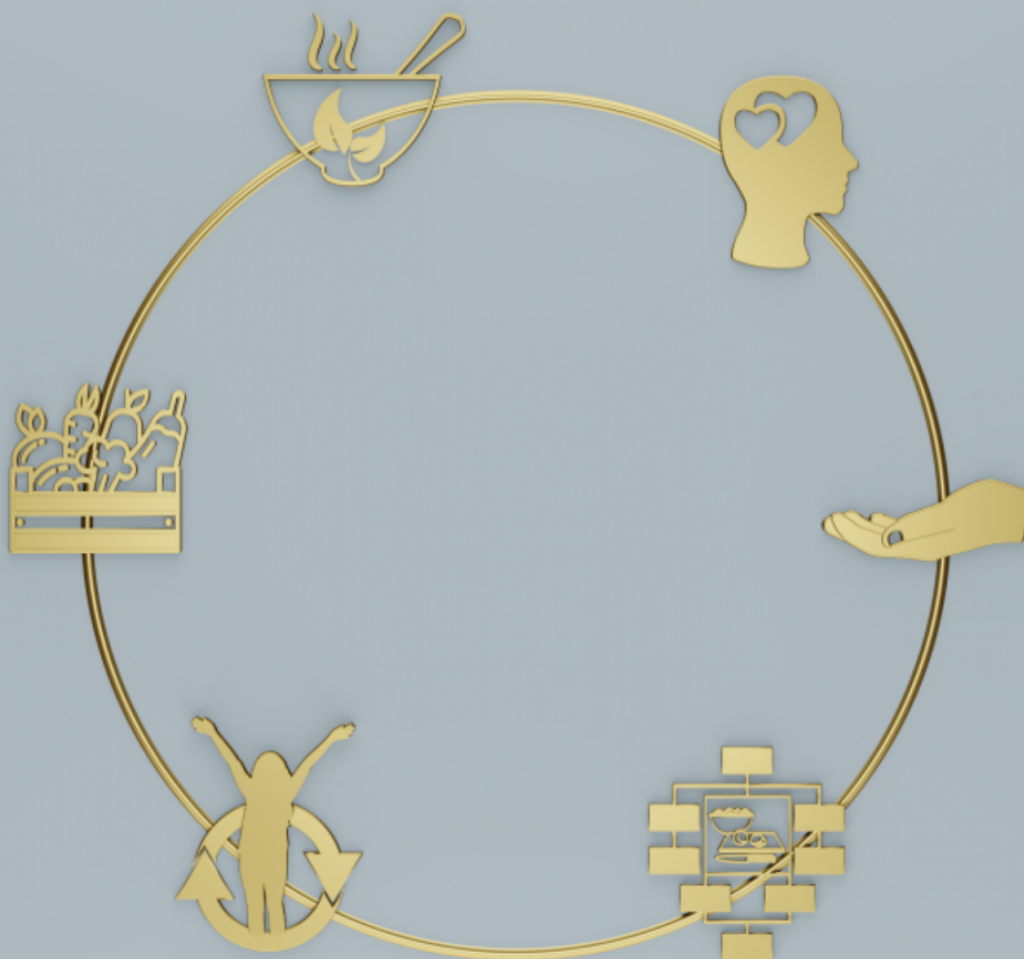


Kitchen Alchemy



with Britney Shawley



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Britney Shawley

Whole And Healthy Kitchen

Ontario, Canada

Kitchen Alchemy Course Workbook

This Course is dedicated to You.

The one who is ready and willing to learn how to embrace a miracle mindset and make wiser food decisions for you and your family. You being here is a sign that you have made a decision to say YES to optimal health, happiness and better cooking. This decision WILL be made manifest in your life. May you continue to be blessed by the Spirit within you as you learn to love to cook.

Your children, our world, our God...thank you for it.

INTRODUCTION to Kitchen Alchemy



Welcome my friend. I am so glad you're here. The fact that you are reading this message means you are ready. Ready to step into your power, ready to be led by Spirit, ready to cook wholesome meals everyday and ready to feel more confident, more at ease and more happy in your everyday kitchen and life.

Take a moment to thank yourself for being here. Breathe it in and let the gratitude land! You totally deserve it.

Since you have joined a literal Course, look at it as such. It will require a commitment to read, watch, and study. But the results of this work will be inner and outer transformation that will make the “work” so very deeply and completely worth it.

In A Course in Miracles it says: *"Good students assign study periods."* Perhaps this is a good time to assign study periods to yourself. :) I recommend committing to two lessons per week. So ask yourself, When will you read Kitchen Alchemy Course each day/week? When will you do the lessons in the Course each day/week? Do you have a space in your home where you will do your

lessons/reading? Do you have a notepad? Binder? to hold all the material and your work? Are you an Advanced Support Member? Do you have our meetings in your calendar? Answer these questions for yourself now.

We will be exploring these three modules together:

- **Whole Foods** - Choose healthy ingredients
- **Mindset** - Train the Mind towards Whole Love
- **Kitchenflow** - Cook with Flavor, Rhythm and Joy

But let's not forget that this is a Spiritual Program. We are here to support you not just in the kitchen, but with the application of this material to your mindset and integration with your Soul. What we will do here together is unlike anything you've done before. We will work together to help you to heal, shift, unravel and clear out your subconscious mind, which is where all the roots of your difficulties, lack of cooking, pains and sabotage are held and stored.

I am sure you've had some success with your conscious mind and straight up willpower to make better food decisions, but to access deep and lasting change, the subconscious mind is where the work needs to happen. Spirit alone is the power to positively and permanently reprogram both your conscious and subconscious mind. We will be working closely together with Spirit as our guide and do the deep inner work together.

Do This Before Starting this Course

Open up your Dashboard Your dashboard is where Kitchen Alchemy is organized into its 3 modules, where you can keep track of your progress and where you can receive support in the comments of each lesson. [Go to Dashboard](#) Link for your dashboard is in your welcome email.

Pin the Dashboard. This is a great way to keep your Dashboard in your sight so that you remember to DO It! (Click on [dashboard](#), at the top click on the tab, then “right click,” then “pin”)

Say HELLO in the comments of this [Introduction in the Dashboard!](#) Tell us a bit about you / what you want to get out of this Course / your family and/or your struggles/hopes.

Follow the remaining prompts in this Introduction post.



10 Steps to Kitchen Mastery

1. Think about Food and Self Differently
2. Organize your Kitchen
3. Meal Plan
4. Shop Consciously
5. Food Prep
6. Cook
7. Serve
8. Eat Mindfully
9. Clean Gratefully
10. Repeat until you Master your Domain

Britney Shawley @WholeAndHealthyKitchen from Kitchen Alchemy Course

←-----

Get ready.... we will be mastering every level here!

Because of this I know that BIG transformation is on its way for you.

I also know that you have the ability to learn what you need to learn to thrive in the kitchen & life.

There is nothing you cannot do when we do it together with each other and with Love/ God/ Spirit leading the way.

Thank you for being here and saying yes to our whole and healthy journey through Alchemy!

See you on the inside 😊

Love, *Britney Shawley*

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K.A Mindset Module

In order to overcome unhealthy food choices and habits, we must learn to understand and deal with the inner workings of our mind. The only thing that stands in the way of whole and healthy eating and living, are the thoughts we have about it that dictate the actions we take.

We will begin with a Self Inventory so you know exactly where you are in your thoughts about food (and yourself). We will then invite spiritual laws and loving, creative energy to assist you in learning How Mind works and how to apply mind training tools' to your own mindset.

You will be empowered to step into your power as an alchemist where you not only transform separate ingredients into beautiful meals, but change negative ego thoughts into the whole and loving thoughts of God/Love.

All of this will help you to radiate more peace, calm, joy and gratitude in your kitchen and everyday life.

Our Goal:

To help you develop mind training skills and align with spiritual laws so that you can master your mind, heal yourself and experience more ease and joy in your Kitchen and life.

What to Expect:

1. Self Inventory + Universal Truths
2. How Mind Works + Mind Training Tools
3. Perspective Shifts and Undoing Blocks
4. Discover your WHY/Purpose
5. Food and Mood Manual
6. Calm Confident Cooking

Kitchen Alchemy Mindset Module - Lesson One

1 - Self Inventory + Universal Truths

This is a spiritual curriculum empowering you to focus on training your mind, clearing out the subconscious and aligning with spiritual laws so that Spirit directs you in the kitchen instead of ego/fear. When you learn these mindset fundamentals and bring them into your kitchen they will naturally radiate to your whole life.

Alchemy is “a power or process of transforming something common (ingredients) into something special (a meal)”. You are the alchemist who will determine the design and extent of your creations (meals/life). Whether it's big or little shifts that you experience, is up to you, but the potential for massive and maximal change is possible here. I want to help you achieve true greatness in life as well as truly great food creations! The biggest thing is knowing that you cannot change your subconscious alone, you may be able to change your conscious mind alone, but the subconscious thoughts and behaviors change only when we work in relationship to spirit and with each other. So it's about your relationship to LOVE more than your relationship to food, because it is Love that is the true healer. Miracles occur naturally in the presence of Love.

Dear God/Love,

Thank you for bringing me here to this Course. It's exactly where I need to be.

Thank you for healing me and teaching me how to learn to love to cook.

I embrace my curious mind now as I peek into myself.

I embrace my power now and I decide for my innate goodness and willingness to better myself.

Thank you God for helping me be and become all that I am. Thank you thank you thank you.

The goal of this section is to help you meet yourself where you are in humble acceptance of what. We will do a spiritual inventory to help you to admit and see the food obsession, the darkness, the intense confusion, fear or sabotage that is lingering within you. We will also get you to see the brightness of your own light that the darkness is covering over. We will then empower you with tools and spiritual laws to help you to experience that you are connected to a power greater than yourself and you are the light (the alchemist) that overcomes the dark.

Meeting yourself where you are and connecting with this spiritual power and laws is what will enable you to bring about the change you seek. Let's do this :)

Self Inventory

You have to examine what your thoughts are , feelings are and actions are in the kitchen so that you can change what is Not working. This means you have to admit that you are not happy (in certain areas) and that you are ready for a new outcome. Self awareness and new decisions are a power that will lead you to the inner and outer transformation you seek. So let's be here, now, and settle into this section by asking one question: "Am I happy with this?". Write your answers in the box I provide for you below each question.

Am I happy with this?

1. Look at your current kitchen experience ...and ask... *"Am I happy with this?"*

2. Look at your current relationship to food...and ask... *"Am I happy with this?"*

3. Look at your current relationship to LOVE (God)...and ask.. *"Am I happy with this?"*

4. Look at your current body and its current health, and ask...*"Am I happy with this?"*

5. Look at your current perspectives and attitudes, does it side on the positive or negative side? What is the quality of your mental health? Then ask: "Am I happy with this?"

6. Look at your experience with yourSelf....and ask.... *"Am I happy with this?"* (ie. How do you treat yourself? How do you talk to yourself? Do you care for yourself?)

7. Look at your relationship to others /the world as a whole and ask: *Am I happy with this?*

Good work. Breathe in deep, fill up with peace. Exhale calm.








When you review your answers to questions 1 through 7, what do you notice that you never noticed before? Why do you think it's important that you notice this about yourself?

How would your life be positively impacted if you were to improve in these above (1-7) areas?

Inventory of Physical Health

When we are talking about physical HEALTH, one of the best ways to know if you are healthy and if your gut is functioning optimally is to take a look at your poop. Yep, your poop tells you a lot about your digestive health.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

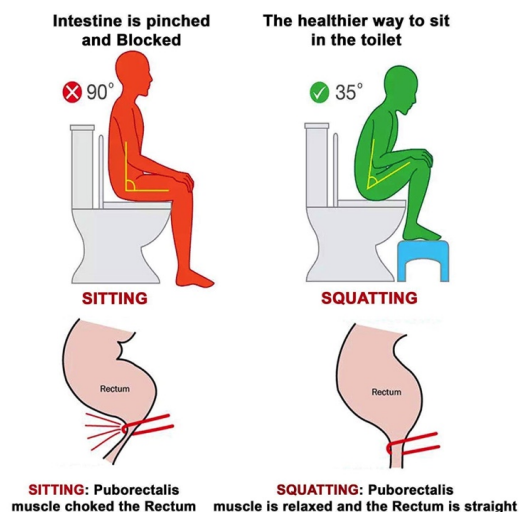
Here is what you can look for to tell you if your gut is healthy or not and if you are constipated or not:

- 1) You poop every day, sometimes twice a day.
- 2) The poop is often in the morning and will feel like you've emptied yourself completely
- 3) The poop should be long and thick (like an intestine would be - see Type 4), not thin, or pellets, or small chunks or watery or undigested food in it

If you did not answer YES to all three things above, you are likely constipated.

Constipation is a sign that your gut is not functioning and thus your health needs improvement.

So here is your question: Ask: Am I constipated???



If you are constipated, or not pooping the best- start on these three things today.

- 1) drink a gallon of water a day
- 2) up your fiber intake (more on this in whole food section)
- 3) get a poop stool (I can't poop properly without one) [Watch This](#) to learn how to SQUAT on the potty for optimal health and good poops!

By admitting the areas that you are *not* happy with and that need to change, you have taken the first step that will lead you to the inner and outer transformation that you desire.

The reason is because when you see you are not happy you cultivate a desire for change. The decision for change leads to healing. Whether it's changing your mind/attitudes, changing your behaviors or habits. All leads to better outcomes.

Another way to know if you are healthy is...

to get your vitals taken. This requires going to a naturopathic doctor and getting examined, from the inside out with blood drawn and everything. Since that is not the goal of this Course, you can do that on your own time if you wish. In this Course we will be looking at the “fruits” (poops?) to see if we are healthy or not and these fruits ALSO include looking into our ability to nourish ourselves through the foods we eat everyday, as well as our ability to handle our emotions, fears and our overall state of mind and spiritual wellness. Health needs to take the WHOLE Self into account. And that's what we are doing here in this section, and in this Course.

Inventory of Kitchen

When we are talking about Kitchen HEALTH, it's important to ask a few questions to ensure we are hitting every mark needed to have a whole and healthy kitchen. Be sure to answer these questions honestly, and let me know what you discover.

On a scale of 1 to 10 How organized is your kitchen?

Do you have a flow, rhythm and consistency to your cooking?

Do you Plan Ahead (Do you want to?)

Do you meal/food prep? (Do you know how too?)

Do you do grocery shopping with a list?

Do you take out your ingredients and tools before you cook?

Does everything in your kitchen have a home?

Does every person in your home have a role in the kitchen?

Do you wash fruits and veg?

Do you soak legumes? Do you know how to use legumes?

Do you use spices? Are you confident with using spices?

Do you ferment or pickle things?

Do you keep a clean kitchen and tidy it asap after eating?

Do you eat at the table?

Do you host gatherings with family or friends around food?

Do you have confidence in using different fruits and vegetables?

What's your greatest fear about cooking/being in the kitchen?

Inventory of Whole-Health

Now we will take a look at the 6 pillars of whole-health to further our Self Inventory. Whole- health is when you tend to each area, on its own and then together- to create an integrated wholesome (and happy) experience of living life on earth.

The questions are posed in a way to help you gain a better awareness of yourself.

When you know yourself more, you are on your way to mastering yourself. When you are mastering yourself, you are able to master your kitchen domain.

The key to alchemy *“is the mastery of yourself, to a greater or lesser degree”*¹

<p>There are six pillars of Self Mastery/ Whole Health. They are:</p> <ol style="list-style-type: none">1. Nutritional2. Physical3. Emotional4. Mental5. Spiritual6. Social	<p>In this course we are focusing on all of them to some degree. If you are in our Advanced Support Group, we can dive deeply into any of these areas that you need support in the most.</p>
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Write your answers in your notebook if you need more room.

Self Inventory Questions

1. On a scale of 0 to 10, How nutritious are your meals, currently? What do you wish you did differently (or knew more about) when it comes to meals? (what number would you like this to be at the end of this Course?)

¹ Alchemy: The formula for Self-Transformation By: Saint Germain

2. On a scale of 0 to 10, how often do you eat processed food, fast food, or eat out? (what would you like this number to be at the end of this Course?)

3. How do you currently show up in the kitchen? How do you feel about cooking in your Kitchen? How would you like it to be different?

4. Are you aware of the thoughts you are thinking? What do you currently think about yourself and your kitchen experience?

5. In what ways do you care for your physical well being? In what ways do you want to care for your physical wellbeing?

6. How do you feel most of the time? (fearful, frantic, busy, negative, doubtful, forgetful, happy, peaceful, patient, inspired, hopeful, courageous, focused, busy, present, curious, grateful, irritated, upset etc) How equipt are you to deal with your (or others) big (good or bad) emotions?

