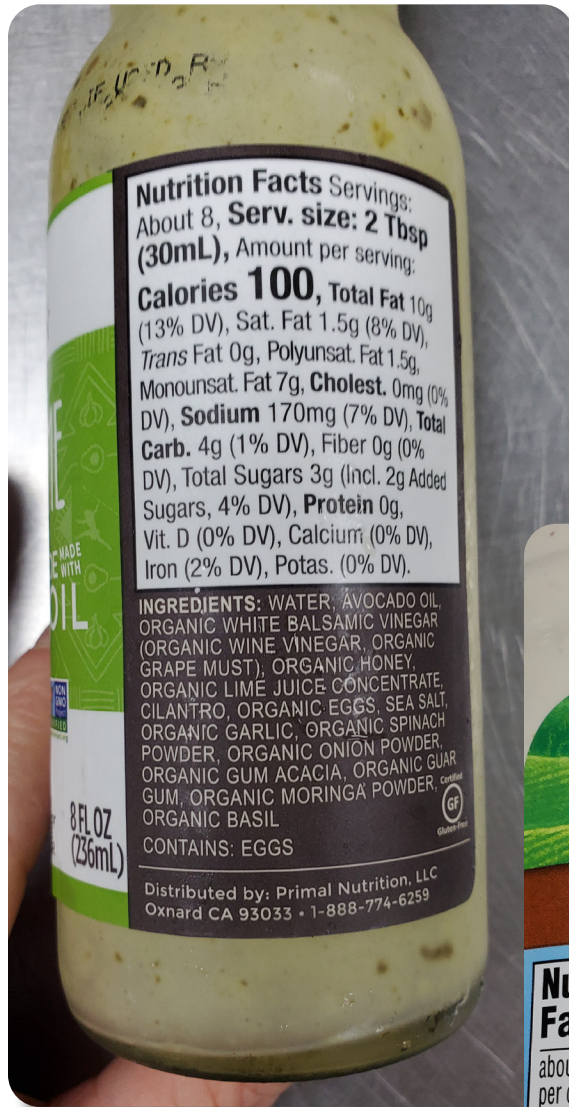
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# Dressing



**Nutrition Facts** Servings: About 8, **Serv. size: 2 Tbsp (30mL)**, Amount per serving:  
**Calories 100**, **Total Fat** 10g (13% DV), **Sat. Fat** 1.5g (8% DV), **Trans Fat** 0g, **Polyunsat. Fat** 1.5g, **Monounsat. Fat** 7g, **Cholest.** 0mg (0% DV), **Sodium** 170mg (7% DV), **Total Carb.** 4g (1% DV), **Fiber** 0g (0% DV), **Total Sugars** 3g (incl. 2g Added Sugars, 4% DV), **Protein** 0g, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (2% DV), **Potas.** (0% DV).

**INGREDIENTS:** WATER, AVOCADO OIL, ORGANIC WHITE BALSAMIC VINEGAR (ORGANIC WINE VINEGAR, ORGANIC GRAPE MUST), ORGANIC HONEY, ORGANIC LIME JUICE CONCENTRATE, CILANTRO, ORGANIC EGGS, SEA SALT, ORGANIC GARLIC, ORGANIC SPINACH POWDER, ORGANIC ONION POWDER, ORGANIC GUM ACACIA, ORGANIC GUAR GUM, ORGANIC MORINGA POWDER, ORGANIC BASIL  
 CONTAINS: EGGS

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**Hidden Valley**  
 THE ORIGINAL  
**Ranch**  
**BUTTERMILK**

| Nutrition Facts   |  | Amount/Serving   | % Daily Value* | Amount/Serving                     | % Daily Value* |
|---|--|--|----------------|------------------------------------|----------------|
| <b>Total Fat</b> 13g  |  | 13g  | 17%            | <b>Total Carbohydrate</b> 2g       | 1%             |
| Saturated Fat 2g  |  | 2g   | 10%            | Dietary Fiber 0g                   | 0%             |
| Trans Fat 0g  |  | 0g   |                | Total Sugars 1g                    |                |
| <b>Cholesterol</b> 5mg  |  | 5mg  | 2%             | Includes 1g Added Sugars <b>2%</b> |                |
| <b>Sodium</b> 260mg   |  | 260mg  | 11%            | <b>Protein</b> 0g                  |                |
| <b>Calories</b> 130   |  | Vitamin D 0mcg 0% • Calcium 7mg 0% • Iron 0mg 0% • Potassium 14mg 0% |                |                                    |                |
| *The % Daily Value 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. |  |  |                |                                    |                |

**Ingredients:** Vegetable Oil (Soybean and/or Canola), Water, Buttermilk, Sugar, Less Than 2% of: Egg Yolk, Salt, Lactic Acid, Vinegar, Modified Corn Starch, Disodium nosinate & Guanylate, Garlic<sup>†</sup>, Onion<sup>†</sup>, Phosphoric Acid, Monosodium Glutamate, Xanthan Gum, Natural and Artificial Flavors, Spices, Disodium Phosphate, Sorbic Acid and Calcium Disodium EDTA Added to Preserve Freshness. <sup>†</sup>Dried  
**Contains:** Egg, Milk, Soy.

FD. FOR THE HV FOOD PRODUCTS CO.,  
 21 BROADWAY, OAKLAND, CA 94612.  
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 LUTEN-FREE  
 Questions or  
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 (77) 853-7262.





# Coffee Creamer

## COFFEE HOUSE INSPIRATIONS® HALF & HALF

### Nutrition Facts

Serving Size 1 Creamer (9 mL)  
Servings 384

Amount Per Serving

Calories 10 Fat Cal 10

% Daily Value\*

Total Fat 1 g 1%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 5 mg 0%

Total Carb 0 g 0%

Dietary Fiber 0 g 0%

Sugars 0 g

Protein 0 g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: HALF & HALF, SODIUM CITRATE, DATEM,

TETRA SODIUM PYROPHOSPHATE, CARRAGEENAN.

CONTAINS: MILK

Distributed by White Wave Foods  
Broomfield, CO 80021

Questions or comments,  
call 1-800-441-3321

MFD at Plant # Stamped

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### Nutrition Facts

360 servings per container  
Serving size 1 tub (11 mL)

Amount Per Serving  
Calories 10

% Daily Value

Total Fat 1 g 1%

Saturated Fat 1 g 5%

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 0 g

Not a significant source of dietary fiber, vitamin D, calcium, iron, potassium.

INGREDIENTS: WATER, COCONUT OIL, SUGAR,

2% OR LESS OF SODIUM CASEINATE (A MILK

DERIVATIVE)\*, DIPOTASSIUM PHOSPHATE,

MONO- AND DIGLYCERIDES, ARTIFICIAL

FLAVOR, BETA CAROTENE COLOR.

CONTAINS: A MILK DERIVATIVE.

