

Real food nourishes your body, fuels your energy, and helps your family thrive.

# What to Eat AND WHY

Keep it real. Keep it simple. Eat real food. Not too much. Mostly whole.

WHOLE FOODS. REAL NUTRITION. SIMPLE CHOICES.

♡ Healthy eating doesn't have to be complicated. ♡



**BUILD & REPAIR YOUR BODY**



**NOURISH YOUR CELLS**



**GIVE YOU STEADY ENERGY**



**SUPPORT YOUR BRAIN & MOOD**



**STRENGTHEN YOUR IMMUNE SYSTEM**



**SUPPORT A HEALTHY GUT**



**HELP YOU FEEL YOUR BEST**

## BUILD YOUR PLATE WITH REAL FOOD

### 1 PROTEIN (Foundation)



What to eat:

- Meat, poultry, fish
- Eggs
- Organ meats
- Sardines & other whole fish
- Beans & lentils
- Dairy: milk, yogurt, kefir, cheese (if tolerated)

Why it matters:

Builds and repairs muscles, bones, skin, enzymes, and hormones. Keeps you full and satisfied.

### 2 VEGETABLES (Foundation)



What to eat:

- Leafy greens
- Cruciferous (broccoli, cauliflower, cabbage)
- Colorful vegetables
- Root vegetables
- Onions, garlic, herbs

Why it matters:

Packed with vitamins, minerals, fiber, and antioxidants. Supports digestion, detox, and long-term health.

### 3 HEALTHY FATS (Support & Hormones)



What to eat:

- Olive oil, avocado oil
- Butter, ghee, tallow
- Avocado
- Nuts & seeds
- Coconut (in moderation)

Why it matters:

Essential for hormones, brain health, absorbing nutrients, and providing lasting energy.

### 4 FRUIT (Natural Carbs)



What to eat:

- Berries
- Apples, pears
- Oranges, grapes
- Bananas
- Seasonal, whole fruit

Why it matters:

Provides fiber, vitamins, antioxidants, and natural energy. Choose whole fruit over juice.

### 5 WHOLE-FOOD CARBS (Optional Energy)



What to eat:

- Potatoes, sweet potatoes
- Rice (white or brown)
- Fresh milled grains
- Sourdough bread
- Oats, quinoa, corn (choose quality)

Why it matters:

Provides energy for your activities. Best when paired with protein & fats. Some people do better with less—listen to your body.

## THE FOUNDATION

- ✓ Choose mostly whole, minimally processed foods.
- ✓ Cook more at home.
- ✓ Eat a variety of colors and types.
- ✓ Drink plenty of water.
- ✓ Eat until satisfied, not stuffed.



Small habits. Big impact. ♡

## FOLLOW THE SIMPLE RULE

Start with protein. Add vegetables. Then fill in the rest.

Build your meal around protein.



Make veggies half your plate.

Add healthy fats and carbs based on your energy needs.

Real food fuels your body, mind, and spirit. ♡

## WHAT TO LIMIT

- ✗ Added sugar & sweets (candy, soda, sugary drinks)
- ✗ Refined grains (white flour, white rice)
- ✗ Seed oils (canola, soybean, corn, sunflower, safflower)
- ✗ Ultra-processed foods (packaged snacks, fast food, processed meats)



⚠ These are easy to overeat and hard on your body.

## ADD-ONS THAT MAKE A BIG DIFFERENCE

Small amounts. Big impact.



**Fermented Foods**  
(kefir, yogurt, sauerkraut, kimchi, pickles)



**Bone Broth**  
Supports gut, joints, and overall health.



**Herbs & Spices**  
Boost flavor and support your body.

## SOME FOODS DEPEND ON QUALITY & YOUR BODY

Not everything is black and white.

### BEST CHOICES (High Quality)



Raw milk (A2, grass-fed) (if tolerated)

Kefir, yogurt (full-fat)

Fresh milled sourdough bread

### DEPENDS ON YOU (Use with Awareness)



Whole grains & bread (even sourdough—portion and frequency matter)

Oats (steel-cut or rolled)

Dairy (works well for some, not for others)

### LIMIT (Lower Quality or May Not Agree)



Refined grains & flour (processed breads, pastries)

Sweetened cereals & instant packets

Flavored milks & dairy drinks

The closer to real, the better. The more processed, the more cautious.

REAL FOOD ISN'T COMPLICATED—IT'S JUST FOOD.

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