7. How fulfilled are you spirituality? What are your current spiritual practices?

7. Talk to me about your social life. Do your food choices reflect concern for the planet and our poor neighbors? Have you invited any of them over for dinner lately? Or hosted any parties to bring people together?

8. Do you believe it's possible to change? (physically, mentally, emotionally, spiritually, socially, in your kitchen?)

9. Do you have fear or resistance or doubt that change is possible? If so, examine your reasons for doubt. (What is it that you doubt can change? Why?) (You can ask Why 5 to 7 more times here to get deeper and deeper into your reasons for keeping happiness at arms reach. Activities on this are found in Mindset Module 3)

Based on this Inventory above, which pillar(s) need the most attention from you at this time? (Pillars: Physical, Emotional, Social, Mental, Spiritual + Food & Kitchen)

☐ We encourage you to share some of your answers with us in the comment section of the dashboard or as a post in our Kitchen Alchemy facebook group.

When you notice these emotions or old patterns rising, let them, it's okay. It's best to name it. Watch what is happening and what emotion is rising to the surface, without judgment, and “puddle” in those negative emotions for a short while. Puddling is where you allow yourself to feel what you feel and to allow it to be there without trying to stop it. It's helpful to “puddle” with your emotions (feel them, process them, swim in them) for a short period of time until you are ready to overcome them. When you're ready to overcome them and move past them /heal them truly, is when it is time to open to a power greater than yourself for help.

“The power to change is within every (wo)man.²”

Now that you know what needs attention from you, what can you do to bring attention to these areas on a daily basis?

Inventory of the Fear

We will learn in the next module a lot more about Mind. We will learn of our mind of Love and our mind of Fear and how to undo fear and decide for Love. In this section, I want us to begin the process of examining our fear, as fear is at the root of all our bad habits. It's at the root of all doubt, all sabotage, all lack of self care and cooking. When we examine our fears and question our fears they have less and less hold on us.

As we grow up in this world we all build an inner wall that we tend to think protects us, but really, it keeps out the ever growing love and peace and pushes people (and self care) away. The wall is a collection of bricks which are our fears that take on many names. The way to break down this wall is to explore each brick and look them in the face. Brutal honesty in what is connected to our fears, is what we are after here. *The formation of these questions on fear were inspired by Marianne Williamson's Book "A Course in Weight Loss".*

“What exactly do you fear?” (If you need more space, use your journal)

1. Excess Responsibility - I am responsible for...

² Saint Germaine on Alchemy: Formulas for Self Transformation pg32

2. **Judgment** - I judge _____ for...

3. **Shame** - I am ashamed of...

4. **Fear** - I am afraid of...

5. **Anger** - I am angry at...

6. **Unforgiveness** - I haven't forgiven _____ for...

7. **Pressure** - I feel pressured about...

8. **Overwhelm** - I feel overwhelmed by...

9. **Exhausted** - I am exhausted because...

10. **Disgust** - I am disgusted with...

11. **Stress** - I am stressed by...

12. **Pride** - I am prideful when...

13. **Selfish** - I am selfish when...

14. **Jealous** - I get jealous when...

15. **Arrogance** - I am better than...

16. **Hate** - I hate _____ because _____

17. **Guilt** - I feel guilt for _____ and I beat up on myself about _____

With all this exploring of your fears, what was most shocking for you to notice. Why?

What will you do differently based on this discovery?

How willing are you to no longer let fear run your life?

The Kitchen as a Spiritual Practice

When we show up to the cutting board, it's an opportunity to be mindful and present and focus only on cutting the food. When we choose our meals, it's an opportunity to be open minded and listening for what's most helpful from our higher self. When we cook, it's an opportunity to connect to our hearts and let Spirit/Love work through us as we flow through the Kitchen. When we serve the food, passing the dish and leaving some food in there for others, is a charitable, generous act that is often overlooked. Communing with others over food is one of the most spiritual acts we could do. The Kitchen has endless ways of becoming a spiritual practice.

The act of cooking nourishing meals can also be a way to evoke deep gratitude, gratitude for the living plants and animals for providing our bodies with what it needs, and also gratitude or worship unto our Creator, enabling us to really connect with the essence of Life itself.

When we use cooking to get in touch with our spiritual nature/love/home within, we have given cooking a spiritual purpose. This new purpose is the catalyst for our transformation and spiritual growth because it gives us an opportunity to show up every day in the Kitchen and decide for Love, decide for Spirit, decide for Nourishment. All of which work together to accelerate us on our Spiritual path.

Cooking is a Spiritual practice because:

We can learn how to practice presence, patience, handling mistakes, giving, serving, receiving, loving, and creativity.

Do you see cooking a bit differently now? Why?

Universal Truths/Laws

To be successful in the kitchen and in alchemy one must become increasingly aware of their God given freedom to create. What assists in our awareness of this innate inner power is understanding and acknowledging both the human laws (gravity, nature, digestive etc) and Universal Truths (ie. God's Spiritual Laws). These laws are not made up by me or spirituality or religion, they are made by God/Supreme Intelligence and are written into the very fabric of the universe. Anyone who abides by these laws/truths will learn that they work and that they are trustworthy, always. But faith in these laws is the foundational element for change. Without faith, we have doubt, with doubt nothing is possible because we are asking for conflicting things (both to believe and not to believe in Universal Truth). With faith, however, everything is possible, including the transformation of the most dire conditions. As stated above, if you doubt your ability to change you are lacking in faith and MUST examine your reasons for the doubt.

“Note well that most doubts arise from the patterns of self-deception and the practice of deceit and the failures of the human mind to fulfill its professed integrity. Seeing, then, that such negative conditions stem from consciousness of error, would it not be ever so wise for all to look unto Me (the presence of the God of Love) and live?³”

Before we get into the Universal Truths, we must discuss the Universal Power from which these Truths extend.

The name we use for this Universal Power does not matter. To me God/Source/Truth/Love are synonymous and can be interchanged. But the clearest thing I want to get across here is

³ Saint Germaine on Alchemy: Formulas for Self Transformation Page 29

that **God is Love** and there is No opposite to this Love.

Since God is Love without opposite, God is also health and happiness.

Love and health and happiness cannot be separate.

God being Love does not change to hate, or punishment or fear or sabotage.

God is ONLY Love and therefore Universal Truths support a Completely Loving Universe, where Love is a strength and a Power (not a weakness).

Fear is NOT part of God or this Power, and therefore need not be part of you.

We will work to train your mind to hear only love, see only love, give only love and to forgive ourselves when fear gets in the way.

Therefore I see ‘Universal Power’ in this way:

- It is whole and complete Love and has no opposite (This Love does not contradict itself)
- It is Creator/Source of all Living things
- It is eternal and limitless and creates eternally and limitlessly
- It is changeless and trustworthy
- This Universal Power / God is benign
- It is omnipresent and omnipotent
- It is Ultimate Goodness
- Whatever is not goodness and not love is not of God/Universal Power, but man made.
- Anything man made has a correction through His Spirit, which exists within the hearts and minds of all of us
- We do not decide what God is, God does. We can however train our minds enough to have an experience that teaches us from within who and what God is. (and thus who and what we are)

****I want to make note here that for the longest time I couldn't even say God! It was so foreign to me and I couldn't get behind many of the things that "God" meant to religious people. So if you have to exchange God for Love or Universe or Supreme Intelligence, please do so. Whatever name you give to your higher power will work!**

Now onto the Universal Laws (Truths) that extend from this Universal Power

Law One: Cause and Effect.

God (Supreme Intelligence) is the first Cause.

Cause is God (Creator) and Effect is God's children/ us (the created). Since we were created in the image and likeness of our creator we can create like him. Therefore cause is also Mind (True Mind) and effect is our Experience (kitchen/life).

God is Cause. Creator of all things. He created us in His image and likeness, that is why we are forever an effect of God. We are an effect (creation) of our Creator (cause). Since we have been created in the image and likeness of our Creator, we can also create like Him. All of our creative power is contained within our Mind that we share with Him. If we want to be creative (such as with meals in the kitchen) we have to learn how to 1) Let God be the Cause/ Guide our Lives and and 2) Use the Mind of Love we share, in the kitchen (instead of fear).

If we are holding thoughts (consciously or subconsciously) that are out of alignment with love/God (such as “I suck at cooking” “I hate being in the kitchen”) we will experience the effects of those thoughts in our lives. If we shift our thinking to the mind that IS aligned with God (such as “I am learning how to cook well” “I am willing to learn to love to be in the kitchen”), we will experience those loving things as our reality both in and out of the kitchen. When we change our mind our experience changes, but not the other way around. So if we want our experience to change we **MUST** change our mind because **Mind is Cause**.

When we let God be the cause and us be the effect, and let our Mind be the cause and our experience be the effect, miracles will happen. Because when we are perceiving the universe AS IT IS (which is Love, and we must get in alignment with this love in our own thoughts and action), naturally our power in being One with the universe gets activated. And the Universe/God/Love can work in us and through us from a “higher order reality” to “bless our kitchen with miracles and good food”.

You can also let your cooking become an act of worship unto God and bring forth true gratitude for Him and who we are because of Him. He is goodness and it is GOOD to call upon Him and let Him help you as you cook. It will help speed things along this path of feeling better, thinking better and cooking better.

Law Two: Responsibility

I am responsible.

We are responsible for what we think, for what we feel, for what happens to us, for what we do. Responsibility is the KEY to our freedom. If we are not responsible, then we are at the whim of others and the world. Others and the world can then take our peace, because we are not responsible. The second we choose to be responsible, however, we begin to embark on a path of TRUE healing. No longer blaming the past, blaming others, the environment, our cycles, the weather, the government for our upset or loss of peace or health. Instead, we take total control over our emotions and our health WITH God, WITH the Loving universe, WITH self care habits and practices. This collaborative agreement FOR health and wellbeing IS our power. In fact, responsibility is a super power. We are told in a Course in Miracles that the KEY to being saved (salvation) is: “*I have done this unto myself.*” This is not said to inspire guilt or shame or blame, but to inspire ‘responsibility as a power’ because if we are responsible, we can choose to change things. To change our mind, to change our perspective, to change our actions. So claim your responsibility for thought, and claim your responsibility for your health and you will witness to the POWER of your decision, by making decisions from a place of power (responsibility) and not weakness (victim to the world you see). Being responsible will also help you to learn and apply all other spiritual laws.

In summary:

- 1) You are responsible to prove the law of your being (Love) in your life/kitchen
- 2) You are responsible for effecting change in all areas that you desire to change
- 3) I will instruct you in the art and practice of knowing what to (cook) and what to (do to transform self). You are responsible for learning it and applying the tools. This is similar to what Jesus says in the Lord’s prayer: “Nevertheless, not my will but Thy Will be done.”

Law Three: Giving and Receiving are One

As I give, I receive.
As I ask, I receive.

This is a law that is found in all of the greatest faith traditions. Whether it is Spirituality, Christianity, Catholicism, Buddhism, Muslim, Franciscan, Judaism or others– one law that exists within them all is “*As you give you receive.*” or in other words “*treat others the way you*

wish to be treated”.

I love this law applied to the kitchen because it's so obvious! I remember when I used to make food and have my food choices be all about me. I had to choose what to eat so that I could ‘eat right to lose weight’, I had to eat right to ‘like myself better’ to feel ‘worthy enough’ and feel ‘loved’. I thought my worth and the love I received from others was determined by what I looked like, so all my food choices had ME at the center to make sure I remained “worthy and loveable”.

I was trying to “get things” all over the place. When we are seeking to “get” we forget to be grateful, and when we are not grateful for what we have, we are resisting what IS. The resistance will NOT create the results we desire and we end up giving up before the real results come. Does this sound familiar?. When I had this “all about me” attitude, it was also when I would binge, and hate on myself and never be pleased with how I looked in the mirror. When I changed my attitude to focus on others, and to use cooking as an act of love unto others, I was no longer selfish in what I chose to eat but I was loving and giving in what I chose to eat. Now I made the food about making others happy, and in turn I became happy. I made food to be able to make others healthy, and I became healthy.

You will never lose if you focus on giving.

You will ONLY gain because receiving is the effect of giving.

Law Four: To Teach is to Demonstrate

As I teach I learn and to teach is to demonstrate.

It's not about the words we speak, it's about the actions we take. You can tell your kids to eat healthy, but unless they see you cooking and eating healthy joyfully, they will not follow. You can tell your family that you are going to be cooking more often, but until you cook more often they will not believe you. If you want your kids and family to shift in their eating preferences, you must shift in yours. If you want them to be happier and more stable in their emotions, you learn how to be happy and stable in your emotions and your demonstration will make them curious as to how you changed and they will ask you about it. So they can change too. Practice what you preach, and demonstrate what you want to teach. This is the golden law to have the health and happiness that you are going to be experiencing here, be expressed and shared with those you love. Don't tell them what to do, do what you want to do, and then tell them by pointing to your own demonstration of it.

Law Five: Ask and Receive

Asking is your Superpower

This, to me, is the most important Spiritual Law to abide by. The reason I say this is when we Ask and Receive, our faith is increased drastically. When our faith increases it's far easier to trust when we give that we will receive, or that when we take responsibility that healing can happen, or that when we teach we learn. So Asking is a tool, a law that when you try it on can build up faith in you. When you have more faith in you and God/Universe it can be applied to ALL things in life, like cooking in your kitchen :)

I highly suggest ASKING what to cook, ASKING for the presence, calm and confidence to cook. ASKING for help when you don't know what to do or how to shift your energy/mind. Asking is your way of saying "Universe/God, I trust you, I need you, help guide my thoughts and actions and cooking" It is your way to declare you are saying yes to God/Love to help you in life. If you are unsure if ASKING is your superpower, you MUST try it and witness its results yourself. There is nothing too big or too small that you are worthy of asking for. Just get clear on your Why. Why do you want it? Making sure this Why aligns with love, and giving, and blessing others as well as yourself, you can trust God's Will for you as well.

Here is the formula for asking:

- 1) **Ask for what you want** (keeping in mind the former laws, and that asking to Give/Serve is most effective. Ask as simply and clearly as possible. Sometimes I even say "Thank you God for (*fill in the blank*) or something greater. I trust Your Will and Goodness")
- 2) **Ask with your heart** (it's the energy of your heart... that will call to the heart of God/Universe so that you are heard and answered. Get into the feeling of what you want and sit in that energy / feeling in your body / heart)
- 3) **Let your asking go** (let it go and trust that you will be answered. If you don't let it go you are still controlling. Asking is about letting go of control and trusting)
- 4) **Let go of How you will be answered** (your answer may come to you through someone else, through a sign, synchronicity, insight, vision, the thing itself showing up. Be open to many ways that you can be answered and let go of how you "think" it might look)
- 5) **Open to Receive** (Now you are to rest in the place of openness and gratitude to receive. Be grateful for it and you will receive.)

“Of myself alone, I am powerless”

For years I tried to “get healthy” and “eat better” all on my own. I would set up all these plans to eat well, buy all the healthy food, start new diets, only to have a moment of weakness where I would eat all the desserts I stuffed at the back of my freezer. Letting all the fresh greens I bought become wilted and useless. This was the story of my life, for years, until I learned that I was trying to heal/change all by myself. And I was focusing on conscious steps, versus subconscious reprogramming.

This is a similar recognition that the 12 Steps (AA) offer us. It is saying that you have to admit that your life (in this case, your kitchen or eating habits) have become unmanageable and you cannot fix it by yourself alone. You need help and support from a power greater than yourself. You need help and support from the community.

If you are someone who is not used to trusting or believing in a higher power, that is okay, it's not necessary for change to occur, but if we want faster change, deeper change, long lasting and true change- leaning into support from a higher power and community will make this whole experience of transformation much more attainable for you.

*“Dear Loving Creator and Power Greater than myself,
I humbly ask you to help me, to guide me, to teach me to cook.”*

A simple prayer such as the above is you demonstrating your willingness to receive help. You are ASKING for help, and the effect of asking is receiving. You can even print or write this prayer out and hang it in your kitchen to remind you that you are not doing this alone anymore.

Who do you want to BE?

You now realize where you are at, and what you struggle with as well as the spiritual laws you can learn to abide by to bring you to the peace you seek. This is an important foundation to have set before so we can build our “kitchen/church” upon it.

Now we are leaning into the IDENTITY aspects of growth.

WHO DO YOU WANT TO BE?? Answering this question will help you know where you are going and who you are becoming. When you know who you are becoming, this identity is what will propel you to keep moving forward and keep doing the work.... as you want to BE who you are BECOMING!

So, ask yourself sincerely: WHO DO I WANT TO BE? Tap into your heart, into your vision,

into your future self. What does she or he see /feel/sound like/ look like / talk about / do?
How does she/he show up in the kitchen? WHO is sh/hee?? WHO do you want to be??