\*\*NOT A SOURCE OF LACTOSE

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smartlabel™

9 mL (5/16 FL OZ)

3.46 L (116 FL OZ)

# Granola



250 CALORIES PER 1/2 CUP  
 2g SAT FAT 10% DV  
 65mg SODIUM 2% DV  
 19g TOTAL SUGARS PER 3/4 CUP  
 NET WT 13 OZ (369 g)

240 CALORIES PER 1/2 CUP  
 4g SAT FAT 8% DV  
 75mg SODIUM 2% DV  
 10g TOTAL SUGARS PER 1/2 CUP  
 NET WT 16 OZ (1 LB) 454 g

|                               |            |
|-------------------------------|------------|
| Cholesterol 0mg               | 0%         |
| Sodium 65mg                   | 3%         |
| <b>Total Carbohydrate 38g</b> | <b>14%</b> |
| Dietary Fiber 3g              | 11%        |
| Total Sugars 15g              |            |
| Includes 1g Added Sugars      | 28%        |
| <b>Protein 4g</b>             |            |
| Vitamin D 0mcg                | 0%         |
| Calcium 0mg                   | 0%         |
| Iron 1.4mg                    | 8%         |
| Potassium 130mg               | 2%         |

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

**INGREDIENTS:** ORGANIC WHOLE ROLLED OATS, ORGANIC MILLED CANE SUGAR, ORGANIC EXPELLER PRESSED CANOLA OIL, ORGANIC RICE FLOUR, ORGANIC COCONUT, ORGANIC CORNSTARCH, ORGANIC CHOCOLATE CHIPS (ORGANIC COCOA LIQUOR, ORGANIC CANE SUGAR, ORGANIC COCOA BUTTER), ORGANIC HONEY, NATURAL FLAVOR, SALT, ORGANIC BARLEY MALT SYRUP, MIXED TOCOPHEROLS (NATURAL VITAMIN E TO MAINTAIN FRESHNESS)

|                               |            |
|-------------------------------|------------|
| Sodium 75mg                   | 3%         |
| <b>Total Carbohydrate 38g</b> | <b>14%</b> |
| Dietary Fiber 5g              | 18%        |
| Total Sugars 10g              |            |
| Includes 10g Added Sugars     | 20%        |
| <b>Protein 6g</b>             |            |
| Vitamin D 0mcg                | 0%         |
| Calcium 35mg                  | 2%         |
| Iron 2mg                      | 10%        |
| Potassium 185mg               | 4%         |

\*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.

**INGREDIENTS:** ORGANIC WHOLE ROLLED OATS, ORGANIC MILLED CANE SUGAR, ORGANIC EXPELLER PRESSED CANOLA OIL, ORGANIC WHOLE GRAIN BLEND (ORGANIC AMARANTH, ORGANIC BARLEY, ORGANIC QUINOA), ORGANIC OAT SYRUP SOLIDS, ORGANIC QUINOA FLAKES, ORGANIC CHIA SEEDS, ORGANIC FLAX SEEDS, ORGANIC MOLASSES, NATURAL FLAVOR, SALT, ORGANIC CINNAMON BARK, MIXED TOCOPHEROLS (NATURAL VITAMIN E TO MAINTAIN FRESHNESS)



# Cereal

| Nutrition Facts                |                    |
|--------------------------------|--------------------|
| About 7 servings per container |                    |
| <b>Serving size</b>            | <b>1 cup (40g)</b> |
| <b>Amount per serving</b>      |                    |
| <b>Calories</b>                | <b>130</b>         |
| % Daily Value*                 |                    |
| <b>Total Fat</b> 0.5g          | <b>1%</b>          |
| Saturated Fat 0g               | <b>0%</b>          |
| Trans Fat 0g                   |                    |
| Polyunsaturated Fat 0g         |                    |
| Monounsaturated Fat 0g         |                    |
| <b>Cholesterol</b> 0mg         | <b>0%</b>          |
| <b>Sodium</b> 160mg            | <b>7%</b>          |
| <b>Total Carbohydrate</b> 33g  | <b>12%</b>         |
| Dietary Fiber 3g               | <b>11%</b>         |
| Total Sugars 12g               |                    |
| Includes 12g Added Sugars      | <b>24%</b>         |
| <b>Protein</b> 3g              |                    |
| Vitamin D 0mcg                 | 0%                 |
| Calcium 190mg                  | 15%                |
| Iron 1.4mg                     | 8%                 |
| Potassium 140mg                | 2%                 |

\*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.

**INGREDIENTS:** ORGANIC WHOLE GRAIN WHEAT, ORGANIC CANE SUGAR, ORGANIC WHOLE GRAIN BROWN RICE, ORGANIC OAT HULL FIBER, ORGANIC CINNAMON, CALCIUM CARBONATE, SEA SALT, TOCOPHEROLS (ANTIOXIDANTS TO MAINTAIN FRESHNESS).

**CONTAINS: WHEAT.**  
**MAY CONTAIN: MILK AND TREE NUTS (ALMOND, HAZELNUT).**

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# Chips

DO NOT PURCHASE IF PACKAGE IS OPEN OR TORN

**LATE JULY SNACKS**

NON-GMO VERIFIED, Certified Gluten-Free, Certified PEANUTS

Vegan + Kosher  
No High Fructose Corn Syrup and 0g Trans Fat  
No Artificial Flavors, Colors or Preservatives

**Sea Salt** GRAIN FREE, CORN FREE

Nothing beats the classic crispness of tortilla chips, but imagine the same satisfying crunch from a grain-free, corn-free chip! Late July No Grain tortilla chips are just that! We've blended ground tigernut - a surprisingly nut-free root vegetable - with ground cassava and chia seeds to make one outstanding Non-GMO Project Verified chip that is perfect for dipping or eating on its own!

Since 2003, we have remained devoted to transforming the food industry by creating the most delicious snacks in the world using organic and Non-GMO ingredients.

Thank you for helping us with our mission.

**WHAT IS TIGERNUT?**  
Tigernut is actually not a nut, but a root vegetable that is native to Spain and Morocco. Known for its nutritious properties and its delicious, slightly nutty flavor, we decided to pair it with cassava root flour to make one outshining grain-free, corn-free tortilla chip! Discover an evolution in snacking that brings quality ingredients to your favorite snacks!

*It's not a nut!*

THE Late July Team  
LATEJULY.COM | @LATEJULYORGANIC

8 15099 02089 7

**TERRACIRCLE**  
This bag is recyclable through TerraCycle®  
Visit www.terraCycle.com to learn more.

| Nutrition Facts                |                       |
|--------------------------------|-----------------------|
| About 6 servings per container |                       |
| <b>Serving Size</b>            | <b>10 Chips (28g)</b> |
| <b>Amount per serving</b>      |                       |
| <b>Calories</b>                | <b>140</b>            |
| % Daily Value*                 |                       |
| <b>Total Fat</b> 7g            | <b>9%</b>             |
| Saturated Fat 0.5g             | <b>1%</b>             |
| Trans Fat 0g                   |                       |
| Polyunsaturated Fat 0.5g       |                       |
| Monounsaturated Fat 5g         |                       |
| <b>Cholesterol</b> 0mg         | <b>0%</b>             |
| <b>Sodium</b> 90mg             | <b>4%</b>             |
| <b>Total Carbohydrate</b> 23g  | <b>7%</b>             |
| Dietary Fiber 2g               | <b>7%</b>             |
| Total Sugars <1g               | <b>2%</b>             |
| Includes 0g Added Sugars       | <b>0%</b>             |
| <b>Protein</b> <1g             |                       |
| Vitamin D 0mcg                 | 0%                    |
| Calcium 20mg                   | 0%                    |
| Iron 0.5mg                     | 2%                    |
| Potassium 150mg                | 0%                    |

\*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.

**INGREDIENTS:** CASSAVA FLOUR, ORGANIC SUNFLOWER OIL, ORGANIC SAFFLOWER OIL, ORGANIC GROUND TIGERNUT FLOUR, TAPIOCA FLOUR, ORGANIC CHIA SEED, SEA SALT.

Distributed by: Late July Snacks, LLC  
Charlotte, NC 28277

Satisfaction Guaranteed. Questions or Comments? 866-868-7604. www.latejuly.com  
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# Healthy Brands of Foods

## Salad Dressings

- Tessa Mae—lots of variety. Can be found at Kroger, Sprouts, Whole Foods, Amazon, Albertson and Target (in the refrigerated produce section)
- Primal Kitchen—any of their condiments as well as dressing. Can be found at Sprouts, Amazon, Kroger, Albertsons, Walmart
- Olive Oil and flavored vinegars—these make for an easy healthy dressing anytime. Bella Vita Oils in the Gracie Lane store at Bardin and Cooper has a great selection! You can sample the flavors!



