



40 Ways to Eat More Real Food

1. Watch the documentary **Food, Inc.**
2. Replace your table salt with **unrefined sea salt**.
3. Bake with honey or maple syrup instead of refined sugar. Look for local, raw honey, and high quality maple syrup.
4. Replace sodas with water. For flavor, add citrus slices, fresh squeezed citrus juice, or (even easier!) **therapeutic grade essential oil**.
5. Replace fruit juice or power drinks with **kombucha**.
6. Replace non-dairy creamer with raw milk, butter, or coconut oil. Consider "**bulletproof coffee**".
7. Replace store-bought salad dressings with **high-quality olive oil** and **balsamic vinegar**. Add salt (unrefined sea salt) and pepper to your salads for extra flavor.
8. Find a good source for **pastured poultry**. (Avoid grocery store chicken.)
9. Find a good source for **pastured pork**. (Avoid grocery store pork & bacon.)
10. Find a good source for **grass fed beef**. (Avoid grocery store beef.)
11. Find a good source for **raw cheese**. (Avoid processed cheeses.)
12. Find a good source for raw (or almost raw), whole milk. (Avoid grocery store milk.)
13. Find a good source for butter from grass fed cows. (Avoid margarine and processed butter.)
14. Look for high-quality, full fat sour cream.
15. Find a good source for **local, pastured eggs**.
16. Find a good source for local, unsprayed fruits.
17. Find a good source for local, unsprayed veggies.
18. Find a good source for wild caught salmon and other fish. (Avoid farm raised fish.)
19. **Serve 2-3 veggies** (or more!) with every dinner.
20. Learn the art of **simply prepared veggies**: sautéed in butter or bacon grease with salt and pepper or roasted at 400° F in coconut oil or butter.



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21. Add extra veggies to every possible dish: **taco meat**, **soups**, smoothies, etc.

22. Eat protein and healthy fats at every meal.

23. Don't skip breakfast! Make sure your breakfast contains protein and healthy fats.

24. Follow a **meal plan**.

25. Learn to **prepare a whole chicken**. It's the most cost-effective way to eat pastured poultry and the leftover meat is wonderfully versatile.

26. Learn to make your own **bone broth**. Make it regularly.

27. Use your homemade broth to make at least one **soup** every week. Make extra soup, for leftovers throughout the week.

28. When you cook, always multiply the recipe in order to have plenty of leftovers.

29. Learn to use and love your **crockpot**. (Or **instant pot**.)

30. Keep high-quality **gelatin** on hand. Find ways to incorporate it into your diet. The easiest way is to add it to your beverage of choice on a regular basis: smoothies, coffee, coffee substitute, etc.

31. Do not cook with olive oil. Use coconut oil or butter instead. Use olive oil for cold foods only, such as salad dressing.

32. Identify several **healthy snacks** and keep them on hand for yourself and for your children.

33. Create a habit of packing **healthy snacks** when you'll be away from home.

34. Decide about grains. If your family will continue to eat grains, learn to soak them before cooking.

35. If your family will avoid grains, identify replacements.

- Replace pasta with zucchini noodles or spaghetti squash.
- Replace rice with cauliflower rice or other veggies.
- Replace breads, crackers, and other baked goods with homemade, grain-free versions.

36. Decide about beans. If your family will continue to eat beans, start with dried beans and learn to soak and cook them.

37. Learn to **soak and dehydrate nuts**.