Write with as much detail as possible, here:

“Decide the person you want to be, and prove it to yourself with small wins.”

-James Clear Atomic Habits

(Small wins like making simple yet nourishing and delicious meals each day :)))

IMPORTANT TAKE-AWAYS FROM THIS SECTION:

1. Take a self inventory and meet yourself where you are without judgment
2. Know that you cannot heal / transform / be a true alchemist of yourself alone
3. Open to a power greater than yourself and community to help you
4. Abide by Spiritual Laws to the best of your ability each day
5. Be consistent. Keep doing the work and you will reach who you want to BE

2 - How Mind Works:

Mind Training 101

Discovering how our mind works is essential. Our mind, as we have learned, is the cause. The effect of our thinking is in our experience. Therefore learning how the mind works, so we can train our mind and change our mind is everything. When we change our mind (through undoing and correcting subconscious beliefs through the guidance of Spirit) we will change our experience naturally.

You are taught in this section to “watch your thoughts”. Watching our thoughts tends to seem a bit impossible to the majority of us. I've heard people say it's a preposterous idea to think that we can be aware of what we are thinking because we think so many thoughts!! However, when we start to become aware of our thinking, our thinking slows down and our mind starts to become quiet and even peaceful. It's our observation of our thoughts that puts us (Soul) in the driver seat to choose between thoughts. If we are not even aware of our thinking, how are we expected to choose between thoughts? We can't! So observation is a power, and through observation thoughts slow down.

So no matter how preposterous this idea sounds, it is doable to ‘watch our thoughts’ and has been done and can be done by you, too. Once we know WHAT we are thinking, we can change our thinking. This section is dedicated to “How Mind Works” and “Mind Training Tools” so that you can watch, train and change your thoughts and thus change your kitchen experience.

How Mind Works Education

We will begin this section with a thought from A Course in Miracles:

“We have seen that there are only two parts of your mind. One is ruled by the ego, and is made up of illusions. The other is the home of the Holy Spirit, where truth abides. There are no other guides but these to choose between, and no other outcomes possible as a result of your choice but the fear which the ego always engenders and the love which the Holy Spirit always offers to replace it.” pg 105 in Sparkly Workbook

This keeps Mind simple. There is Love and there is Fear.

Either we are thinking with fear (ego) or with love (spirit/soul).

We are never thinking with both at the same time. It's one or the other.

When we notice we are thinking with fear we can apply tools to change our minds to think with love. When we notice we are thinking with love, we can be grateful and share it with others.

Our Two Minds.

✗ Mind of Fear (ego/illusory/human monkey mind):

This is our human mind. It is analytical, logical and speaks loud and first. It does not have our best interest in mind and is called by Jesus in A Course in Miracles as *“an expert in confusion”*.

Listening to this mind *blocks* the extension of all-inclusive love and creativity, because it limits our self perception and then limits our perception of others. Instead of seeing how powerful, capable and whole we are, it tells us that we are to fear things and warps our identity into thinking we are not good enough, not worthy enough, not smart enough and just flat out guilty or weak or shameful. Sabotage, doubt, evil and negative thinking comes from this self view.

Everyone's ego is built a bit differently because it is based on our upbringing, culture, parents, schooling, religion and experiences / trauma that we endure. This mind is programmed, it is learned and is not innately who we are. It's a false idea of self that keeps us bound to smallness and sin while fearing our magnitude.

Thus the thoughts that come from ego are not loving nor are they true.

We can learn to train our minds to *not* listen to this mind. The more we choose not to listen to it, the quieter it becomes, which enables us to hear something else in its place and choose something else to replace it within.

When we notice we are thinking with fear, be gentle with you. We are all thinking with this thought system (as it is the thought system of the world) until we train our minds enough to listen to a new voice. So be compassionate with you and know that just because you think these thoughts, doesn't make them true. But also know that ego is out to get you and wants to sabotage your success. So be not against the ego, as we don't want to fight it, but be vigilant for love instead of fear and know that the way to have the ego no longer control your life and your cooking is to refuse to listen to it.

“Humanly discordant (ego) thoughts and feelings daily impose a hypnotic effect upon almost everyone on earth” - Saint Germaine

Thank God we have been given a way to snap out of the trance and have been given a different voice to listen to.

♥ Mind of Love (Spirit/Reality/ Higher Mind / our True Self/Soul):

The Mind of Love (also known as Holy Spirit, true self or divine mind) is the gentle whisper

and quiet presence of certainty and of love. It presents itself as a loving inner voice (or a knowing in our gut or a resonance in our heart) that is patiently waiting for us to listen to it.

This voice for Love/God inside our minds wants to guide our lives, heal our minds, and cook with us in the Kitchen. It has been placed within us by God Himself and could never not be there.

It's silenced when we listen to ego, but we can learn to listen to this voice instead, through mind training, prayer and practice.

The job of this higher mind is to:

- 1) Correct our thinking (undo fear / forgive / eradicate self doubt or anxiety)
- 2) Comfort us, Inspire us, offer us Joy and purpose (instead of pain)
- 3) Direct our actions (like cooking) in our daily life through Inner Guidance/prompts (also extends miracles, change perception, wisdom, vision, hope for a great future)

In order to hear the Mind of Love, it requires us to:

- 1) Pause / Meditate / Listen / Observe
- 2) Connect to our hearts (drop inwards and downwards)
- 3) Choose this Mind of Love (decide that THIS is the voice you want to hear)
- 4) Trust this Mind of Love (in faith, you will hear)
- 5) Ask this Mind for help and guidance, as consistently as possible (asking is your demonstration of willingness to hear and receive)

This mind of Love tells us who we truly are, and what we are truly capable of. Listening to it will make you feel more calm, more at peace and more centered in your being.

Since ego 'reacts' instead of responds and focuses on expressing emotions to dismiss the problem instead of taking responsibility for emotions and seeking to solve the problem... we can really start to tell them apart. We can spot when we are trying to be "right" instead of a "win-win" for all and notice when we have a Choice Point at hand. The key is to admit when we've made a mistake in thinking, but also not to beat ourselves up for it.

Here are two questions to help you better understand YOUR ego, so it no longer controls you and better understand WHO you are and what you are capable of so you can rely on your innate power and spirit.

Get quiet for a moment. Be still and breathe.
Then write your answers to these questions below.

Define who YOU are. What does the voice for Love say you are, and what you are capable of?

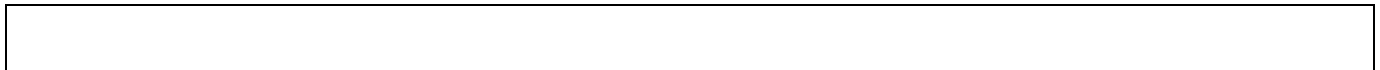
Define how your SYSTEM of thought works. How does ego operate inside you?

Examples may be: It deprives me, it cares what others think about me, it beats up with negative opinions of myself, it never thinks I am good enough, it always compares myself to others etc



Now that you know who YOU are and what your ego does to keep you from who you are, you can SPOT it when it happens. So now I ask you to notice when your ego chirps, and realize it's just your human monkey mind. You do not have to go along with it, believe it or follow through with what it says because the REAL you is offering you a completely different narrative of you and YOU have the power to choose to listen to THAT.

PRACTICE THIS!!!! OKay?



I want to cook with Love.

What does this mean?

I was asked once in a workshop I offered “what does cooking with Love mean?” I paused for a minute to tune into what it actually means, and what came to me as Love is “thinking things through.” When we ‘think through’ what we want to eat and what we want to cook we are making decisions WITH Spirit WITH Love WITH Soul WITH Love. When we decide with Love, it's far easier to follow through with what we decided when we were in a sane and loving headspace when deciding. Contrast this with the times when you and family are super hungry, your body is yelling at you, perhaps the kids are bonkers and you just want to eat. Making decisions at this moment will be nearly impossible to keep ‘health’ in mind. In fact it's far easier in this state of mind to whip something together really quick, often processed or fast food. This approach is NOT sustainable long term if you want to have health and happiness. Making decisions when you are hungry means the body is making decisions for what it wants (craves?) in the moment, instead of thinking ahead of

time with Love/Spirit for what you should be eating that is in alignment with your health goals.

So, going forward, know that cooking with Love means to “think things through” / “Plan ahead of time”. When you plan your meals ahead of time, with Spirit, Spirit will lead you back to making those meals you decided upon. It's a win-win for everyone when we cook with Love!

Affirm: “I am determined to Cook with Love.”

Affirm this every day, every half hour for at least a few weeks to “train your mind” to decide for Love in the Kitchen. Deciding to Cook with Love will change your present state for a better one, and one you really want. Do you decide to cook with Love? Yes or No?

Cooking is a Collaboration **...with Spirit- JUST ASK!**

Try this:

Pause and close your eyes and then Ask Yourself:

“Spirit of Love, are you there?”

The point of this activity is to learn and experience that the Spirit of Love is within your mind. So Ask, then Pause within and Listen.

What answer came to you? Write it here.

- ‘Asking’ shows your willingness to listen to a new voice.
- ‘Asking’ is how you invite Spirit to speak (instead of ego).
- ‘Asking’ is how you give the space for Love to work through you in the kitchen and into the meals you make.

Asking is your superpower!!!!

**When you go into the Kitchen ASK what to do. Ask to be used.
ASK what to cook. ASK for love to work through you.**

“Spirit, use me. Show me how to cook and serve with Love.”

Exploring the Payoff for lack of Health / Happiness

Remember how I mentioned in Mindset Module One that having the DESIRE (deciding) for change is what leads to permanent change in mindset and behavior? Well our desire for change is often clouded by “hidden wishes” to remain unhealthy, or in old habits, or unhappy. This may seem counterintuitive because of course we all want to be happy and have better and healthier outcomes in our life....But better outcomes do not happen until we realize there is no value to us at all in being unhappy. And sickness/unhappiness is used BY our ego/fear mind to keep us unhealthy, so you better believe ego is keeping a “hidden wish” TO be sick/unhealthy/unhappy.

So to ensure true healing here, let's explore the hidden wish /payoff for unhappiness and lack of health sticking around.

Please ask these questions and affirm these statements to yourself, ensuring that you feel them in your body and really sit with them in your mind.

1. Why is it important and necessary for me to change my mind and relationship to self/food/cooking NOW?

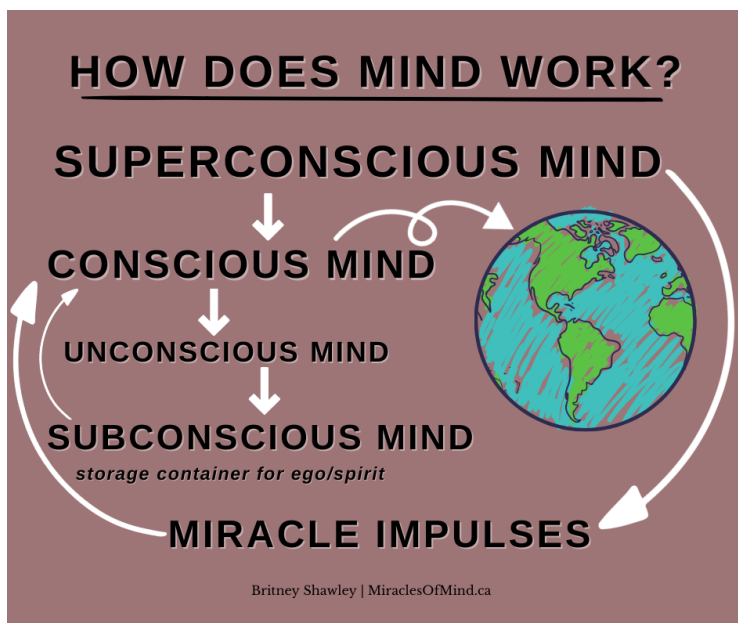
2. *“Am I willing to render being unhappy and being unhealthy as USELESS to me?”* What if you had the power to render unhappiness and lack of health as useless to you and it be taken from you? Imagine what it would feel like to really render unhappiness and being unhealthy as ‘useless’. Well, in A Course in Miracles we are told that if we are unhealthy or unhappy it's because we have a hidden reason to remain that way. We are also told that when we can see “no gain or value at all” in being sick, unhealthy or unhappy that there is “nothing that will not be healed at once. But we have to recognize that there is NO value or gain at all to being unhealthy. It's useless!

3. If you are unsure that lack of health or happiness is useless to you, then ask yourself: *“what am I getting out of maintaining my current thoughts and relationship to self/health/the kitchen?”* *“How is maintaining a lack of health/happiness enabling you to gain something?”* If you inquire into these two questions honestly, you will indeed see a hidden payoff. That hidden payoff is the very thing that needs to be brought to the light, so it can be undone and healed. When the payoff behind the “unhealthy” ways of being/eating is seen and healed, all the effects of being unhealthy and having lack of happiness dissolve along with it.

Document what you “saw” in response to asking yourself these questions. If you need help exploring the payoff, and seeing it as useless, reach out to me or our group.

“Healing is accomplished the instant the sufferer no longer sees any value in pain” -A Course in Miracles

Diagram of Mind



Take notice of this diagram and see that the Ego and the Spirit are contained with the Subconscious Mind. It is the subconscious that needs purifying (to clear out / tame the ego) and once it is purified the Spirit/Miracles/Love can rise up naturally and automatically. So we will focus on clearing out the subconscious ego blocks so that you are restored to your natural state of love and only love. The love (miracles) will spring forth from your own subconscious, up through the conscious mind, in connection with the Love that is the Superconscious and will then extend/project onto your world (experience/Kitchen) If you want to learn even more about this image, watch this

video I made over 9 years ago. [Love without Conflict: Diagram on Mind #ACIM](#)

You want to train your mind so that...

You are guided by Love/Spirit in the Kitchen and not fear.

Fear prevents us from being in the kitchen with all its excuses and doubts. Love encourages us to be in there and inspires us to learn and practice everyday. It's always a choice and available to us in every moment to choose Love.

Here is a quote from A Course in Miracles to drive home the point that we have a voice for Love directing our actions and we have the power to choose IT over the ego, everyday.

“Do as His (Love’s) Voice directs. And if It asks a thing of you which seems impossible (like having a whole and healthy kitchen :)), remember Who it is that asks (Love!!), and who would make denial (ego!!). Then consider this; which is more likely to be right? The Voice that speaks for the Creator of all things, Who knows all things exactly as they are, or a distorted image of yourself, confused, bewildered, inconsistent and unsure of everything? Let not its voice direct you. Hear instead a certain Voice, which tells you of a function given you by your Creator Who remembers you, and urges that you now remember Him.” - A Course in Miracles

Pay attention to your:

Attitudes + Feelings + Behaviors

In the Bible and A Course in Miracles we are told that *“By their fruits ye shall know them, and they shall know themselves”*. This is the same thing as saying: *“When you look at your attitudes, feelings and behaviors (which are the fruits) you will know whether you are listening to/ being ego or listening to/being spirit/soul.”* Paying attention to your attitudes, feelings and behaviors will tell you if you are listening to ego (fear) or spirit (love). The reason this is so, is because of what we discussed in the last section. Our feelings/attitudes/behaviors are the effect, they are the result of what we have thought and our thoughts are the Cause of our feelings. When we look at our behaviors and attitudes and feelings as a way to show us what voice we are listening to, we are using them to FREE ourselves.

Remember, everyone thinks with ego first, until they don't. So if you notice that you are thinking and feeling with ego often, refuse to slip into guilt or shame about it. Know it IS the human condition, we are all taught from this fear and we are all unlearning it together. There is nothing to feel guilt or shame about. But your awareness of this “slip into ego” is the very awareness that will get you out of it and into listening to a new voice. :) So be grateful to yourself when you notice you are listening to ego because that IS your opportunity to choose again.

Paying attention to our attitudes + feelings + behaviors helps us to:

- 1) admit when we are thinking with ego and just accept and allow that to be.
- 2) Take notice of the perceived need
- 3) open to a change in thinking and fulfilling that need
- 4) no longer blame others, the world, our partners, our parents, our periods, the weather for our upset.
- 5) see our thoughts and change our thoughts so we have a different experience.

Tools for Attitudes + Feelings + Behaviors

Next time you catch yourself speaking badly/negatively about yourself, cooking in the kitchen, or another person/ your life situation..... Or feeling bad for yourself or another in a way that is debilitating and all consuming take a moment to proclaim out loud and with all the energy in your heart and being:

CANCEL THAT THOUGHT and then PAUSE.

You hear “I suck at cooking. I can just get it right” CANCEL THAT THOUGHT and Pause.

You hear “I hate cooking” CANCEL THAT THOUGHT and Pause.