## Chips

Grain free chips are the goal!

- Siete—Sprouts, Target, Kroger, Costco, Sams, Wal Mart, Albertsons, Tom Thumb
- Late July—they have organic corn chips and grain free chips. Sprouts, Whole Foods, Kroger, Walmart, Target
- Lesser Evil—Sprouts and Target



## Non-Dairy Products

- So Delicious—(plant based), milks, whipped cream, yogurt, ice cream. Can be found at Sprouts, Walmart, Kroger, Albertsons
- Kite Hill—Cream cheese, sour cream, dips, yogurts. Can be found at Sprouts, Target, Kroger, Whole Foods






# What is a GMO?

A GMO, or Genetically Modified Organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology. This creates combinations of plant, animal, bacterial and virus genes that do not occur in nature or through traditional crossbreeding methods. Genetic modification affects many of the products we consume on a daily basis.

| Organic vs. Non-GMO                             |         |         |
|---|---------|---------|
| What do these labels really mean?               | Organic | Non-GMO |
| GMO use prohibited                              | ✓       | ✓       |
| No artificial colors, flavors, or preservatives | ✓       | ✗       |
| No synthetic fertilizers or sewage sludge       | ✓       | ✗       |
| No toxic, persistent pesticides                 | ✓       | ✗       |
| No antibiotics or hormones for animals          | ✓       | ✗       |
| Animals eat 100% organic feed and pasture       | ✓       | ✗       |
| Protects wildlife and promotes biodiversity     | ✓       | ✗       |
| Enhances soil fertility                         | ✓       | ✗       |
| Regulated by federal law                        | ✓       | ✗       |

**Learn more about the benefits of organic!**  
[www.ccof.org/why-organic](http://www.ccof.org/why-organic)

| CONVENTIONALLY GROWN  | ORGANIC   | GENETICALLY MODIFIED  |
|---|---|---|
| ↓   | ↓   | ↓   |
| 4 DIGIT CODE<br>STARTING WITH 3 OR 4  | 5 DIGIT CODE<br>STARTING WITH 9   | 5 DIGIT CODE<br>STARTING WITH 8   |
|  |  |  |

# 10 Tips to Help Reduce Your Exposure to BPA

1. Look for BPA-free (non-toxic) on the products you purchase.
2. Kick the aluminum can and plastic habit! Eat fresh produce. Enjoy your farmers market and pick up some nice organic foods.
3. Consider buying foods in glass jars. They are slightly more expensive, but you can reuse the jar for storage.
4. Buy frozen fruit and veggies if you can't get it fresh.
5. Use dried beans instead of canned.
6. Cook from scratch. This way you avoid unnecessary processed foods and waste.
7. Avoid using plastic for storage.
8. Keep your plastics cool and don't ever heat in the microwave.
9. When purchasing water bottles, look for BPA-free on plastic and metal bottles. Better yet, use a glass water bottle or stainless steel.
10. When purchasing toys consider non-toxic wooden toys. If purchasing plastic toys, look for non-toxic/BPA-free.

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When food ingredients are refined (stripped of their nutrients), chemically altered, processed and/or high heated, they tend to be **INFLAMMATORY.**



**Two of the most common inflammatory foods are vegetable oils – namely soybean, canola, cottonseed, sunflower, and safflower oils – and factory farmed animal foods.**

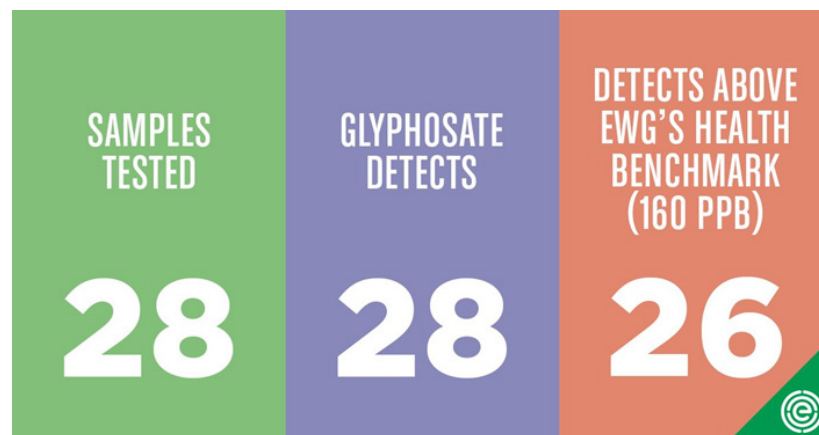
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## Roundup for Breakfast, Part 2: In New Tests, Weed Killer Found in All Kids' Cereals Sampled Findings Released as Major Scientific Study Shows Eating Organic Lowers Cancer Risk

### Environmental Working Group (EWG.org)

WASHINGTON—A second round of tests commissioned by the Environmental Working Group found the active ingredient in Monsanto's Roundup weed killer in every sample of popular oat-based cereal and other oat-based food marketed to children. These test results fly in the face of claims by two companies, Quaker and General Mills, which have said there is no reason for concern. This is because, they say, their products meet the legal standards.

Yet almost all of the samples tested by EWG had residues of glyphosate at levels higher than what EWG scientists consider protective of children's health with an adequate margin of safety. The EWG findings of a chemical identified as probably carcinogenic by the World Health Organization come on the heels of a major study published in JAMA Internal Medicine that found a significant reduction in cancer risk for individuals who ate a lot of organic food.



The tests detected glyphosate in all 28 samples of products made with conventionally grown oats. All but two of the 28 samples had levels of glyphosate above EWG's health benchmark of 160 parts per billion, or ppb.

Products tested by Anresco Laboratories in San Francisco included 10 samples of different types of General Mills' Cheerios and 18 samples of different Quaker brand products from PepsiCo, including instant oatmeal, breakfast cereal and snack bars. The highest level of glyphosate found by the lab was 2,837 ppb in Quaker Oatmeal Squares breakfast cereal, nearly 18 times higher than EWG's children's health benchmark.

**Test information:** EWG scientists purchased products in grocery stores in the San Francisco Bay area and Washington, DC, area. Either one or two different samples were purchased for testing, depending on the type of product. Approximately 300 grams of each product were packaged and shipped to Anresco Laboratories, in San Francisco. Glyphosate levels were analyzed by liquid chromatography tandem mass spectrometry method, with the limit of quantification of 10 ppb. Testing methodology is described here. A PDF of the testing results is available here.