In this space you can pray. I will talk more deeply about Prayer at the end of this section, but for now, just know that if you need help canceling a thought, imagine your mind is like a chalkboard, and if you close your eyes you see a big black chalkboard there. You can even see your current thoughts and emotions written on the board and you can imagine your hand rising with a brush and you are wiping those thoughts/emotions off a chalkboard. Wipe them completely away until they are gone. And in that space you can DECIDE for love instead. This IS mind training. This IS necessary if you want peace/calm, in and out of your kitchen. You must witness your current thoughts and feelings, cancel them, and let them be replaced.

You will notice as well that if you have a bad attitude (conflicted), if your emotions are all over the place (narrow range, often negative, not wholly joyous), or if your behavior is erratic (strained or unpredictable), you can guarantee you are listening to the wrong voice (ego). When we realize this in ourselves it gives us an opportunity to ASK for another way to see. ASK for another emotion to feel. ASK for a shift in thinking. This asking is you demonstrating your willingness to receive a new perspective, a new feeling, a new action, and you WILL receive it. The more you experience that asking and trusting in your superpower, the more it will become natural for you.

If you were listening to Spirit, and Love was guiding your attitudes and behaviors in the kitchen- how would you show up? What would mealtime be different? How would you feel?

“Beneath every behavior there is a feeling. And beneath each feeling is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom.” - Ashleigh Warner

If you are not yet showing up in the kitchen with Spirit, what need is being unmet in you. How can this need be met in you, by you?

Radical Acceptance

It's important to point out that no matter how you feel or behave, no matter how good or bad it is or if it's coming from ego or Spirit — accept yourself. When you accept yourself where you are and in whatever state you are in it is FAR easier to get yourself out of it (or to ask for help to get out of it). Its when you hear thoughts like this “oh hear we go again”, “I should know better by now”, “this needs to be happening faster”, “I have done all this work and yet its not working for me”, “I suck at this”, “What the Fuck is wrong with me” etc that you know your ego is using your mistakes against you. That's not what this work is for. This work is to free you from ego, so that you are free to be yourSelf and no longer beat up on yourself. But you cannot BE fully yourself until you accept yourself fully where you are.

Affirm to yourself:

“Its okay to not be okay right now”

“It's okay to be right where I am. I accept myself exactly as I am”.

“I do my best and my best is enough”

“I am enough”

When you meet yourself where you are, so can Spirit/God/Love.

Going forward....Refuse to tell yourself anything negative about yourself.

Practice the “Cancel and Pause” practice when a negative thought arises. As soon as you notice negative thoughts Say Cancel. Then Pause and receive a new thought in its place. Your ego does not want you to succeed and it starts to tear you down through negative thinking that makes you think you are “not good enough” where you are. But you ARE good enough, because of *who* you are truly, and as you accept this, you will grow into the self that knows herself as good enough and you will create delicious meal creations that are also good enough (maybe even better than good enough :)) It all begins with acceptance and being vigilant against negative thinking in your own mind.

Mind Training Tools

1. Watch Your Thoughts



Your simple mind training tool is to “watch your thoughts”. Along with watching your feelings, and behaviors, watching your thoughts is essential for shifting our kitchen experience. You can always trace a behavior or feeling back to what you're thinking to get real insight as to what is the driving force behind your feelings and behaviors. “What am I thinking” is one of the most powerful thoughts you can ask to help bring your attention to where it needs to be for true change.

When you commit to watching your thoughts and observing your thoughts, you begin to see and learn that you are the observer to your thoughts, not the thoughts themselves. You also begin to realize that just because you think a thought, doesn't make it true. You have to ask the thought “is that true?” and really inquire into the answer. Because otherwise, you may be handed a thought from ego that is tempting you to make a

selfish, painful, not helpful nor loving choice. In time, you will be able to discern between ego and Spirit, fear and Love, but for now you are practicing Mind Watching/Training so you can discover the difference inside yourSelf.

As you continue to watch your thoughts, you will start to see that some of them come from fear (ego) which are the main blocks to cooking well and often, but some of your thoughts come from Spirit and are loving and supportive and encouraging of this transformation you are embarking upon. Just notice it. No need to judge it or be upset about it. Just observe the thoughts without judgment.

a) Ask: “What am I thinking?”

Imagine if you are floating up and looking down on yourself.

Take a “birds eye view” and watch your thoughts.

“What are you thinking?”

Ask this question in meditation. Ask this question throughout the day. Ask this question

when you are triggered. Ask this question anytime you can remember. It puts you into a helpful and mindful inner perspective. This mindful perspective is NOW, and Now is where peace is, truth is and guidance is. So saying “What am I thinking” is not only to have you truly see and become aware of what you are thinking, but it is also to bring you into the presence of this now moment.

There will be some thoughts you become aware of that you will be grateful for. Take a moment to acknowledge their beauty and be grateful. Then there will be times where you have thoughts that are more negative or mean in nature, simply call “Bullshit” on those thoughts. Just because you think a thought does NOT make it true. The thoughts that come from fear, doubt, judgment and the past have to be canceled by you and refused to be believed by you. You have to see them, admit to them and then call “bullshit” on them. So be aware of your thinking, but know that YOU control your thinking and YOU choose what you hold in your mind.

I have found that when I notice an untrue thought in my head like “you are stupid” and I say “I am wise enough to know this thought is not true about me (I cancel this thought). Slowly but surely over time the thought “I am stupid” leaves my mind. But it often takes time. It takes time to 1) notice it 2) apply a new thought 3) see that you actually are wise not stupid 4) accept your wisdom in place of stupidity. So do these activities as often as you end for as long as you need until the change happens. Be patient. Be consistent.

Now that you are going to practice Watching Your Thoughts and asking “What Am I Thinking”, You can ask another question which will help you to linger in the space a little while longer.

The more you rest in this space, and become present inside yourself, the more you will be able to hear the Spirit’s whispers of love and truth.

The next question is:

b) I wonder what my next thought will be?

Pause. Observe. Listen. You can ask this at any time, but meditation often seems to be the most fruitful, as you can pause and listen in the space for as long as you want or need.

Document your findings here.

And then, consider the Kitchen or your Self and ask yourself:

c) What would I like to think about?

Pause. Observe. Listen.

This is where you get to CHOOSE what you want to think. And CHOOSE what you want. What do you want to think about yourself, about cooking, about being in the kitchen? Pause and listen within, then Write your answers here.

**** Once you write your answers Take a few moments and sit with each thought. FEEL into it. Let it RADIATE from you and through you. Imagine yourself experiencing it now, having it now, feeling it now. Make it come alive in you and be so deeply grateful for it in every single way.**

“There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the feeling of it even before its manifestation and then joyously watch the unfolding as, piece by piece by piece, it begins to unfold. That's the feeling of your hands in the clay.” -Esther Hicks

Before you cook, before you eat, before you wake up in the morning, before you go to bed, before you speak, before you make a decision, do this:

2. (PCC) Pause + Connect + Continue

This is probably, to me, the most useful tool as it is your way to signify that you are CHOOSING Spirit. This is a way to “step back” and let Him lead the way.

When you Pause, you are stepping back and away from ego and creating space for Spirit to speak/guide instead.

When you Connect, you are connecting to your heart, to your Self/Soul, to Love, to God, to Spirit, to Others that are around you. It's a way to feel One with others, and in your oneness is your wholeness and peace. When you Connect be sure to Breathe, as you are washing away any static in the mind or heart or energy field and pausing long enough to receive a shift in energy and thought. When you connect and breathe, look at it as a silent prayer. You are ASKING to be used, Asking to be healed, Asking to be helped, Asking to help. Your pausing and connecting to your heart is a Prayer that says “Use Me” (in gratitude).

When you Continue, you are now doing so being connected with all that is. You are no longer alone. You are no longer led by your ego. You decided to pause for Love and Love came to answer that call immediately. Now you can continue on in whatever you are doing with more peace and connection and gratitude than before. Good on you!
Practice this tool in any way you can, all throughout the day.

3. Morning Routine

Every morning is a chance to begin again. It's a chance to choose again. It's a chance to RECEIVE. My morning is my sacred time, to connect with my soul and let myself receive

the peace of my soul. It's also the time that once I am done settling inwards, that I can decide what I want to eat that day, while I warm up my water to add lemon to it.

Morning routine is also helpful because if you had a bad day yesterday, you can choose differently when you wake up in the morning. The mornings can become mental, physical and spiritual windshield wipers to help you start your day in a way that aligns with what you want. But you must decide for your mornings to be used this way, otherwise the days just roll into the next. Be intentional with your mornings, decide for how you want to show up in your kitchen, decide for what you want to feel, decide for the kind of day that you want.

I am consistent with 6 things in the morning. Prayer (set my daily intentions for what I want) + Gratitude (for the small and big things) + meditation (listening/energy upgrading) + read my A Course in Miracles lesson (any spiritual scripture that resonates with you would do) + stretch/breathe + Lemon water. This can take anywhere between 20 minutes to 60 minutes. Sometimes I do them all together, sometimes I sprinkle them through the morning/afternoon. There is no wrong way of doing it, just decide and then do

Do you have a morning routine? What is it? How can it improve? What do you want your morning routine to include?

For an enhanced morning routine, watch these videos:

Nutritional Morning:

 **The #1 Thing I do in the Morning for NUTRITION**

Mindset Morning:

 **The #1 Thing I do in the Morning for MINDSET**

Breathwork Morning:

📺 [MORNING PRIMING GUIDED] 10 minutes morning PRIMING routi...

- This is a breathwork meditation.
- The arms start as an L shape, elbows by the side, hands pointed up. On the exhale you reach your arms to the sky, on the exhale snap them back by your sides (keeping hands pointed to the sky the whole time. The elbow is what bends and straightens quickly)

Meal Plan Morning:

Fill out your meal plan for that day- download:

<https://www.wholeandhealthykitchen.com/download/38684/?tmstv=1678744620>

Spiritual Morning:

Check out the “Rules for Decision” Chapter 30 in A Course in Miracles.

Want help setting up your morning routine?

Fill out this form and watch these videos:

<http://miraclesofmind.weebly.com/thank-you.html>

(However, these are olldddd videos of me and my morning routine, a lot has changed since I made these videos. Not the education one, but my morning routine video.)

Important things to Remember from this section:

1. Ego speaks loud and first. It speaks erroneously for who you are and what you are capable of. Refuse to listen to ego / anything negative about yourself or another
2. Spirit is the still and quiet voice for Love in your mind, who has as its purpose the role of correcting your thinking and guiding your actions.
3. ASKING is your superpower
4. Your emotions and feelings point to what you are thinking (and what voice you are listening too)
5. Accept yourself exactly as you are. Be grateful to yourself for where you are and how far you've already come.
6. Practice “watching Your thoughts” and questioning “what am I thinking.” This awareness is the first thing that is needed for true shifts, changes and transformations to occur (inside and out)
7. When you notice a Negative Thought affirm immediately “I cancel that thought” and then Pause so the thought can be replaced with something new.

Also remember your 3 Tools for Sanity and Success.



“May you accept yourself just as you are.

May you be free.

May you be healthy.

May you be loving.

May you be peaceful

And know that you are Loved.”

Kitchen Alchemy Mindset Module Lesson Three

3 - Undoing Blocks & Correcting Mistakes

There are a few things in the kitchen that seem to trip people up. No, I am not meaning wet floors. I am meaning when we make mistakes. We must learn that it's okay to make mistakes. Both mistakes in thinking and in cooking.

You are given the 'how' to correct mistakes and undo blocks here, which will translate to your ability to roll with mistakes in life and the kitchen and not let it stop you from cooking or thriving. All you have to do is apply these tools in order to experience their promises. Remember, the undoing of blocks happens through you, it is the job of Spirit. Your job is only to look at your thoughts, question your thoughts, ask for help and be willing to let your thoughts/blocks be undone and corrected from within. If you want support in anything that is shared here, be sure to let our community know. We are here for you.

Perspective Shifts

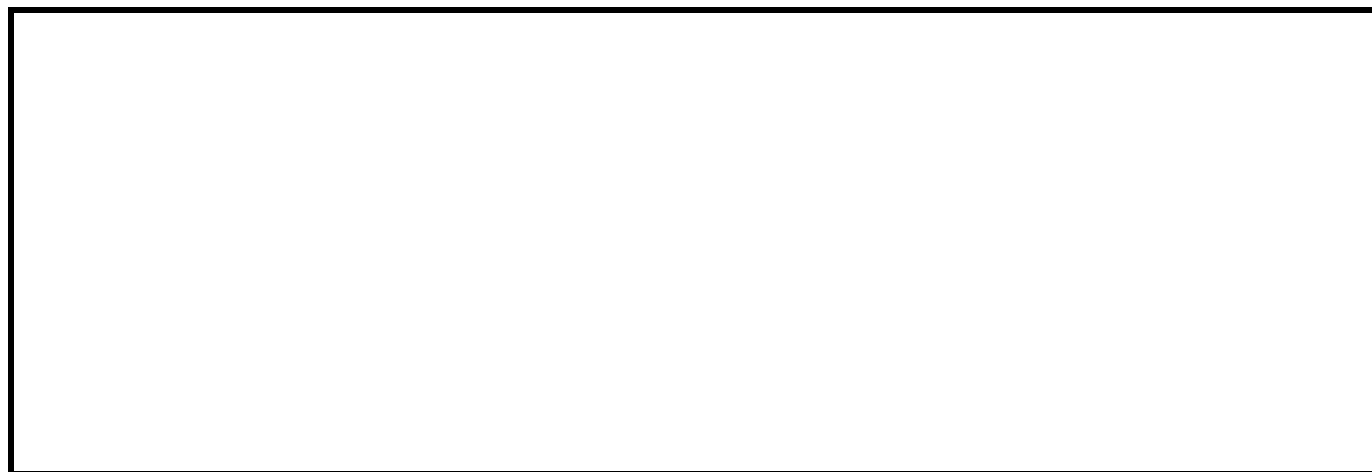
When we notice we've been doing something in one way and that way is not working anymore, it's most wise to focus on perspective shifts. When we shift our perception about something THEN the action changes. Below are a few examples of where we can be mistaken in our thoughts / actions, along with some questions to help you shift your perspective around it.

1. When I make mistakes...

When we make mistakes it's far too easy to slip into self doubt or upset or self hate. I find, however, that mistakes happen all the time and we are meant *only* to learn from the mistakes, not beat ourselves up about them. So going forward, I want you to know it's OK to make mistakes and what matters is only how you handle the mistakes when they happen.

You must think on your feet when problems happen in the kitchen. This is why when mistakes happen...ask yourself..."what can I do so this never happens again." This is how you can take the perspective of a "problem solver" instead of "beating yourself up".

Also, be proactive. Decide now how you will speak to yourself when you make a mistake going forward?"



2. When I look in the mirror....

I see the truth about me and not what my physical eyes see. All changes first happen within, and then extend outwards. This is why if we want any fundamental change, it goes hand in hand with changing how we LOOK at ourselves. We must learn to look beyond the physical appearance and INTO our heart and soul. We must begin to look upon ourselves with our inner eye, our spiritual eye... in order to see ourselves (the love that we are) instead of the body. The body is what we have. Our soul is what we are. And we can begin to see, appreciate and even love ourselves as a Soul the more we commit to looking for it, and onto it, in ourselves (and also others). When we love who we are, we will also begin to love our body. When we love our body, our body changes. It happened with me, and can happen with you too!

For example, many years ago I noticed that I would either look in the mirror and point out my flaws or avoid the mirror as I did not like what I saw. I soon realized that how I Looked at myself must change if I wanted anything else in my life to change. This is when I began to look into the mirror and focus on my eyes. I would stare at my own eyes and look into my soul and see the light that is present there. I would then speak to myself like a loving mother would. I would care for myself, have compassion for myself, and extend love to myself. I let myself learn how to look past my body and onto the light of my Soul. Soon enough my light became all I saw. I was able to say “I love you” to my body even though my ego mind wanted to focus on what was wrong and needed to be changed. I stopped being critical and started to see ME. The more I saw myself, my soul, my light and acknowledged it....the more those things that I was critical of fell away!! They just disappeared. The acne cleared up, the bloat lessened, the weight fell off and my muscles began to become much more defined.

My body changed as my mind changed about myself.

So for you... when you are looking into the mirror I want you to refuse to judge.... and instead, really LOOK at yourSELF. Look into your eyes, into your soul, feel your beautiful heart. And then, if you want, affirm these words, as a loving mother would, to yourself:

“I love and accept myself exactly as I am” and

“I am enough. I have enough.

And repeat each sentence at least 5 times.


Each time you say it, you will become more and more convinced of the truth that you ARE enough. You were created whole. You were created as Love by Love and You were given everything in your creation, even your ability to learn how to cook. The more you acknowledge the presence of your own soul AND your worth, the more you will commit to small acts of love in the kitchen and beyond.

Write this on a sticky note and put it on your mirror. Say it everyday until you mean it with all your heart and soul. You are enough. So very beautiful. And so very loved.

*“I am enough.
I have enough.*

I love and accept myself exactly as I am.”

When you love and accept yourself as you are, you are no longer beating up on yourself for where you are (which keeps you stuck). Instead, you meet yourself where you are and can grow, evolve and change from there.

 *“The happiest person is the one who constantly brings forth and practices what is best in himself or herself. Happiness and virtue compliment each other. Not only are the best the happiest, but the happiest are usually the best in the art of living life successfully. God is the highest and best in you. Express more of God’s love, light, truth and beauty, and you will become one of the happiest people in the world today.”*

3. If I am not appreciating, I am judging.

It's true if you are not appreciating and being grateful for your meal, yourself who cooked it, those who provided the means to buy it, the grocery store that had it, the farmers who

grew and harvested it, the earth that nourished it.... Then you are judging, because Food is an integral part of Life on Earth, and there is so much to be grateful for about it!!!!

While here, we must cook meals (nourish) 3 times a day every day for the rest of our lives. We must learn to appreciate it, love it, and be grateful for it. And when we do that, we experience its blessings, creativity and ease. If we are judging it as too hard, not fun, too confusing, too overwhelming, you will miss the potent experiences of connection and communication that soothe and enliven the Soul through cooking. So focus on gratitude, remember what about food and the kitchen you are grateful for. Hold it in your mind, Feel it in your body. Cook with gratitude.

Diving Deeper

In this section I am going to ask you some more questions that will provide you with a way to truly SEE what's hiding beneath these current approaches to Self and Health. We want to see what's hiding underneath, as what's hiding in the dark is the very thing that needs the Light!

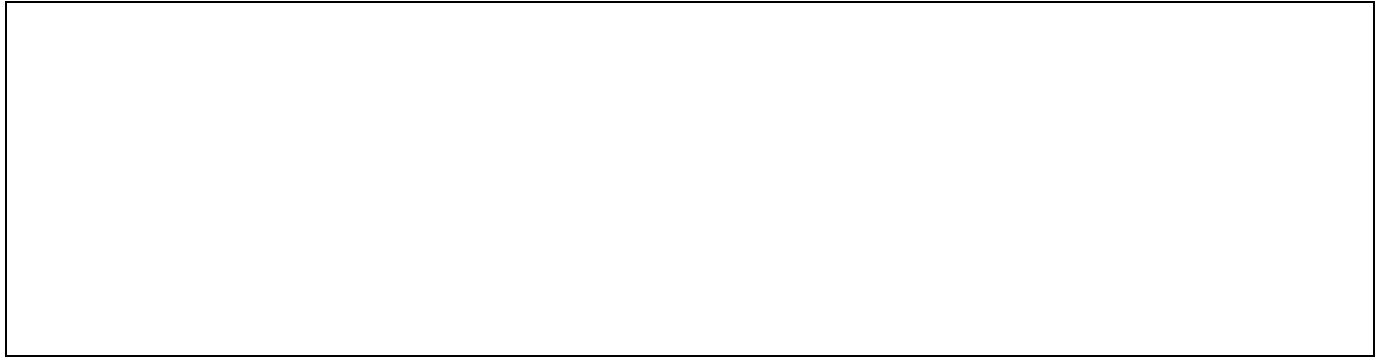
These are the most important questions to ask / answer, and also the questions I want to hear about the most. Feel free to share them with me privately, or in our private facebook group.

Our goal here is to become aware of our ego chirps, to become aware of our shadow side and OWN it, but also choose to no longer listen to it.

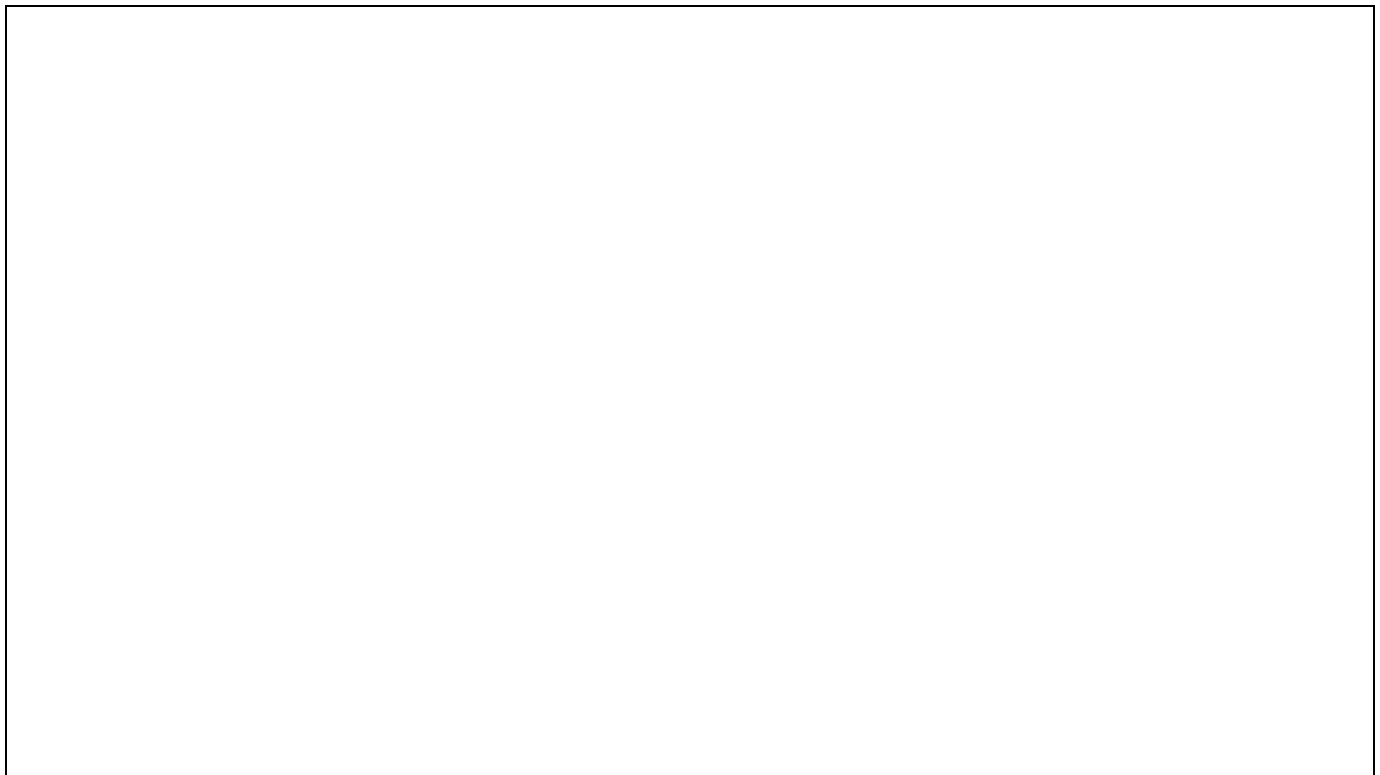
Exposing Ego and Awakening Soul

What are some labels your ego / shadow self would give to you?

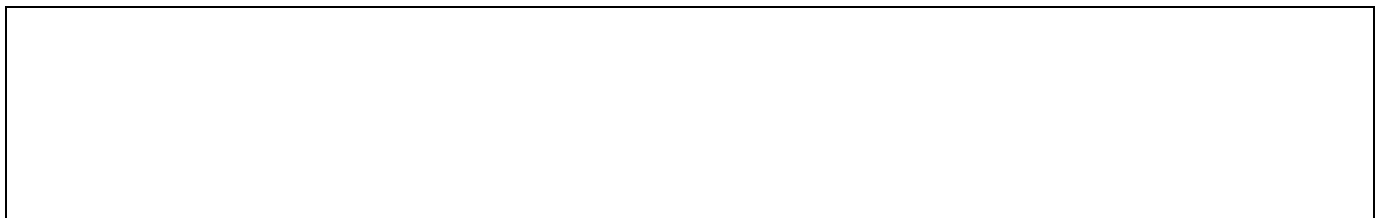
What are some labels your soul / holy spirit would give to you?



Are there any thoughts or stories that need to bubble to the surface for you to see and feel and process? It is safe for you to do so now.



What beliefs around cooking and my self image might I have learned from observing my family?



Imagine, who would you be without your stories??? Write it down!

Reframe Your Thoughts

If you are wanting to transform your kitchen you **MUST** transform how you see your kitchen. When you transform how you see your kitchen you will also be transforming how you see yourself. These shifts go together, as One, and are incomplete without the other. Reframing thoughts is when you actively notice unhelpful thoughts in your mind and reframe them into more useful thoughts. The reason why you do this is to retrain your mind to think new thoughts about the kitchen (and yourself). Of course, first its observation. You must observe your thoughts. We did that in Mindset Lesson Two. Continue to do that, but now, when you notice your thoughts, you can also **ASK** to change your thoughts. You can choose a new way of thinking. And let the former thought be undone through Love's corrected perception (new thought).

Here are a few common examples.

Cooking is an obligatory chore to be mastered	Cooking is something to be enjoyed, with a delicious reward at the end
Cooking is hard and overwhelming	Cooking is a skill to be learned like anything else, with practice I can find ease and grace as I cook.
I don't like my kitchen	I am grateful for the kitchen that I have
I do not have enough time to cook	I make time for what matters to me, my health and families health matters
I do not know what to cook	I can research what to cook
I suck at cooking	I am willing to learn to cook
I always feel so rushed when it comes to making food.	I can 'be prepared ahead of time' and "think things through"
I have such picky eaters	I will cultivate adventurous eaters by being an adventurous yet compassionate cook
I hate cooking	I have yet to discover what I love about cooking, but I will and I am
I cook so my kids are no longer hungry	I cook to nourish the growing bodies of my babies
I have to cook	I choose to cook
It's hard to find foods my kids like	The more I find food that I like, I can share it with them and include them in the process. They will become more adventurous overtime. I will not give up!

Any other thoughts you might be thinking or beliefs you are holding about yourself, cooking, food, God, life?

Reframing Exercise:

In Mindset Module 2 you were instructed to practice mind training by asking “What am I thinking?” This is an excellent tool for mindfulness. This time let’s apply this tool to a specific “problem”.

Ask Yourself: What am I thinking about Food (and cooking) that is preventing me from cooking wholesome meals consistently?? What am I thinking about my Self that is preventing me from cooking wholesome meals consistently?

Write your answers in this box. Really observe your thoughts about this. Keep adding to this list the more you learn about what you think.

Now, take the answers in the box above and reframe them here. Literally pause, hold the answer/thought above in your mind and ask “how can I see this differently?” How can I reframe this thought to become more loving?”

“The only thing standing between you and your goal is the story you keep telling yourself as to why you can't achieve it.” Jordan Belfort

Awareness of Blocks

We all have inner blocks to cooking in the kitchen. Some have “not enough time,” Some “don’t know how to cook” and some say they “don’t know what to cook”. All of these inner blocks are narratives we tell ourselves, and they will be our reality for as long as we believe them. But when we start to question these blocks (and reframe them) they begin to lose power for us.

There are also blocks that we have that come from the world around us.

Let's explore these kinds of blocks now, so we can question these as well, and for these as well to lose their power.

What are the blocks?

- Sometimes the blocks come from what we witnessed (or didn’t witness) in regards to our parents', grandparents or guardians relationship to food
- Sometimes it is a trauma inducing event that we tried to mask with poor food decision
- Sometimes we are just never taught about food and nutrition or the kitchen...and it's scary
- Sometimes it's our diet culture that conditions our behaviors and opinions through fast food ads and diet fads, confusing our food decisions.

- Sometimes it's our thinking about cooking that is our block, such as: “cooking is a dreaded chore” or “I don't have enough time to cook” or “I do not like cooking” or “I suck at cooking” or “ I don't know what to make.”
- Sometimes it's seeing ourselves as a body instead of what we are
- Sometimes it's other people's opinions and judgments on us
- Sometimes it's a combination of all of the above

One thing is for sure, even though all of these are factors that affect us, we are ultimately responsible for learning them or thinking about them. So now that we are more aware of where our blocks might be going in regards to food, let's look a little bit deeper.

Let's explore these possible blocks:

Food Traditions

When you think back on childhood, what did your Mom, Dad, Grandparent, Caretaker demonstrate to you about cooking? If you are like me and the majority of my clients, you probably would say something like this: *“I don't enjoy cooking, I don't know what to cook..”*

It is important to notice when you are telling yourself *“I don't enjoy cooking”* and examine the thought to see if it is true, or just learned. Perhaps growing up your parents showed they didn't like cooking, maybe that was through lots of take out, fast food, or quick processed dinners. Most of the time our unquestioned thoughts tell us untruth, and we believe them simply because we have not questioned them yet.

You would question a thought like this.

“I don't enjoy cooking”

Is it true you don't enjoy cooking?

Is that really, truly true?

When we get to the root of our thinking about all this, the answer is often *“I don't know if this is really truly true or not ”*. Which is a great place to be! Because you are then open to see if you don't like cooking or if you just need to learn some skills of the kitchen to feel more comfortable there. Either way, examine those thoughts around food, and see what your food traditions are.

What rules and traditions did you witness in your childhood that fostered a healthy relationship with food and which ones contributed to challenges and negative connotations towards food or cooking? Be as honest and as detailed as you can be.

Which patterns, traditions and attitudes do you not want to use any more?

What are some new traditions / patterns that you WANT to have that you were not taught when younger, but want to learn / have now?

(example: meal planning, dinner with family on sundays, pray before meals, consistent home cooking, more well-balanced meals with vegetables etc)

Unmet Needs

Getting clear on what “unmet” needs you might have can help you to fulfill them properly, instead of through food. Food is clearly more easily and readily available than any other drug, but let’s get clear, when we are using food outside of the purpose of nourishment, we are using it as a drug and it has become an addiction. I know for me, I had to realize this before I asked for help with and received help for my binge eating disorder.

A question that helped unlock what my unmet needs was “what void am I trying to fill?” Because clearly there is a void I am trying to fill if I am stuffing myself with food. My need was to feel love and know love and feel loved. Only when I admitted I was using food lovelessly, and that I NEEDED to feel Love, could I head in the direction of discovering Love inside myself.

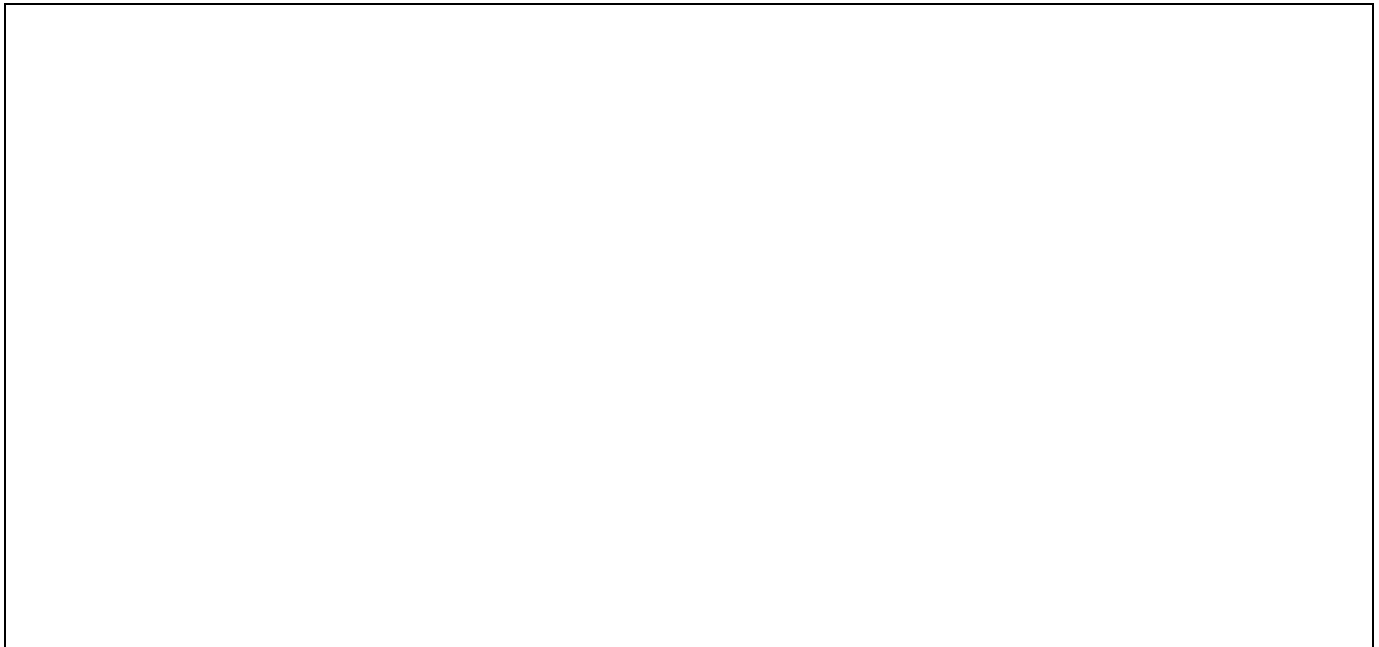
When you ask questions like “*what need is not being met in me*”, you are opening up to learn how you can meet that need in yourself, so you can share it with others and return to wholeness.