**COMPLETE RESULTS OF EWG’S 2018 GLYPHOSATE TESTS IN OAT CEREALS AND SNACKS**

| Type of Product             | Product Name   | Glyphosate (ppb) |          |          | Lab      |
|-----------------------------|--|------------------|----------|----------|----------|
|                             |  | Sample 1         | Sample 2 | Sample 3 |          |
| <b>Granola</b>              | Back to Nature Banana Walnut Granola Clusters                    | 30               | 30       | 340      | Eurofins |
|                             | Back to Nature Classic Granola                                   | 620              | 170      |          | Eurofins |
|                             | KIND Vanilla, Blueberry Clusters with Flax Seeds                 | 50               | 60       |          | Eurofins |
|                             | Nature Valley Granola Protein Oats 'n Honey                      | 220              | 170      |          | Eurofins |
|                             | Quaker Simply Granola Oats, Honey & Almonds                      | 625              | 862      |          | Anresco  |
|                             | Quaker Simply Granola Oats, Honey, Raisins & Almonds             | 430              | 400      |          | Eurofins |
|                             | Nature’s Path Organic Honey Almond                               | ND**             | ND       |          | Eurofins |
| <b>Instant Oats</b>         | Giant Instant Oatmeal, Original Flavor                           | 760              |          |          | Eurofins |
|                             | Great Value Original Instant Oatmeal                             | 450              |          |          | Eurofins |
|                             | Market Pantry Instant Oatmeal, Strawberries & Cream              | 120              | 520      |          | Eurofins |
|                             | Quaker Dinosaur Eggs, Brown Sugar, Instant Oatmeal               | 620              | 780      |          | Eurofins |
|                             | Quaker Instant Oatmeal Apples & Cinnamon                         | 543              | 248      |          | Anresco  |
|                             | Quaker Instant Oatmeal Cinnamon & Spice                          | 128              | 45       |          | Anresco  |
|                             | Quaker Real Medleys SuperGrains Banana Walnut Multigrain Oatmeal | 608              |          |          | Anresco  |
|                             | Umpqua Oats, Maple Pecan   | 220              | 220      |          | Eurofins |
|                             | Simple Truth Organic Instant Oatmeal, Original                   | ND               | ND       |          | Eurofins |
| <b>Oat Breakfast Cereal</b> | Barbara’s Multigrain Spoonfuls, Cereal Original                  | 340              | 300      |          | Eurofins |
|                             | Apple Cinnamon Cheerios  | 868              |          |          | Anresco  |
|                             | Cheerios Oat Crunch Cinnamon                                     | 1171             | 541      |          | Anresco  |
|                             | Cheerios Toasted Whole Grain Oat Cereal                          | 490              | 470      | 530      | Eurofins |
|                             | Chocolate Cheerios   | 826              |          |          | Anresco  |
|                             | Frosted Cheerios   | 756              | 893      |          | Anresco  |
|                             | Fruity Cheerios  | 618              |          |          | Anresco  |
|                             | Honey Nut Cheerios   | 833              | 894      |          | Anresco  |
|                             | Very Berry Cheerios  | 810              |          |          | Anresco  |

About two-thirds of the samples of conventional foods glyphosate, the most widely used herbicide in the world, is classified by the International Agency for Research on Cancer as “probably carcinogenic” to people. The IARC has steadfastly defended that decision despite ongoing attacks by Monsanto.

In 2017, glyphosate was also listed by the California Office of Environmental Health Hazard Assessment as a chemical known to the state to cause cancer.

“How many bowls of cereal and oatmeal have American kids eaten that came with a dose of weed killer? That’s a question only General Mills, PepsiCo and other food companies can answer,” said EWG President Ken Cook. “But if those companies would just switch to oats that aren’t sprayed with glyphosate, parents wouldn’t have to wonder if their kids’ breakfasts contained a chemical linked to cancer. Glyphosate and other cancer-causing chemicals simply don’t belong in children’s food, period.”

Results of the new tests come two months after EWG’s first series of tests found glyphosate in all but two of 45 samples of foods made with conventionally grown oats, and in about one-third of the 16 products made had levels of glyphosate above EWG’s health benchmark.

Following release of the first batch of tests, General Mills and the Quaker Oats Company went on the defensive, noting that glyphosate levels found were within regulatory limits set by the Environmental Protection Agency.

But just because something is legal doesn’t mean it’s safe. Federal government standards for pesticides in food are often outdated, not based on the best and most current science. The EPA’s standards for pesticides and other chemicals are also heavily influenced by lobbying from industry.

Studies regularly find that the legal limits on contaminants in food, air, drinking water and consumer products fall short of fully protecting public health, particularly for children and other people more sensitive to the effects of toxic chemicals. The EPA’s legal limit for glyphosate on oats, 30 parts per million, was set in 2008, well before the cancer findings of the IARC and California state scientists.

EWG does not believe chemicals linked to cancer belong in children’s food. Our recommended maximum daily intake of glyphosate in food is 0.01 milligrams. For a 60-gram portion of food, this daily intake limit translates to a safety standard of 160 ppb of glyphosate. This health benchmark is based on the risks of lifetime exposure, because small, repeated exposures can add up if someone eats food containing glyphosate every day.



After sitting on data from its own glyphosate tests for more than a year, the Food and Drug Administration finally made the results public last month. The FDA found glyphosate on about two-thirds of corn and soybean samples. But it did not test any oats or wheat, the two main crops on which glyphosate is used as a pre-harvest drying agent.

More than 156,000 people have signed a petition from EWG and Just Label It calling on General Mills, Quaker and Kellogg's to get glyphosate out of their products. Last month EWG—joined by companies including MegaFood, Ben & Jerry's, Stonyfield Farm, MOM's Organic Market, Nature's Path, One Degree Organic Foods, Happy Family Organics, Patagonia, PCC Community Markets and Amy's Kitchen—petitioned the EPA to sharply limit glyphosate residues allowed on oats and prohibit its use as a pre-harvest drying agent.

"Once again, our message to General Mills, Quaker and other food companies is that you can take the simple step of telling your oat farmers to stop using glyphosate," said Cook. "You can hide behind an outdated federal standard, or you can listen to your customers and take responsibility for cleaning up your supply chain. It's your choice."

EWG sent letters today to General Mills and PepsiCo asking each company if it had conducted similar analyses for the presence of glyphosate. And, if any tests have been done, we asked if the companies to inform the public when the testing began and what they found.

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# Recipes

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## Vegetarian Chili

### INGREDIENTS

1 Tbsp extra-virgin olive oil  
1 onion, chopped  
1 red bell pepper, chopped  
2 carrots, peeled and finely chopped  
3 cloves garlic, minced  
1 jalapeño, finely chopped  
1 Tbsp tomato paste  
1 (15½ oz.) can pinto beans, drained and rinsed  
1 (15½ oz.) can black beans, drained and rinsed  
1 (15½ oz.) can kidney beans, drained and rinsed  
1 (28 oz.) can fire roasted tomatoes  
3 c. vegetable broth  
2 Tbsp chili powder  
1 Tbsp cumin  
2 tsp oregano  
Kosher salt  
Freshly ground black pepper  
Shredded cheddar, for serving  
Sour cream, for serving  
Cilantro, for serving

### DIRECTIONS

- In a large pot over medium heat, heat olive oil then add onion, bell pepper, and carrots. Sauté until soft about 5 minutes. Add garlic and jalapeño and cook until fragrant, 1 minute.
  - Add tomato paste and stir to coat vegetables. Add tomatoes, beans, broth, and seasonings. Season with salt and pepper to taste.
  - Bring to a boil then reduce heat and let simmer, 30 minutes.
  - Serve with cheese, sour cream, and cilantro.
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## Cabbage Soup with Hamburger

This recipe can be cut in half easily! Recipe serves 12–18 people

### INGREDIENTS

2 lbs grass fed ground beef  
1 Tbsp olive oil  
2 c. chopped celery  
2 c. chopped onion  
1 green pepper chopped  
4 garlic cloves minced  
1 tsp (or to taste) red pepper flakes  
2 tsp dried oregano  
2 tsp dried basil  
2 cans diced tomatoes (with garlic, basil and oregano and no salt added)  
8 c. reduced sodium beef broth (add more at the end if it needs more)  
1 small head green cabbage coarsely chopped  
Salt and pepper to taste

### DIRECTIONS

- Brown the meat and drain well and wipe out the pot. Set meat aside.
  - In the same pot heat the oil and add the red pepper flakes and garlic for about 30 seconds.
  - Add the celery, onions and green pepper, sautéing until soft.
  - Stir in the oregano and basil, then add all the remaining ingredients, including the browned beef.
  - Bring to a boil and reduce heat to simmer uncovered for 20 minutes or until vegetables are cooked.
  - Adjust seasonings and broth if necessary. (I usually add another cup of broth)
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## 20-Minute Skillet Chicken Fajitas