Unmet needs will rev up the hypothalamus which will make us eat more food. Let’s discover what some of these unmet needs are through exploring which areas of life are undernourished.

Which areas of my life are undernourished?



What are 3 things I can do to nourish those areas?



Diet Culture

We are all a little confused about food to eat because of diet culture wouldn't you say? Because I mean, you can only be healthy if you are thin like a model right? Or eat only vegan or raw food right? Or vegetarian at least? Oh wait, there is that new study... Nope,

now you're healthy only if you are a paleo, or follow the keto diet. Oh wait, let's just be breatharians shall we, and not eat at all! Or forget all of it and just eat processed fast foods that we are shown on TV and billboards all the time. Just Kidding, obviously, but seriously! We are not told HOW to eat or WHAT is healthy. We are told TO eat, and this “what to eat” is sponsored by marketing ads that have a lot of money to tell you to eat their packaged and processed “goods” instead of fresh whole foods. Marketers do not make money from fruits and veggies or healthy people, that's why we see ads for oreos or mcdonalds but not for home cooked meals. Food is seen as a business in our world, not a service of health. We are learning to see food as a service, as an act of love as a way to nourish and as medicine, but we will not believe this unless we see all that we learned from diet culture first, and actively decide, through the power of decision, not to believe marketing narrative anymore.

In this section we are doing two things. 1) Look to what you were taught about food, through diet culture so you can choose to no longer believe it and 2) Look INWARDS first, for what your body (and your family) actually needs.....so you can override the traditional paradigm you took on from diet culture, and instead eat according to your needs and nothing else.

What have I consciously or unconsciously absorbed in regards to body type and food, through diet culture?

Am I willing to forgive myself for falling for those superficial social norms of beauty and health? And why?

Distorted Eating

“Our bodies are striving for balance, and will overcompensate with food when necessary”

This is why your body is not against you, it just needs to be listened to and given what it truly needs.

Distorted eating is the symptom, not the problem. This leads back to our conversation on Cause and Effect in the first module. Distorted eating is the effect of erroneous beliefs and patterns that have been accumulated over time. If we want distorted eating to end, then the hidden beliefs need to be seen and corrected.

Here are some transformational tools to help with this:

1. **Ditch will power.** Remember it is not you that heals you, but God through you does. Your willpower is not enough. It's limited. You need His Will to help you and this requires you admitting step #2 which is “God will restore you to sanity”. So your best bet here is pray, pray to ask for strength and his power to be in you and to help you to heal and choose differently.
2. **Set Boundaries.** I learned early on that I had to structure my behaviors around healthy eating, so that my eating was NOT structured around compulsive behaviors. Boundaries helped me to know what to eat and when to eat, when I could no longer trust my body or myself to tell me what is right. These boundaries are like the boundaries we give our children to keep them safe. The kids may not want to follow them right away, but when we tell them not to run around the pool and they slip one day while running, they will learn that these boundaries are in place for their good.

Do yourself some good, and do not let it get to having to slip on the wet pool floor to learn. Just acknowledge that you need help, and boundaries can definitely help.

3. **Satisfy Life Needs.** We mentioned this above in this section. Those tips can be applied here, but it's good to know that meeting your life needs will help to “fill the hole” you perceive within so that you no longer fill it with food.
4. **Fall in love with what your body is capable of,** not what it looks like. The looks are superficial and always going to change. Fall in love with what your body is capable of and what it is for and you will always have love and gratitude for your body and all the ways it is being used here.
5. **Bring Awareness to Unconscious Beliefs.** Your beliefs are the root problem. Your beliefs are what drives this behavior. But oftentimes these beliefs are hidden, until we look for them. I encourage you to look at what beliefs you are holding about yourself, food and the problem you are trying to solve with food. (I have given you 2 questions to ask yourself below)
6. **Rewire Unconscious Beliefs.** The rewiring happens through you, not from you, but you do need to be willing to question beliefs, look for beliefs, see beliefs and work on them with Spirit. I give some tools for undoing blocks (rewiring beliefs) at the end of this module.

What do I think distorted eating is helping me with? What problem am I trying to solve?

What beliefs am I holding around this problem that I need to see, feel and then let go of?

Shame

One of the main emotions I hear my students have when it comes to them realizing they are NOT caring for their health through food as well as they could, is shame. They feel shame for eating fast food more often than they should, they feel shame for not cooking healthy foods as often as they should, they feel shame for not knowing how to chop certain veggies or fruit, they feel shame for the mistakes they have made in the past. This shame is a definite block to love, and acceptance of yourself where you are. Shame is described by Brene Brown as *“intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.”* Notice shame is a BELIEF, it's not a reality. And even though we may believe we are shameful, we can also call “bullshit” on shame, and refuse to let this belief impede upon our view of self or cooking. An incredible thing about being in the kitchen, and eating food around a table together is how soon we feel worthy of love and belonging through shared acts like eating and communication. We just have to bust through the beliefs of being shameful, in order to get to the thoughts and actions that prove to you that you have nothing to feel shame about.

Am I willing to learn and remember that these blocks are what I learned, but are not the truth about me? And am I willing to let them go of these blocks through the power of my own decision?

Sometimes imagining if you are laying this shame down at Jesus' (angels, divine, light's) feet can help you to truly let it go to be cleansed from you.

Overwhelm

Overwhelm is here to teach us two things.

1) It is here to teach us to pay attention. When we bring attention to what stresses us, annoys us, triggers us, frustrates us, overwhelms us- we are better able to realize overwhelm is here to teach us something, not to just make us feel bad or like we are “unable” to do something, like cook.

I find when overwhelm comes, it's asking the question *“What challenge am I dealing with, and how could I deal with it differently?”* This question rises to help us step back from the overwhelm, and reassess, so that we can try again a little bit differently. Overwhelm is saying “how you're doing it now, isn't working” BUT “there is another way, so step back and figure it out”. There is no guilt here, or shame... only willingness to pivot and try a new approach.

2) Overwhelm is also here to bring with it wisdom to help you change for the better. It's telling you that **“you are important!”** Look at all these tasks and things you have to do, **“you matter!”**. Heed these words. Listen to the meaning behind them, and realize that when you notice overwhelm or anxiety, you can remember how important you are and how much you matter.

I want you to discover your value and glimpse at how important you are. Not only to your family, but to our world! You have gifts (and good food!) to give to this world, and the more you give, the more you WILL receive. But you must give from a place of flow, that is

aligned with your goals and your why. That is why in this section we will talk more about goals and in the next section we will talk about your WHY! Then you will be empowered with the holy trinity of overcoming overwhelm: 1) mind training to transcend the thought system of ego, where overwhelm comes from 2) Goal setting to know where you're going and 3) Discovery of your WHY so you see purpose and meaning in taking the steps needed to reach your goals and overcome overwhelm.

“*The only way to eliminate overwhelm is to transcend the thought system that projected it.*”

- Jeffery Thompson, DC, BFA - Neuro Acoustic Wizard .

Quote from the Documentary Heal on Netflix (I recommend you watch it)

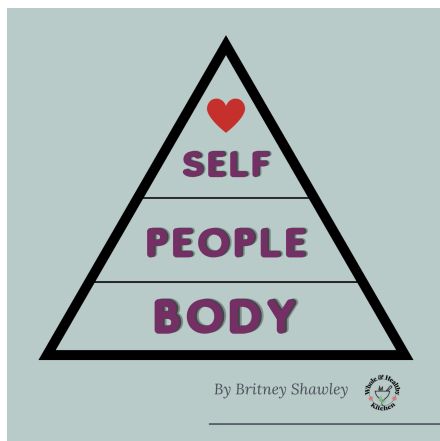
Give a few minutes to contemplate the question and see what rises for you. We've already mentioned a few things in the opening paragraphs of this module, but see what rises from within you

What is this overwhelm here to teach me? How can I see it and myself differently? Write it all down.

“What is this Overwhelm Here to Teach Me?” How can I see it and myself differently?

Body + People + Soul

If we JUST focus on caring for the body, of course, we are missing the emotions, mind and spiritual connection that make up whole-health. However, many esoteric or metaphysical teachers will often leave out the importance of body care because of the truth that says *‘only the one mind and soul are (eternally) real’*. They deduce that if you focus on or care for the body that you are “making it real”.



Yet when we focus on the body, and check all the boxes of its needs, it functions optimally. When it functions optimally we don't have to think about it or worry about it. It's healthy, it operates well and it can be used to do what we need (what God needs it) to do each day.

When we don't care for our bodies is when we get sick bodies and have to pull away from others and the world to tend to illness. But when we care for our bodies is when we can let it drop in importance in our mind and allow our soul/self and the soul/self of others to shine on as the most important thing in our perception, all the while caring for our bodies so they operate most optimally.

SOUL / SELF

The most accurate approach / perspective of Self is to see Self and others as SOUL. Soul is our identity. The soul is eternal and unchanging. It is whole and forever a creation/effect of God. We can then learn how to Live AS a Soul which is the SELF that we truly are. When we do this (put Soul first) is when our Soul (which IS Love) will naturally love others and we will naturally Love (and care for) our bodies that house our Soul while we are here.

So it's important to remember that we are a SOUL that has a body. And that as a Soul we can and will care for our body and the growing bodies of our children most naturally.

Tools to help remember Self as Soul:

1) Practice looking for the Spark of Light in another. There is always, no matter how dark, a spark of light that we can look for and SEE. When we see the spark of light, it will illuminate our minds, helping us to think clearly and see truly. Therefore, commit to seeing and knowing Self as Soul: “*Everyday look for evidence of you being a Soul!!! “

2) [Watch this video](#) of my experience coming to know my Real Self as Soul (not body).

PEOPLE

People surround us. If not in our family, in our world. It's important to focus on other people, not just ourselves. When we focus on loving others, it is when we are in alignment with the Spiritual law of “giving as you want to receive”. When we focus on loving others, food is often a part of that. We can chat over tea and homemade scones. We can chat over a sandwich and soup. We chat over the lasagna we brought over to the neighbor. Food brings us together with people. Food is a way to bless or extend gifts of Joy to others. Food unites people.

This is an extremely important point to remember, because when one starts to feel more depressed or low in energy, they naturally pull back and away from others and from life. This is why ‘connection’ is at the root of healing all problems and addiction. When you connect with your heart, connect with your family, connect with the person serving you food, connect with the person at the grocery store, connect with your friends....and treat them like they matter and are part of this united field of unity and love, then you will receive back upon you the feeling of connection, unity and love.

When I stopped thinking about food for myself alone, and started thinking about what I will cook for my husband and kid, is when my relationship to food drastically changed. I started to think of food and how to GIVE it, instead of thinking about food to simply make my body look better. The purpose changed, and it was FOR giving (spiritual law) instead of being about myself, and my body and making it better or skinnier. Serving others is yet another way to put Love (Soul) first, which in turn guarantees your success in the kitchen and beyond.

Here is an exercise for you. Close your eyes for a minute. I want you, in your mind's eye, to focus on one person. No matter where you are or what's going on, imagine that person in your mind and beam love to them from your heart. Extend them kindness and well wishes and even say a silent prayer for them. As you do this, feel your heart grow bigger and your mind become calmer. This one person represents the whole human race. Give so much love to them, fill them with the love that is in your heart. Notice that you cannot do this without you receiving the love, too. Same thing goes for applying love in the kitchen. As you focus on giving love through food to others you will not not be able to receive it.

“When we heal, we are not healed alone.” - A Course in Miracles

BODY

When we focus on the body as what it IS (a vessel, a channel, not our real identity, a container to express God's love and communication) we can then engage with the body most accurately and helpfully.

As confirmed by scientists such as Andrew Heuberman and Sam Harris and others, we now know that the body is only a container, and we are its passengers. The body itself is an illusion. It's a collection of particles and bacteria that make up the human form. Look down at your hands, arms, they are outside YOU.

If you want to meditate, what do you do? You close your eyes and go inwards.

YOU are inside, this body is the container for what we are, while on earth.

So when we see that we are not this body, but the energy, the life, the light that animates this body is what we are... then we can start to see our relationship to it differently.

The body becomes a lot less important in relationship to who we are, but more important in the sense of gratitude and respect for what the body does and how it functions. Which leads us to want to care for it as much as possible.

I care for my body every week in these ways:

1) exercise (3 x week)

2) well balanced nourishing meals (80% of the time)

3) deep sleep (every night)

4) lots of water (Everyday. approx. 15.5 cups (3.7 liters) of fluids a day for men. About 11.5 cups (2.7 liters) of fluids a day for women. children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk. This increases for older kids to around 5 cups for 4-8 year olds, and 7-8 cups for older children.)

4) energy upgrades (everyday through visualizations, breath or meditation)

“I am not a body I am free, for I am still as God Created me” - A Course in Miracles

IF YOU ABUSE YOUR BODY:

... it is because you value it too much and do not have a clear goal with your body and have yet to realize that what it looks like, does not matter. You've given your body power by caring about what it looks like instead of what it DOES for you/God.

The way to no longer abuse your body is to ask for, pray for, work towards seeing yourself and knowing yourself AS SOUL. Your body needs to no longer be valued *as what you are*.


When we think our body is what we are, our worth is tied up in it. If we think our worth is dependent on our body we will NEVER see ourselves as good enough. The reason for this is the body will never be good enough. The body is always changing and aging. It will

never be good enough when compared to others. To keep putting your value and worth in the body IS what makes us abuse our body as it's a way we punish ourselves for NOT being good enough in our own perception. But key here, your worth is not established by what your body looks like, your worth is not established by what you do or don't do... your worth is established by God!!!! And God created you as a Soul, as His Child. It's only in accepting our true value, worth and identity will we stop abusing and sabotaging the body for good.

Another thing to do to support no longer valuing the body as what we are is to set a clear goal with your body. Be sure to do the activity in Mindset Module 5 - as it will help you to create a mission statement (a why/goal) for the body (your life and kitchen).

I encourage you to write out some body care habits for yourself and decide how you want to care for your body and the growing bodies of your children, better. And continue to stack the evidence that you are a Soul, who is caring for your body.

Also, this is a great podcast to learn how to no longer abuse ones own body:

 Behaviour Change Scientist: How I Lost 120lbs With Kindness: Shahroo Izadi | E222

How to Undo Blocks?

There are six main tools to assist you in undoing inner blocks: Question Asking, Affirmations, Stillness and Prayer, Breathwork and Meditation, Writing and Forgiveness. All of which are led by Spirit, with you as the willing student. Know when you apply any of these tools, you are showing up for divine therapy. You are the student, you are the one that needs help. You can apply these tools then step back, listen and let yourself receive.

Question Asking

The reason 'question asking' is a tool is because questions unlock the mind and free the heart to see something it did not see before. Questions allow us to pause, and expect the answers to come. When the answers come, so does calm and so does a deeper understanding of self. Sometimes answers come immediately, sometimes they come over time. However they come, so be patient and open minded with receiving your answers to these questions.

Be sure to pause, ask the question and then allow the answers to come to you.

- a) *What am I telling myself in regards to the reasons why I cannot cook?*
- b) *What do I think I have to gain by believing this?*

c) *How would I show up in the kitchen without these thoughts?*

(feel free to think of your own questions, and answer those as well, because you know now by doing the above sections what your blocks are more specifically)

Affirmations

Affirmations are similar to ‘reframing your beliefs’. It’s a way to quickly change what you are thinking, to feel a little bit better, but they do not HEAL the mind. The other tools are for healing, this tool is more for Mind Training and manifestation. It’s still super helpful to tell your mind and tell yourself ONLY thoughts that are true. The more you repeat an idea the more you WILL believe it. So repeating helpful ideas to yourself over and over WILL help you to retrain your mind and thus attract what you desire.

In regards to affirmations, you can write out a list of affirmations for yourself (some of which can come from the reframing section above as well as the “when I look in the mirror section) and say them to yourself every morning and night (really feeling into them) but

here are two thoughts that I have learned to apply ALL THE TIME and I experience their potency and reality in my life every day. I know the same will be for you too if you adopt these thoughts as your own.