Serves 4

### INGREDIENTS

1 lb chicken breast, sliced into thin strips  
2 Tbsp chopped cilantro (or parsley)  
1 tsp dried oregano  
1 tsp chili powder  
1 tsp sweet paprika  
½ tsp ground cumin  
1 garlic clove, minced  
1 tsp fine grain salt, divided  
2 Tbsp olive oil, divided  
Juice of half lime  
2 bell peppers, thinly sliced  
1 onion, sliced thin

### DIRECTIONS

- In a large bowl combine chicken, cilantro, oregano, chili powder, sweet paprika, cumin, garlic, and salt. Toss until chicken is coated and set aside.
  - Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
  - Add the peppers in a single layer. Try to get them a little charred underneath before you move them around. Once they've begun to brown, add sliced onion, and ½ teaspoon of salt. Wait again for some color to develop before you move them.
  - When peppers are nicely charred in spots and onions have softened and sweetened, scrape mixture onto a plate to clear the skillet.
  - Return skillet to the burner and heat remaining 1 tablespoon of olive oil.
  - When sizzling, spread chicken strips in as much of a single layer as you can. Wait until they brown underneath to move them. Sauté strips, regularly pausing so that they can get some color, until cooked through, about 6 minutes.
  - Add pepper mixture to the skillet along with the lime juice. Heat again until everything is sizzling. Sprinkle with a bit of chopped fresh cilantro and serve immediately.
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# Paleo Meatloaf Recipe

(can easily cut recipe in half for smaller portion)

## INGREDIENTS

1 Tbsp avocado or olive oil  
1 c. finely chopped yellow onion  
4 cloves minced garlic  
2 lbs ground grass fed beef  
2 large eggs  
3 Tbsp tapioca flour  
1 Tbsp dried oregano  
1 tsp ground paprika  
1 tsp salt to taste

## FOR THE GLAZE:

½ c. tomato paste  
3 Tbsp coconut aminos  
1 Tbsp stone ground mustard (you can sub regular mustard)  
2 tsp maple syrup (optional but good!)  
Pinch of salt

## DIRECTIONS

- In a small bowl stir the glaze ingredients together
  - Heat avocado oil in a small skillet and add the chopped onion. Sauté until translucent, about 5 minutes. Add the garlic and cook another 3 minutes. Remove from heat and set aside.
  - Preheat oven to 350° F.
  - Add beef, beaten eggs, tapioca flour or arrow root flour, oregano, paprika and salt. Mix together until well combined.
  - Place meat in a lined loaf pan or dish.
  - Spread the glaze over the top. Bake at 350° for 50–60 minutes or until cooked through.
  - Allow meat to cool for 15 minutes before slicing.
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## Shepherds Pie

### INGREDIENTS

1 lb grass fed ground meat  
½ medium onion chopped  
5 cloves garlic minced  
1 medium carrot shredded  
1 medium zucchini shredded  
1 Tbsp olive oil  
1 ½ tsp salt  
1 tsp chili powder

Mashed Cauliflower or red potatoes (6–8)  
Make a recipe of one to spread on top.

### DIRECTIONS

- Make the mashed cauliflower or red potatoes first and set aside.
  - Heat the olive oil in a large skillet over medium heat and sauté the onion and garlic till tender. Add the carrot and zucchini and cook till softened.
  - Add the ground beef, salt and chili powder and cook till the beef browns and the moisture begins to dry out.
  - To assemble, pour the beef mixture into an 8" x 8" baking dish. Spread the mashed potatoes or cauliflower over the top and bake for 20–25 minutes.
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## Mediterranean Chicken

### INGREDIENTS

4 boneless skinless chicken breasts (6oz each)  
¼ tsp salt  
¼ tsp pepper  
3 Tbsp olive oil  
1 pint grape tomatoes  
16 pitted Greek or ripe olives sliced  
3 Tbsp capers, drained

### DIRECTIONS

Sprinkle chicken with salt and pepper. In a large ovenproof skillet, cook chicken in oil over medium heat for 2–3 minutes on each side or until golden brown. Add tomatoes, olives and capers. Bake uncovered at 475° F for 10–14 minutes or until juices run clear.

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## Egg Roll in a Bowl

### INGREDIENTS

2 Tbsp sesame oil  
6 green onions sliced, green and white parts divided  
½ c. red onion diced.  
5 cloves garlic minced  
1 lb. ground beef  
1 tsp fresh grated ginger  
1 8 oz. can water chestnuts chopped.  
1 Tbsp sriracha or hot sauce  
1 14 oz. bag coleslaw mix  
3 Tbsp coconut aminos  
1 Tbsp rice wine vinegar  
⅛ – ¼ tsp white pepper or black pepper  
Salt to taste

### GARNISH

black sesame seeds for garnish  
green parts of sliced green onions from above

### FOR THE CREAMY CHILI SAUCE

¼ c. mayonnaise  
1–2 Tbsp sriracha or hot sauce  
Salt to taste

### DIRECTIONS

- Heat sesame oil in a large skillet and place over medium heat. Add white parts of green onions, diced red onion, and garlic and saute, stirring frequently, until the red onion begins to soften, about 5 minutes.
  - Add ground beef, grated ginger, water chestnuts and 1 tablespoon sriracha hot sauce or chili-garlic sauce and cook until beef is browned, broken up, and cooked through about 7–10 minutes.
  - Add coleslaw mix, coconut aminos or soy sauce, rice wine vinegar, white pepper, and salt, to taste, and stir until well combined. Cook, stirring regularly, until cabbage is tender, about 5 minutes.
  - Meanwhile, in a small bowl whisk together ¼ cup mayonnaise and 1–2 tablespoons compliant hot sauce. Add a pinch of salt, to taste. To drizzle, place creamy chili sauce in a small plastic sandwich bag.
  - To plate: spoon a hearty helping of the beef-cabbage mixture in a serving bowl. Snip off the corner of the sandwich bag with the creamy chili sauce and drizzle over egg roll in a bowl recipe mixture. Garnish with green parts of the green onions and black sesame seeds.
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## Light and Yummy Fish Tacos

### INGREDIENTS

1 lb halibut fillets, skin removed or 1 lb another white fish fillet, your choice  
1 Tbsp olive oil  
¼ head of green cabbage  
¼ c. chopped white onion  
¼ c. chopped English cucumber  
½ bunch cilantro, chopped  
1 lime, juice of  
Salt and pepper  
Guacamole  
Salsa  
10 corn tortillas (or casava flour tortillas) warmed

### DIRECTIONS

- Make the cabbage slaw: chiffonade cabbage, add onion, cucumber and cilantro; squeeze juice of 1 lime over the top and toss; add salt and pepper to taste; let sit at room for 30 minutes.
  - Preheat oven to 400° F.
  - Heat a non-stick oven proof pan over medium heat, add olive oil, add halibut and brown on one side, turn halibut over and put pan in the oven for about 10–15 minutes until halibut is flakey and cooked through.
  - To serve: flake cooked halibut into a bowl and serve with warmed corn tortillas and the bowls of the cabbage slaw, guacamole and salsa.
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# Cauliflower Fried Rice with Shrimp

(Substitute any meat or go meatless)

## FOR THE SHRIMP

1 lb. peeled, deveined shrimp tail off

Salt and pepper, to taste

2 tbsp. olive oil

½ tsp toasted sesame oil

## FOR THE FRIED RICE

1 c. diced carrot (about 1 carrot)

1 c. diced onion (½ onion)

2 cloves garlic, minced

2 c. broccoli florets (~½ head broccoli)

2 Tbsp olive oil

1 tsp toasted sesame oil

2 eggs

2 c. riced cauliflower

3 scallions (green/light green part only) sliced thin

½ tsp. toasted sesame seeds

2 Tbsp coconut aminos

Crushed red pepper, to taste (optional)

Salt and pepper, to taste

## INSTRUCTIONS

- Heat olive and sesame oil over med-high heat in a large skillet. Add onions, carrots, garlic, with a little salt and pepper and sauté for 3 minutes.
  - Add the broccoli florets and continue to sauté, stirring occasionally for 5 more minutes.
  - Meanwhile, cook the shrimp: Heat 1 Tbsp. olive oil and ½ tsp. sesame oil over medium-high heat. Swirl the skillet so the oil evenly coats the bottom. Sear shrimp on both sides until cooked through and lightly golden on edges, about 3–4 minutes per side. Remove from heat and set aside while you finish the “rice”.
  - Turn the heat on the sautéed veggies down to medium-low. Slide all of the veggies to one half of the pan so that one side is empty. Whisk 2 eggs in a small bowl, then pour them on the empty side of the pan. Let them almost set (about 2 minutes), then scramble them until they are cooked through.
  - Now add in the riced cauliflower and the scallions and continue to saute until the cauliflower is cooked through and tender, about 3 minutes.
  - Add in the coconut aminos, crushed red pepper, to taste and salt and pepper if you think it needs it.
  - Add cooked shrimp and toss once more. Top with the toasted sesame seeds.
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## Creamy Sun Dried Tomato Chicken Thighs

You can serve it with roasted broccoli and cauliflower, salad, bread, and/or rice.

### INGREDIENTS

¼ c. unmodified potato starch (or tapioca starch, arrow root or corn starch if you don't eat Paleo)  
1 Tbsp salt  
1 tsp freshly ground pepper  
8 chicken thighs (bone-in, skin removed)  
3 Tbsp extra virgin olive oil (divided)  
1 yellow onion (sliced thinly)  
¾ c. sliced sun-dried tomatoes (not packed in oil)  
1 Tbsp garlic (minced)  
1 tsp Italian seasoning (oregano, thyme, parsley)  
Large pinch red pepper flakes  
13½ oz can coconut milk  
1 c. chicken stock (or broth)  
Basil (shredded, to top)

### DIRECTIONS

- Mix together the potato or tapioca starch, salt, and pepper in a medium-sized bowl. Toss the chicken thighs in the mixture until fully coated
- Preheat oven to 400° F.
- Heat 2 T. of the olive oil in a large oven-proof frying pan or ceramic coated dutch oven.
- Add the chicken, four pieces at a time, and brown on each side. When the chicken is all browned, remove it and set it aside.
- Add the remaining 1 T. of oil to the pan and heat to medium/high. Add the sliced onion and saute for 2 minutes. Add the sun-dried tomatoes, garlic, Italian Seasoning, and red pepper and saute for another 30 seconds.
- Add the coconut milk and chicken broth and bring to a boil.
- Add the chicken back into the sauce, scooping the onions and tomatoes over the top of the chicken. Try to fit the chicken in a single layer, if possible.
- Cover pan with a lid (make sure it is oven safe) and place it in the oven. Cook for 45 minutes at 400°. After 45 minutes, reduce the heat to 300° and cook for another 20 minutes.
- Remove from the oven and top with shredded basil just before serving.

Notes: You may also use chicken thighs without the bones, chicken breasts or chicken tenders. The cooking time will be slightly less. Set a timer for 20 minutes earlier than the recipe states and check for doneness every few minutes until the chicken is cooked through.

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## Hold the Cabbage Slaw

### INGREDIENTS

3 Tbsp unfiltered apple-cider vinegar

3 Tbsp extra-virgin olive oil

1 tsp sugar

Kosher salt and freshly ground pepper

4 celery stalks, thinly sliced on the bias (2 c.), plus ¼ cup chopped leaves

1 fennel bulb, julienned (3 c.), plus ¼ cup chopped fronds

2 medium golden beets, peeled and julienned (2 c.)

2 Tbsp minced chives

⅓ c. lightly packed chopped fresh mint leaves

### DIRECTIONS

- In a large bowl, whisk together vinegar, oil, sugar, 2 teaspoons salt, and ¼ teaspoon pepper. Add celery, julienned fennel, and beets, tossing to evenly coat. Stir in fennel fronds, celery leaves, chives, and mint; serve.
  - Slaw can be covered and refrigerated, without fronds and herbs, up to 2 days.
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## Easy Thai Noodles

### INGREDIENTS

8 oz. brown rice noodles or other whole-grain noodles  
3 Tbsp coconut aminos (or low-sodium soy sauce, or to taste)  
2 Tbsp brown rice syrup or maple syrup  
2 Tbsp fresh lime juice (from 1 to 2 limes)  
4 cloves garlic, minced  
1 (12 oz.) package frozen Asian-style vegetables (about 3 c.)  
1 c. mung bean sprouts  
2 green onions, white and light green parts chopped  
3 Tbsp chopped, roasted, unsalted peanuts  
¼ c. chopped fresh cilantro  
1 lime, cut into wedges

### DIRECTIONS

- Cook the noodles according to the package instructions. Drain and set aside.
  - Meanwhile in a large saucepan, combine the soy sauce, brown rice syrup, lime juice, garlic, and ¼ cup water. Bring to a boil over medium heat. Stir in the Asian mixed vegetables and cook until crisp-tender, about 5 minutes.
  - Add the cooked noodles and mung bean sprouts and toss to coat. Cook until heated through, about 2 minutes.
  - Garnish the noodles with the green onions, chopped peanuts, cilantro, and lime wedges. Serve.
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## Garlic Hash Browns with Kale

### INGREDIENTS

2 Yukon Gold potatoes, shredded  
¼ tsp salt  
½ tsp freshly ground black pepper  
6 cloves garlic, minced  
2–3 large kale leaves, shredded  
Pinch of salt  
Option: 2 c. shredded sweet potato instead of Yukon Gold potatoes

### DIRECTIONS

- Preheat your oven to 375° F. Rinse the shredded potatoes and pat them dry. Toss them with the salt and pepper. Spread the shredded potatoes on a baking sheet lined with a silicon baking mat. Bake the shredded potatoes for 10 minutes. Remove the sheet



from the oven and toss the potatoes with the minced garlic, then spread them back on the mat. Return them to the oven and bake them 5 more minutes.

- While the potatoes are baking, lightly saute the shredded kale over medium heat in a large pan with about  $\frac{1}{8}$  inch of water and a pinch of salt in it. Do not replenish the water when it evaporates. It is only there to get the kale to quickly wilt. Once the kale has completely softened, about 8–10 minutes, set it aside and let it cool until you can comfortably handle it. Squeeze the kale to get rid of excess water, then toss it a bit to separate the cooked shreds.
  - Plate the crisped potatoes, top it with the kale, and serve.
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## Chickpea Curry Stew with Kale

### INGREDIENTS

- 1 medium onion, finely chopped (1 c.)
- 1 Yukon gold potato, cut into  $\frac{1}{2}$ -inch cubes (1 c.)
- 1 Tbsp curry powder
- 2 tsp garlic powder
- Dash cayenne pepper
- 2 c. chopped kale, with stems
- $1\frac{1}{2}$  c. cooked chickpeas
- 1 c. unsweetened, unflavored plant-based milk
- $\frac{1}{2}$  of a 15 oz. can diced tomatoes ( $\frac{3}{4}$  cup), undrained
- 2 Tbsp finely chopped cilantro
- 2 Tbsp lemon juice
- $\frac{1}{2}$  tsp sea salt
- $1\frac{1}{2}$  c. cooked brown rice, warmed

### DIRECTIONS

- In a large saucepan combine the first five ingredients (through cayenne) and  $\frac{1}{4}$  cup water. Cook over medium 10 minutes, stirring occasionally. Add kale, chickpeas, milk, and tomatoes. Cook about 5 minutes more or until thickened, stirring occasionally.
  - Stir in cilantro, lemon juice, and salt. Serve stew over rice.
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# Dressings

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## Gluten-Free Ranch Dressing

INGREDIENTS (Makes 1 cup)

1 c. mayonnaise  
6 Tbsp milk (or a dairy-free milk)  
2 tsp apple cider vinegar  
1 Tbsp + 1 tsp dried parsley  
1 tsp dried chives  
1 tsp garlic powder  
1 tsp onion powder  
½ tsp dried dill  
Salt and pepper

DIRECTIONS

- Add all ingredients into a bowl then whisk until smooth. Add more milk to thin dressing out if desired.
- Store in the refrigerator for 1–2 weeks.