“Everyday and in Everyway I am getting better and better”

This helps you to remember that everyday and in every way you are getting better and better. This is not in comparison to anyone else, but only to how you did yesterday. And this focuses on the small successes that add up to big wins.

“I rule my mind which I alone must rule”

Repeat this over and over and over to yourself to remind you of your POWER.

Your mind is your domain. You rule it. You are in charge. You decide what thoughts remain in your mind. You decide which thoughts you want to be undone from your mind.

Think not that you are at the whim of your thinking, YOU are the soul beyond your thinking and YOU decide what remains in your mind.

When you rule the domain of your mind, you will also be able to rule your Kitchen Domain. There is nothing you cannot do, when you have honed the power of your mind!!!

Stillness and Prayer

Stillness is a tool because it enables you to pause your thinking and doing, and rest here and now, which is where you are able to get intouch with the quiet voice of reason (spirit) within. Some call *stillness* communing with Love or God Himself, some call it Holy Spirit, Higher Self, Presence or Jesus. The name does not matter. What matters is that we are willing to slow down, and get still enough to listen and hear. This does not have to take long, but it should happen every day, if not multiple times a day, and then ultimately in every moment as our natural response to all that is. But first, we practice stillness. Practice being still within you, even if you are moving your body. It's more of a “movement and a rest”. You want to rest in stillness within, while the body moves and flows. Practice this “inner stillness” approach to movement first with tidying your home. Become so present

with every move you make. Tune into the stillness within your mind as you focus on the present task at hand. This inner stillness, with practice, will translate to the kitchen so that you can move and cook in the kitchen, but remain still and calm. This is a tool to apply and decide for each and every time you go to cook. And even multiple times throughout the day.

Say this statement to help bring you into stillness:

“Here I am Love (God).” Then pause. Be still. Be open to receiving.

Document anything you see, feel, hear, experience, learn through stillness.

Prayer is described in A Course in Miracles as “*a quiet time of listening and loving*,” it also says that “*prayer is the medium of miracles*”. A miracle is described to be a shift in perception that inspires an extension of Love. So we are working here to help you have tools to shift your perception so you can extend Love into your kitchen. We need miracles and we need prayer to get in contact with miracles.

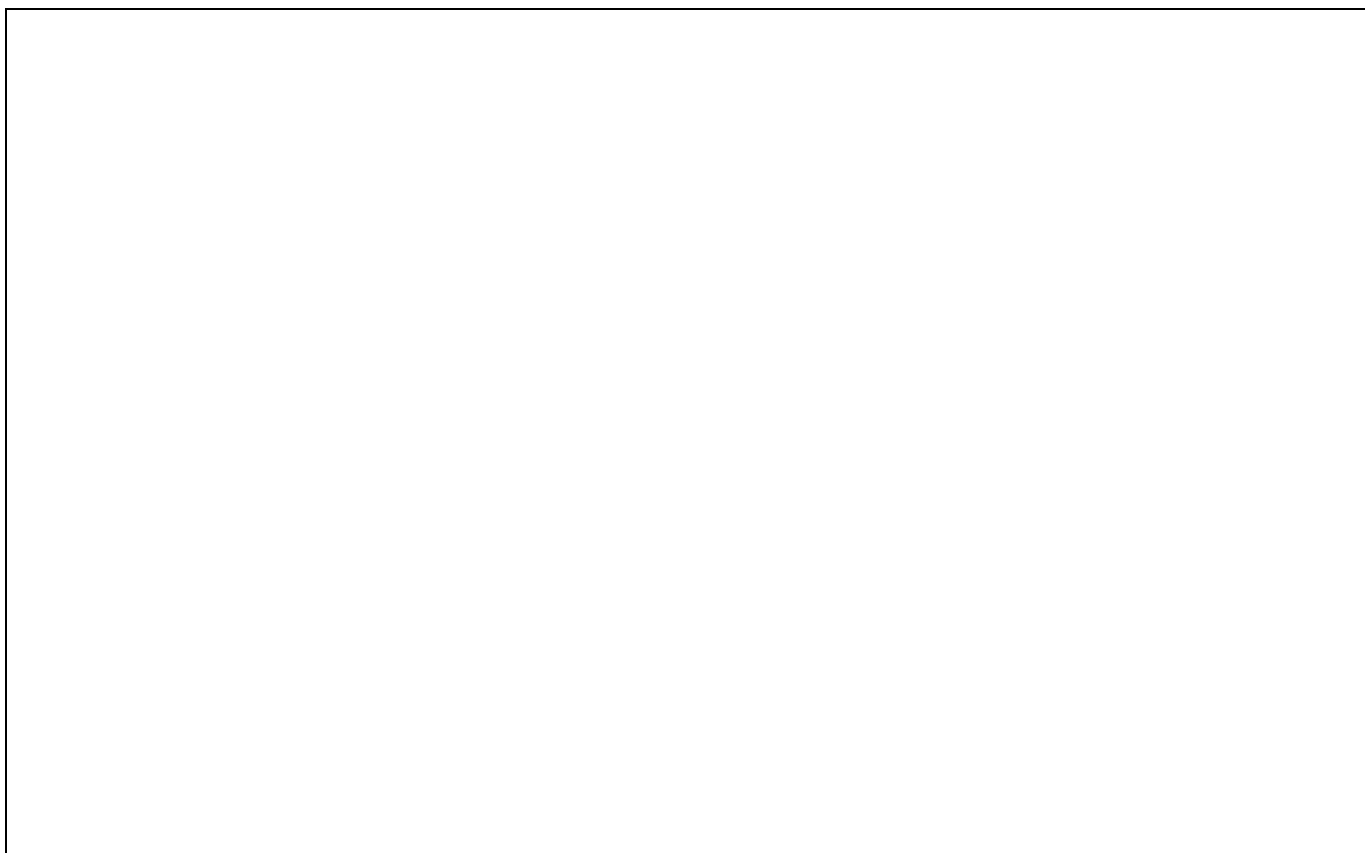
Prayer is not as much of an ‘asking’ as it is a ‘gratitude’.

The best way to pray IS in gratitude.

When you are grateful for what you have, for what you are learning, for who you are, for who God is, for those you have in your life- you will receive more of what you are grateful all. Prayer is communion between you and Love/God in the state of gratitude and wholeness.

Going forward instead of asking for what you think you do not have, be grateful for what you do have. And feel into the presence of your heart. It's your (grateful) heart that prays. God/Love knows your heart, so unleash your heart and settle into the feeling and the vision of what you are grateful for.

Use words to pray with all your heart right now. Write it down. What are you grateful for? Write it down. Once you write down the words, let the words go and connect with the energy in your heart.

A large, empty rectangular box with a thin black border, intended for the user to write their words of prayer or gratitude.

“I pray that I learn to Love my whole-self and Cook as the Love that I am”

Breathwork/ Energy Work / Meditation:

This is where you can use your own breath to guide you into the quiet of your heart and mind to receive a correction to your thinking in meditation. I genuinely focus on my breath. The inhales, the exhales, the presence of this moment. It allows me to be present, where all healing happens.

Whether it is quiet meditation, guided meditation or moving meditation- the point is to take some time to listen within. When you listen within, it is your way of showing up for “divine therapy.” Your teacher is within, when you show up to listen within, you are showing up to be healed and to receive the correction/undoing you are asking for and needing.

I am also a big believer in breathwork on its own, apart from meditation. When you breathe deeply, your breath can guide you on an inner journey that heals you. I offer breathwork sessions as part of this Course if the demand is there. If you would like to go through a breathwork session with our community, let me know in the comment section of our Dashboard for Mindset Lesson Three or let us know in our Kitchen Alchemy Facebook Group, and I will see if leading us through a breathwork session is helpful to us all. :)



Breathing + Energy + Meditation Exercises

4:4:4 Breathing Exercise

1. Breathe normal. Pay attention to your breath.
2. On your next inhale count to four
3. Hold for the count of 4
4. Exhale for the count of four
5. Repeat 3 to 5 times.

4:7:8 Breathing Exercise

1. Bring your attention to your inhale and exhale.
2. Let your breath flow naturally.
3. Begin to make your exhale a little longer than your inhale.
4. Breathe in for a count of four.
5. Hold the breath for a count of seven.
6. Breathe out for a count of eight.
7. Set the goal of breathing in this way for 5 minutes. Set an alarm.

Listen to a Song

Sometimes listening to a song on repeat really helps as well.
Here are some suggestions.

▶ I Release Control

▶ Allowing - Alexia Chellun (432Hz)

▶ Solar Plexus Chakra

▶ Beautiful Chorus - Inner Peace

Do a Guided Meditation

▶ HeartMath Heart Coherence Meditation | Guided Meditation & Chants

▶ Guided Meditation For Releasing Shame - Kyle Cease

▶ The Secret Universal Mind Meditation by Kelly Howell

▶ 8 Minute GRATITUDE & APPRECIATIONS GUIDED MEDITATION [Heart ...

Do a Quiet Meditation

I encourage you to simply “show up” to your meditation chair or cushion or couch to be still and listen in the morning (and before bed if you can). Think of this as showing up for Divine Therapy. I suggest you set a new habit to sit in silence for 5, 10, 20, 30 minutes one or two times a day. When you choose an amount of time that works for you, set a reminder for when you will do it, and set a timer for the amount of time you want to be still, so you can forget about time and just *be still*.

When do you choose to take time for quiet meditation (divine therapy) each day?

Energy Upgrades

1. Bring the palms of your hands together and rub them back and forth. Feel the heat grow. Feel the warmth grow. Then take your hands and place them on your heart. Hold them there. Hand over hand. Breathe in the warmth. Absorb the energy and the love. Feel your heartbeat. Settle into the moment. Be here now.
2. Rub the palms of your hands together, get them really warm and filled with loving and powerful energy and intent, then take your hands and put your palms on your closed eyes, breathe deep. Feel your hands beaming with love and warmth. Do you feel it? Be here now. With this energy, let the energy grow. You feel connected, upgraded, present, safe.
3. Close your eyes.
Imagine the entire universe as love and only love.
Feel this intense, vibrating loving energy.
Take it all in, breathe it all in, and place it into your heart.
You are now the principle leader of love in this universe.
Now, imagine a person that you are hurt by, annoyed by or even hate. See them in

your mind's eye. Now..Send the love that is in your heart to that person.
Feel your love entering that person. Notice how the image of this person changes.
This love is cleansing your relationship. Restoring you to unity.
This love is uniting you with the other.
When you are One with one person, you are One with all the Universe.

And can feel Love for all, including for yourSelf.

Writing

We want to forever grow our capacity to be love, give love and cook with love.

A great tool to enhance your relationship to Self is writing. If you let yourself write, just write whatever comes to mind, good or bad- no judgment, you will soon be able to take a peek at what is in your unconscious mind. The more you see what is in your unconscious, the more you can examine it and begin to let go of the unhelpful or unloving aspects held in there. And celebrate love and beauty. When you undo blocks held within, so can your Real Self further awaken and be revealed in you as you. So just write, let it flow.

I made a video of the first time I realized that wow, I am a Soul and not this body. But I Have a body so I must care for it. [Watch Video Here](#)

Forgiveness

Forgiveness is really, truly, the most potent tool we have.

Mostly because it happens through us and not from us.

But also because it corrects perception and sets all things “right”.

When we forgive, there is nothing we cannot do. There is nothing that is not ours to have.

Forgiveness really and truly offers us everything we want because it undoes blocks in our mind so we can see things clearly and be inwardly aligned with the Truth.

- Forgiveness helps us to see the self of the past differently.
- Forgiveness helps us to let go of the judgment that we impose upon ourselves and our actions.
- Forgiveness helps us to understand and then appreciate others.
- Forgiveness is the key to happiness and to health.
- Forgiveness is what helps us to let go of what no longer serves us, and accept what does in its place.
- Forgiveness is what saved me in my relationship to food. It's what helped me to look lovingly upon myself instead of hating myself for my mistakes. I know it's possible for you too.
- Forgiveness is our ticket to freedom.

You need *not* know HOW forgiveness is done, that's not your job. .

Your job is to be ready and willing to receive forgiveness.

Your job is to make yourself available to be still, to listen and receive.

It is Spirit's job to forgive and show us things differently.

Leave the forgiveness to Spirit as you enhance your willingness to both have and give forgiveness.

Some tools to welcome forgiveness:

1) **Ask for it.** When you ask for it with your heart, it is given to you. You need not beg for it, but only be grateful for it. Be grateful for forgiveness, and be grateful that you are receiving it now. Forgiving means letting go of all the hate and hurt in your heart. It also means correcting your thinking to see something different. You want to ask for forgiveness because you want to be free from this hate and hurt and you want to see in Light and not through fear.

2) **Sit down, close your eyes and be open to receive it.** This is you showing up for forgiveness, to let your mind be healed, your heart to be mended, the past to be laid down so it can no longer hurt you. I often sit down when my kid is asleep, when I have some green tea to keep me awake, put on the fireplace and incense or candles with a journal on my lap. I show up to receive and I am shown what I need to see every time. I then write what I saw/received in my journal. Documenting the forgiveness that's happening within. Each time I show up to my meditation chair for divine therapy I learn something new. Sometimes I don't seem to receive any "insights" or "understanding" or "healing" but I have received the energy of calm peace by showing up to be still. That is enough. Just sit, listen, and receive. Here is a video on [Centering Prayer](#) to support this step.

3) **Be ready and willing to give it.** Forgiveness does not mean to condone mistakes. It means you are willing to give what you want to receive. You want to offer forgiveness because you want to receive it. All people make mistakes, and all are worthy of forgiveness for those mistakes.

This step is easier when you remember:

- We are all human and all make mistakes. If we want grace/forgiveness for our mistakes, we must offer that grace/forgiveness to others when they make mistakes
- The others did their best they could with what they knew (what consciousness they were at) at the time. We are all at different levels of consciousness. Because of the consciousness you're in, you might expect others to think or behave as you would. Those expectations have got to go though, as they blind us to where the other is, right now. When we remember everyone does the best they can, where they are, it's far easier to accept "what is", and let it go. (and if they didn't do their best, well, then they were most likely traumatized themselves as a child and only did as they were taught "*Forgive them for they know not what they do*" - Jesus)
- You cannot control others, you can only control yourself but as you control yourself you will be empowered to make wise decisions that support your greatest good
- Ask: Who have I yet to forgive? Start there. (don't forget yourself)

"What could you want forgiveness cannot give? Do you want peace? Forgiveness offers it. Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world? Do you want care and safety, and the warmth of sure protection always? Do you want a quietness that cannot be disturbed, a gentleness that never can be hurt, a deep, abiding comfort, and a rest so perfect it can never be upset? All this forgiveness offers you, and more. It sparkles in your eyes as you awake, and gives you joy with which to meet the day. It soothes your forehead while you sleep, and rests upon your eyelids so you see no dreams of fear and evil, malice and attack. And when you

wake again, it offers you another day of happiness and peace. All this forgiveness offers you, and more.”

Lesson 122 A Course in Miracles.

IMPORTANT TAKE-AWAYS FROM THIS SECTION:

1. Mistakes will happen. It's how you deal with those mistakes that matters
2. When you notice a negative thought, reframe it immediately
3. Notice where cultural blocks are impeding upon your ability to cook
4. Take time to sit with the blocks and undo the blocks through the many tools given you in this section
5. Remember: Taking time for yourself is not selfish. You want to take time for yourself so you can flourish and better tend to the needs of others and not deplete your gas tank in the process.

“Some days we take giant steps forward. Some days we take teeny-tiny little steps. Both are okay and necessary. Just be consistent in your willingness to undo blocks”

Kitchen Alchemy: Healthy Mindset Lesson Four

4 - Discover Your Why/ Purpose

Adapted from the work of [Simon Sinek in "Find Your Why"](#) Written by: Britney Shawley

Discovering your 'why' breathes life into your everyday cooking.
When we know what we are doing cooking FOR, life and cooking becomes much more empowered and empowering!

As you know by now, we 'go deep' in this Course.
And so this is not going to be a superficial Why you discover, it's going to be the Why that is deep within your Soul! It is the WHY that will fuel not only your kitchen but your eating and your life!!!

Once you discover this "mighty purpose" / "why" it will light you up, from the inside out, and you will be able to get in touch with the JOY and motivation that you desire.

For example, one of my students, who is much like you, came into this course needing help in the kitchen. She realized that she was cooking so that her son was not hungry. After she did this exercise she learned that she actually wanted to cook so that *"she can nourish the growing body and brain of her son"*. This shift in purpose/why changed her entire relationship to cooking in the kitchen. Since this exercise she has been more consistent with cooking, more conscious in her food decisions and really focusing on the nourishment she is offering to her son.

"Don't look for motivation. Find your WHY- then no excuses will come between you and your goals." - Simon Sinek

1

Exploring Facts and Feelings

Ask Yourself:

What are the Top 5-10 memories that impacted me most in my life?