## Greek Dressing

### INGREDIENTS

- 1 c. olive oil (can reduce to  $\frac{3}{4}$  c.)
- 1 extra large lemon, juice of (make sure lemon is room temperature)
- 2–4 tsp dried oregano (start with 2 tsp)
- 3 tsp fresh minced garlic (about 2 medium cloves)
- 1 tsp dried basil
- 2 Tbsp red wine vinegar
- $\frac{1}{2}$  tsp salt (or to taste)
- 1 tsp sugar
- $\frac{1}{2}$  tsp fresh ground black pepper (or to taste)

### DIRECTIONS

- Add all ingredients in a bowl, mix until well combined.
- Store in the refrigerator.



# Sweets

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## Paleo Almond Butter Cookies

### INGREDIENTS

- 1 c. almond butter room temperature
- 1 c. coconut sugar
- 1 large egg, room temperature
- 1 tsp baking soda
- 1 tsp pure vanilla extract

### DIRECTIONS

- Preheat oven to 350° F with two oven racks closest to the center. Line two baking sheets with parchment paper.
  - Combine all ingredients in a medium size bowl and stir to combine.
  - Use a medium size cookie scoop to scoop out the dough (1½ tablespoon balls), placing them on the baking sheet with enough room to spread out.
  - Bake for 9–10 minutes, until the edges are set and the centers are puffed. (The cookies will flatten and “crackle” as they cool) Cool for 10 minutes and enjoy! Particularly good with my homemade almond milk.
  - Cookies will keep in an airtight container for one week, or in the freezer for one year.
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## 3-Ingredient Paleo Shortbread Cookies

### INGREDIENTS

- 2 ½ c. superfine almond flour
- ⅓ c. coconut oil, melted
- ½ c. pure maple syrup
- 1 pinch sea salt
- 1 tsp vanilla extract

### DIRECTIONS

- Add all ingredients for the shortbread cookies to a mixing bowl and stir well until a thick, sticky dough forms.
- Form the dough into a log shape and wrap tightly with plastic wrap. Chill in the refrigerator at least two hours, or freeze at least 15 minutes.
- When ready to bake, preheat the oven to 350° F and line a large baking sheet with parchment paper.
- Unwrap the dough and place on a cutting board. Use a sharp knife to cut slices of dough.

- Place dough slices on the parchment-lined baking sheet and bake 12–18 minutes, until cookies are slightly golden on the outside.
  - Remove cookies from the oven and allow them to cool on the baking sheet completely before serving.
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## Five Ingredient Raspberry Bread

### INGREDIENTS

- 3 Tbsp honey
- 3 Tbsp almond butter
- 2 eggs
- 3 c. almond flour
- 1 c. frozen raspberries

### DIRECTIONS

- Preheat your oven to 350° F. Grease and line a loaf tin.
  - Place the honey and almond butter into a medium sized bowl and mix to combine. Add the eggs and mix to combine. Add the almond flour and mix to combine. Stir through the raspberries or work them into the mixture with your hands. The mixture will be very thick.
  - Press the mixture firmly into your prepared tin and level the top. Bake for 40–45 minutes. Remove the bread from the oven and leave in the tin for ten minutes before gently transferring to a cooling rack. Allow to cool completely before cutting.
  - Slice. Serve. Eat. Enjoy.
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## The Best Paleo Chocolate Bread

### INGREDIENTS

- 1¾ c. blanched almond flour
- ½ c. unsweetened cocoa powder
- ¼ c. tapioca flour
- 1½ tsp baking soda
- ¼ tsp salt
- ¼ c. oil (olive, avocado, melted/cooled coconut)
- ⅓ c. pure maple syrup
- 1 tsp vanilla extract
- 3 large eggs
- 2 Tbsp non-dairy milk
- ⅓ c. mini chocolate chips, plus more for topping

### DIRECTIONS

- Preheat oven to 350° F and line a 8" × 4" medium loaf pan with parchment paper; set aside.
  - In medium bowl add almond flour, cocoa powder, tapioca flour, baking soda and salt; set aside.
  - In large bowl whisk together eggs, oil, maple syrup and vanilla extract. Pour dry ingredients into large bowl of wet ingredients, using spatula to stir a few times. Then add in the chocolate chips and milk, stirring to fully combined. Batter should be thick and wet but spreadable into pan. Pour batter into prepared loaf pan.
  - Bake chocolate bread for 20 minutes uncovered, then add foil and continue baking for another 10–20 minutes. Be sure to check the bread after baking for 30 minutes total – the edges may darken but the bread will be ready when inserted toothpick comes out with no wet batter. The middle may fall slightly, this is okay! The bread still tastes delicious.
  - Allow bread to cool in pan for 15 minutes before lifting from the parchment paper to remove bread. Slice into about 1" thick slices. Enjoy!
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# Paleo Pumpkin Bread

## INGREDIENTS

4 eggs  
1 tsp vanilla extract  
¼ c. honey or maple syrup for low FODMAP  
½ c. melted coconut oil  
1 c. pumpkin puree  
½ c. coconut flour  
1 tsp baking soda  
1 tsp cinnamon  
1 tsp ground nutmeg  
½ tsp ground cloves  
½ tsp ground ginger  
Pumpkin seeds for topping optional

## DIRECTIONS

- Preheat your oven to 350° F.
  - Beat the eggs in a medium sized bowl. Add the vanilla, honey, and oil to the eggs, mixing thoroughly. Add the pumpkin puree and mix until you have a smooth batter.
  - Add the coconut flour, baking soda, and all of your spices to the pumpkin batter and mix until combined making sure that you have no lumps in your batter.
  - Grease an 8" x 4" loaf pan, or line with parchment and scoop your batter into the pan. Sprinkle on a small handful of pumpkin seeds.
  - Place in the oven and bake for 45–50 minutes, or until a knife going into the center comes out clean. Cool and serve.
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## Cinnamon Chocolate Marbled Banana Bread

### INGREDIENTS

#### BANANA BREAD

- 4 medium bananas
- 4 eggs, at room temp (large or XL)
- ¼ c. unsalted butter, at room temp
- ½ c. almond butter
- ½ c. coconut flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla extract
- Pinch of fine-grain sea salt

#### SWIRL

- 2 Tbsp unsalted butter
- 2 Tbsp ground cinnamon
- ½ c. mini chocolate chips
- 1 Tbsp honey (or liquid sweetener of choice)

### DIRECTIONS

- Preheat the oven to 350° F.
- Grease a 9" x 5" metal loaf pan with coconut oil and line it with parchment paper.

#### BREAD

- In a food processor or stand mixer, add the bananas, eggs, butter, and almond butter. Combine until well blended.
- Add the coconut flour, baking soda, baking powder, vanilla, and salt and mix until all the ingredients are well combined

#### SWIRL

- In a double boiler over medium-low heat, add the swirl's ingredients. Heat, stirring often until the chocolate has melted.
  - Pour the bread batter into the prepared pan and spread evenly.
  - Pour the chocolate swirl directly on top and use a knife to swirl the chocolate throughout the loaf pan.
  - Bake for 50–55 minutes, or until a toothpick comes out clean when inserted in the middle.
  - Remove from the oven and let cool in the pan on a cooling rack for 15 minutes before serving.
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# Coconut Lime Bread

## INGREDIENTS

|   |  |
|---|--|
| ¼ c. unsweetened coconut flakes         | ¼ c. honey, plus 1 Tbsp, divided             |
| 1 Tbsp coconut sugar                    | ¼ c. coconut oil, melted                     |
| ½ c. coconut flour, plus 2 Tbsp, sifted | 6 eggs, room temperature                     |
| ¼ tsp baking soda                       | Fresh lime juice, and zest of 1/2 large lime |
| ¾ tsp baking powder                     | 1 tsp pure vanilla extract                   |
| ½ tsp salt                              | 20 oz. canned crushed pineapple, drained     |

## FOR THE TOPPING:

|                                     |                            |
|-------------------------------------|----------------------------|
| ⅓ c. macadamia nuts, finely chopped | 2 Tbsp coconut sugar       |
| 2 Tbsp coconut flour                | 1 Tbsp coconut oil, melted |

## DIRECTIONS

- Preheat your oven to 400° F and line the bottom of a loaf pan with parchment paper, spraying the sides with cooking spray. Set aside.
- On a small, parchment paper-lined cooking tray, place the coconut flakes in the oven until lightly browned, about 3–4 minutes. Place the toasted flakes in a small bowl and mix with 1 Tbsp coconut sugar. Set aside and turn oven temperature down to 350° F.
- In a large bowl, mix together sifted coconut flour, baking soda, baking powder, salt, and toasted coconut/coconut sugar mixture. Set aside 1 Tbsp of flour mixture in a small bowl for later use.
- With an electric hand mixer beat together ¼ cup of the honey, the melted coconut oil, eggs, lime juice/zest and the vanilla extract in a large bowl. Set aside.
- Empty the drained pineapple into a large kitchen towel and ring out the excess moisture. Make sure you squeeze it all out, as you want the pineapple quite dry.
- Place the dry pineapple into a medium bowl and mix with the reserved 1 tablespoon of the flour mixture and the remaining 1 tablespoon of honey. The mixture will seem thick and gloppy—that 's ok! Use a spoon to slightly separate the pineapple chunks.
- Slowly add the dry ingredients into the wet ingredients, beating until well combined. Stir in the pineapple mixture and let stand for 10 minutes.
- While the batter stands, mix together the finely chopped macadamia nuts, the coconut flour, sugar and oil. Mix until the oil coats the mixture to make a streusel.
- Once the batter has set, pour it into the prepared loaf pan and sprinkle with the macadamia streusel, gently pressing it in to adhere to the loaf.
- Bake for 30 minutes, then tent the loaf with foil to avoid burning the top. Bake for an additional 10–15 minutes, or until a toothpick inserted in the center comes out clean.
- Let cool completely in the pan before slicing.

Notes: Room temperature eggs are KEY. If you add cold eggs into the mixture, the coconut oil will freeze and leave you with oily chunks in the batter.

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# Drinks

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## Morning Ginger Shot

Morning is the perfect time to stimulate the body and wake up! Ginger root has been used for centuries to aid in better digestion, plus it's a natural anti-inflammatory.

### INGREDIENTS

1 c. boiled water  
Squeeze of lemon (or two drops CPTG lemon essential oil)  
1 c. freshly chopped ginger  
Sprinkle of cayenne

### DIRECTIONS

- Boil a cup of water, squeeze in a lemon or add two drops of certified peer therapeutic grade lemon essential oil, and add in a few cubes of freshly chopped ginger.
  - Sprinkle with cayenne pepper.
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## Mixed Berry Smoothie

### INGREDIENTS

1 scoop protein powder  
1 c. unsweetened almond milk or unsweetened coconut milk  
 $\frac{3}{4}$  c. fresh or frozen berries  
1 Tbsp chia seeds  
1 c. ice if using fresh berries (if desired)

### DIRECTIONS

- Place all ingredients into a blender and blend until completely smooth.
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## Sweet Strawberry Smoothie

### INGREDIENTS

1 scoop vanilla protein powder  
1 c. unsweetened almond milk or unsweetened coconut milk  
1 c. fresh or frozen strawberries  
1 Tbsp flaxseed oil  
1 c. ice (optional) if using fresh strawberries

### DIRECTIONS

- Place all ingredients in a blender and blend until completely smooth
-

## Almond Butter & Banana Smoothie

### INGREDIENTS

- 1 scoop vanilla or chocolate protein powder
- 1 c. unsweetened almond milk or coconut milk
- ½ banana
- 1 Tbsp unsalted almond butter
- 1 Tbsp hemp seeds
- 1 c. ice optional

### DIRECTIONS

- Place all ingredients in a blender and blend until completely smooth
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## Vibrant Blueberry Vanilla Smoothie

### INGREDIENTS

- 1 c. frozen blueberries
- 2 frozen bananas
- 2 c. unsweetened almond milk (or other plant-based milk)
- 1 tsp pure vanilla extract
- 2 Tbsp almond butter (optional)

### DIRECTIONS

- Blend all of the ingredients in a blender until smooth.
  - Serve and enjoy immediately.
- 

## Mango Peach Green Smoothie

### INGREDIENTS

- 1 mango, peeled, fresh or frozen
- 2 peaches, fresh or frozen
- 2 frozen bananas
- 1 cup fresh kale
- 2 c. unsweetened almond milk (or other plant-based milk)
- 1 Tbsp ground flaxseed (optional)

### DIRECTIONS

- Add all ingredients to a blender and blend until smooth.
  - Add more plant-based milk if you prefer a thinner consistency.
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# Juicing

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## Basic Juice Recipe

Adapted from Chris Wark's book, *Chris Beat Cancer*

- 4–5 Carrots
- 1–2 Stalks of celery
- ½ Beet root
- 1 Green Apple (unpeeled)
- Small bunch of dark leafy greens
- About ½ inch of ginger root
- Piece of turmeric root
- 1 Garlic pod

## Carrot, Celery, Beet, and Ginger Juice

- 5 carrots
- 5 celery stalks
- ¼ of a beet (root and top)
- One small slice of ginger root (about the size of a quarter)

## For Green Goddess Juice:

- 3 stalks of celery
- ½ large cucumber, cut into quarters
- 1 medium green apple, cut into eighths
- 1 medium pear or sub 2 sticks of pineapple

## For Ginger Zinger Juice:

- 2 medium apples, cut into eighths
- 5 carrots (no need to peel)
- ½ inch fresh ginger
- ¼ lemon (remove peel to avoid bitterness)

## For Immune Booster Juice:

- 2 oranges, quartered (remove peel for less bitterness)
- ¼ lemon (remove peel for less bitterness)
- 1 medium apple, cut into eighths
- ½" fresh ginger

## For Cucumber Cooler Juice:

¼ ripe cantaloupe, seeds removed, cut into chunks (no need to peel)

2 stalks celery

½ cucumber, cut into slices

¼ lemon (remove peel to reduce bitterness)

### INSTRUCTIONS FOR ALL JUICE RECIPES

- Juice all the ingredients following the instructions for normal juicing in your juicer manual. Drink immediately or let chill for an hour and then enjoy.
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