Allow yourself the space and time to really remember those moments. As soon as a memory comes, document the details in the “facts” column below. You don’t have to write everything down, not all details are necessary, just the main ones that help you to remember the memory, but DO make sure you recall enough of the memory to elicit an emotional response from it. Whatever that emotion may be.

If you need assistance in remembering key memories, ask any of the following questions to yourself:

- What is the first memory that comes to mind when I think of something that impacted me for better or for the worse?
- Who helped shape me to be who I am today?
- Think of the best day I ever had at work- and where I may have said “I loved that so much I would have done that for free”?
- What is a specific moment in school that I can say was the “best day of my life”?
- What did I accomplish that made an impact on me? Who was it that helped me/taught me to be ready to accomplish this?



As you are listening to the stories, and recalling the memories, look for where emotions come forward, or when your body language changes or an expression of being deeply touched or moved by a memory comes forward. It is these emotions that are most important. Give names to those emotions, and write those specific feelings into the “feelings” column.

In the left column below, write the “facts” (such as the time/day/person/place) of what happened. In the right column, write your feelings (how it impacted you/what you learned.) These feelings are most important for this exercise. Document your findings in this chart.

FACTS

*FEELINGS

Example: University (contribution)	Example: I cared deeply if my mom was proud of me or not (impact)

When the memories come forward, a helpful question to ask to evoke the feeling out of it is:

- “Of all the stories you could have shared, what made you choose this one above all others?”

2 Organizing Memories into Peaks and Valleys

Use this space below to organize the memories you wrote above. Make sure the memories you choose are associated with **FEELINGS**.

Write the most helpful & impactful memories at the very top (these are the peak memories. They evoke a deep sense of happiness and you should want to relive these moments)

Write your least impactful memories at the very bottom. These are the valleys. These are the memories that you do not want to relive but have made an impact on your or others.

The answers closest to the line are the mediocre memories that won't have as much impact. Continue to inquire into even more memories that impacted you and slot them into this new chart below. The answers we are most concerned with are the highest of highs, and the lowest of lows.

You also want to notice **THEMES** during this exercise. Themes are any feelings that appear more than 2 times. You will want to circle or highlight the themes, as it's the themes that we will be using as the basis for finding your WHY. There will be one or two themes that shine the brightest, that make you light up and go “thats me!”.

For example: You might see a repetition of feeling “elated” when you are in service to others, when your child was born, when you really helped someone through a difficult time. This feeling of “elated in the process of serving others” is the theme. It’s these 1 or 2 key themes that will be the foundation of your why. These themes can be recurring feelings, imagery, sounds, thoughts or conclusions. Be sure to highlight or circle those recurring themes found in your list above.

To extract the themes from memories, you can ask:

- “Help me (spirit / higher mind / love) to understand how that made me feel?” (when the same feeling appears more than once its a theme)
- “What about this story matters to me?” (this helps you get to the feeling, again if the overall feeling repeats, that’s a theme. Highlight /circle it)

Organize your memories into peak memories, and valley memories.

PEAKS/HAPPINESS/I WANT TO RE-LIVE THIS

**VALLEYS/DISAPPOINTMENT IN SELF OR OTHERS/
DO NOT WANT TO RELIVE**

****Be sure to circle your themes (repeated feelings)**

3 Draft and Refine your WHY Statement

From the themes, you can start to construct the Why.

The WHY is not to be a long and drawn out or detailed write up.

It is to be short, simple and to the point.

It will look something like this:

**“To _____ so that _____”
(Contribution) (impact)**

Example of WHY statements:

*“To inspire people to do things that inspire them, so that together we can change the world.”
-Simon Sinek*

My WHY: *“To educate and inspire souls to choose Love everyday, so that together we can demonstrate, whole, healthy and happy living.”*

****Keep in mind you can make a WHY statement for LIFE and the KITCHEN and for your BODY!**

I encourage 3 mission statements because you might approach thoughts and caring for your body a bit differently than you may approach thoughts and actions in your kitchen. Same goes for your life, your why may be phrased a bit differently for your Life Mission statement, but the approach to discovering your life, kitchen and body mission statement is the same.

****Be sure to write and redraft your why until it feels and sounds perfectly “you”.** You can take your time to think about and reflect on your WHY. The more you think about it, the more it's likely to evolve. **Once you uncover your why, or at least get close, write it below or print it out and hang it on your wall as a daily reminder of your soul's why/purpose.**

MY WHY STATEMENT(S):

Please share your statements and your experience of this exercise with us on the Online Alchemy Course Page, for this lesson. And write this answer...
on a cue card and visualize it everyday!!!

Healthy Problem Solving Approach:

‘The 5 Whys’

This WHY activity is helping you to look at the root reason for why you have yet to remain committed to healthy eating and consistent self care.

The WHY you wrote above needs to replace the why you discover below here. But it can only do that when this WHY below is seen as useless to you and no longer needed.

When you look into your mind by asking WHY you are carrying the light and looking with the light.



Try this right now, close your eyes, place your hand on your heart, breathe deeply. Feel your heart beating, and your breath naturally rising and falling without your assistance. Tune into the presence in you now, feel the light in you now, breathe deep and cultivate a willingness to look. Good.

What is the Problem you are trying to solve?

Write out the #1 problem you are trying to solve here:

-perhaps its lack, overwhelm, negative habits of any kind, fear of unknown, fear of cooking or failing, stress at mealtime etc (reference the examples at the end of this exercise if you need it)

Here is a helpful and transformational approach to solving problems.

The 5 WHY's Exercise:

Now is the time to dive into your mind and uncover the reasons behind your 'blocks'.

I am giving you this exercise because it's important to learn a proper and healthy problem solving approach. When you have a specific way of getting to the root cause of our problems, we are able to uproot that cause and let it go/forgive it, by seeing it as it is, instead of how we think it is. Once we see the root, we can also choose to let it go.

★ Begin by asking the first WHY question, and make sure it relates to your current problem or upset. After you ask the first 'why' question, and you get your answer, make sure your next question is based on the answer from the first. (I have given you an example below to help guide you as to what to do.) Please connect with your heart and find your own reasons for why you are upset/struggling. You want to see your problem, so you can eliminate it from your mind/experience. Keep it simple. Allow yourself to get into a flow. This is not meant to be complicated. If you need help though, I am here for you.

“Why am I _____?”
(example: stressing at meal time)

Example: because I am projecting my negativity onto meal time and I am assuming the worst

“Why am I _____?”
(example: assuming the worst)

Example: Because I don't want to fail / let others down and screw the meal up

“Why am I _____?”
(example: afraid to screw the meal up)

Example: Because I don't want to let the kids down. I don't want to embarrass myself that I never learned to cook or be a good wife or mom

“Why am I _____?”
(example: worried about embarrassing myself.)

Example: I suppose it's because I doubt myself. Maybe deep down I'm afraid I won't be able to cook or eat healthy. And maybe I'm worried about what other people/my kids think of me.

“Why am I _____?”

(example: worried about what other people/ my kids think of me.)

Example: Because I don't really have faith in myself to be able to follow through with something and to do it good.

If you can, ask the question one more time and see how deep it takes you!

“Why am I _____?”

(example: lacking in faith in myself)

Example: Because I feel that anything I do is never good enough. And then I feel not good enough...I do not feel good enough. I am not enough :(

Good Work!! You have seen your ROOT problem.

In this realization of your root WHY for your upset or problem, you can see that it's a deep programmed thought that is (often) shared by the collective in some way. We are programmed to think that we are not good enough. It's not true! But we are programmed that way with all the media and magazines and models and marketing and movies we compare ourselves too.

Once you see your deep rooted thought, you can then take STEP 2 to undo it. And that means choosing the OPPOSITE thought instead.

An opposite thought that is true, for example is "I am Good Enough!" "I have enough!." Say these new thoughts in your mind, outloud and as often as possible so that you reprogram your subconscious mind with new thoughts that are actually true about you. Write the opposite thought on a sticky note. Put it on your mirror, in your car, in the bathroom, on your computer...anywhere you need a reminder...say it as a MANTRA a good 20 or more times to yourself before you go to sleep at night and start feeding your mind the new thought that is the actual truth about YOU.

Agreement as a Consistency Plan

I want you to fill out this agreement section below and focus on the decisions you are making that will help you to reach the purpose that you set.

Agreements are necessary as they are meant to help hold you accountable to what you agree to do. In this Course we help hold you accountable by meeting every week and checking in with each other every day in our facebook group, but sometimes, having agreements with your own soul and your family or friends that surround you is helpful, too.

You are agreeing (mostly) to be consistent! That is all. If you are consistent, you will reach your goals. If you are not consistent, you won't. So I will do everything in my power to help you to BE and remain consistent. An agreement is part of that consistency plan.

Please print out the agreement below and share with us what you discover through it in the comment section. If you would like I can connect you with another student so they can help hold you accountable, too! You are so supported here!

Please share it with your family too and get them to sign it as well to help hold you accountable even more!

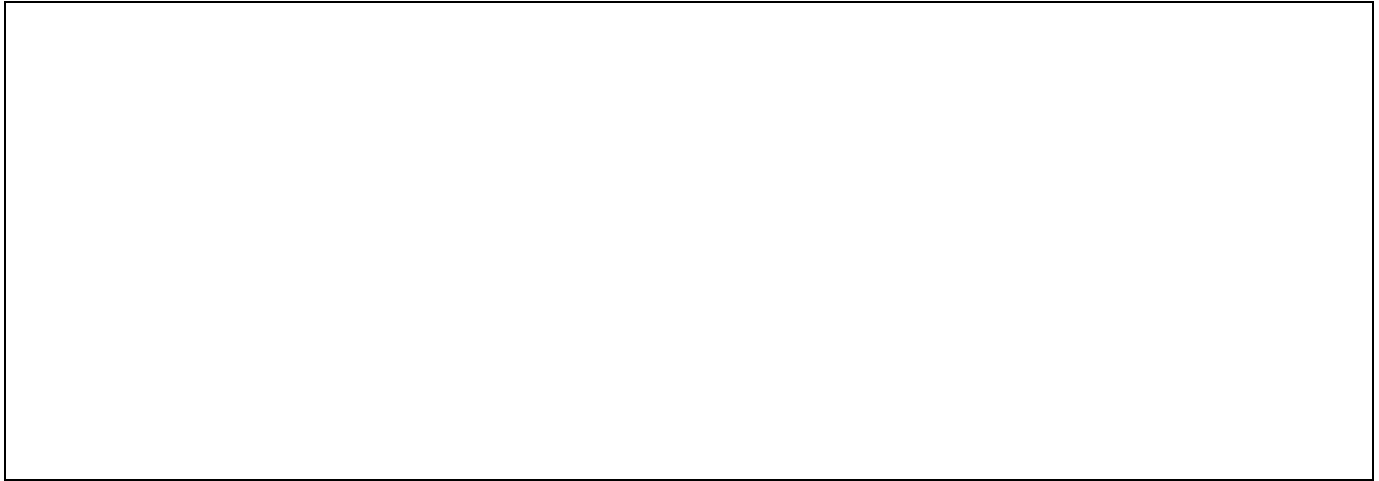
Agreements and Accountability

Name:

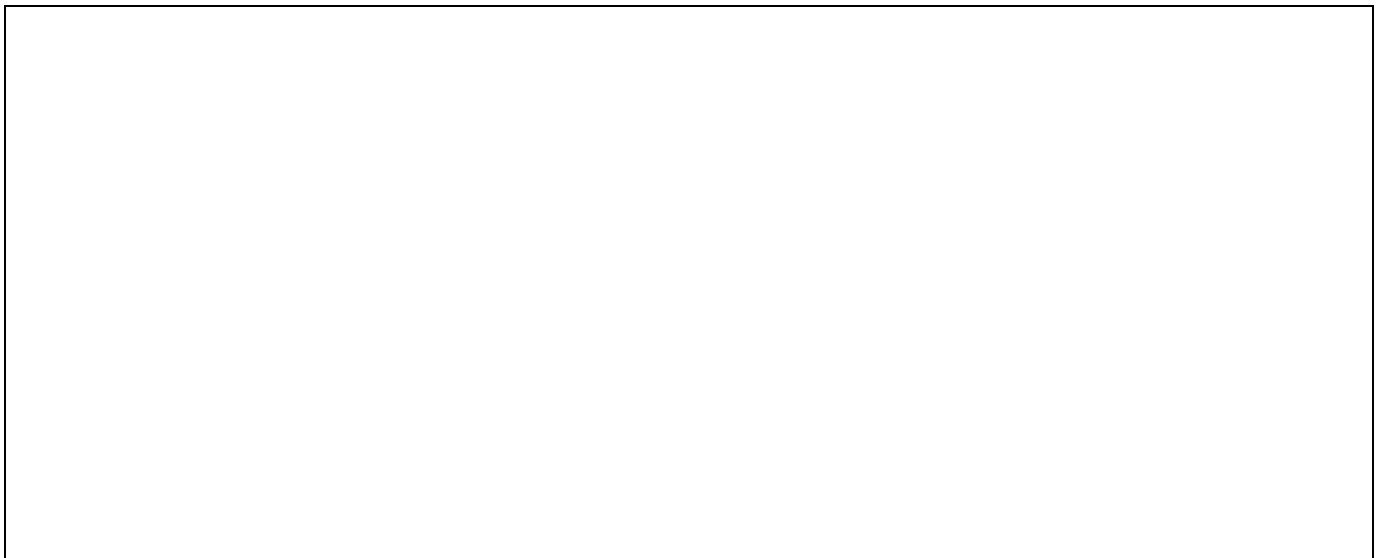
Date:

These are the things I am deciding to be consistent in: (cooking, meal planning, self care, mind training, mantras, morning or evening practices, following my why statement etc)

What does consistency mean for me? (what is the frequency with which you will do each thing you decided for? Every day? A few times a week? A few times a month?)



These are the attitudes I am deciding for: (Joy, patience, open mindedness, adventurous, generosity, committed, flow, trust, intuition, presence, listening, asking, creative. *You can reference previous module mindset 4 for this)



What are the 3 reasons why I am deciding to commit to these things?



This is the outcome I will reach through my consistency: (think of your why/purpose above and the goals you set in self inventory. Then think of what the outcome will look like/feel like/sound like when you achieve that goal)

Who will I be sharing my agreement with for added accountability?

Am I thinking any thoughts about my relationship to food and cooking that may be detrimental to my commitment to consistency plan? (such as: I am not worthy enough to be fit and healthy. Being healthy is too hard. I am not good enough for this. I am too lazy and inconsistent to be consistent etc) Taking a final look here at the lingering ‘blocks / old beliefs’ can really help you to bring them to the light and not let them rule your decisions and actions any more. *(If a deep belief comes up in response to this questions, let us know, we can do some work on it together)*

I am making a commitment to:

(Myself, my Family, to Britney, to our Community, to God)
that I will be consistent in my cooking efforts and self care!

<p>I commit to remembering that I am not cooking or doing self care for myself alone or by myself alone.</p> <p>I commit to remembering to get out of the way and let Love on through in all I think, say and do.</p> <p>I commit to consistent healthy cooking.</p> <p>I commit to consistent self care.</p> <p>I commit to forgiveness when I make a</p>	<p>I commit to following through with this agreement.</p> <p>(And even if I forget (which will inevitably happen at some point)</p> <p>I will immediately get back on the path to health and wholeness, reference this course / agreement and keep taking the steps I need to take to reach my goal / outcome.)</p> <p>I commit to doing the best I can. And</p>
--	--

mistake. I commit to: _____	my best is enough!
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Please sign the agreement and date it. Also have anyone else you want to help hold you accountable to sign the agreement as well.

I (name) agree:

Date:

X

X

X

Kitchen Alchemy Mindset Module Lesson 5

5 - Mood and Food Manual

One of the areas I struggled the most, as you know, is overeating. I would eat so that I didn't have to feel my emotions or process the stress I was going through. It was a way to escape, and a way I (my ego) could harm myself at the same time.

What I discovered as I began to heal, is that there is a direct correlation between my mood and the food I chose to eat. If I nourish well during the day (well balanced meals + PFF) and I drink enough water (6 to 8 cups) then I have more presence about me to be able to deal with the emotions if they were to arise. I had no desire to eat, as I was already full and satisfied from nourishing well that day. But if I didn't eat well that day, I was far more likely to binge and repeat the guilt and shame cycle. So, in this section I empower you with awareness of the "food and mood" correlation and suggest some tips, tools and vitamins to take to help you.



Listen to your Emotions and Hear what they are Telling you

Our emotions speak a story. They point to the thoughts we are thinking about what is going on inside ourself. Emotions are also coupled with our intuition, and if our emotions are extending from our right mind, they are speaking truth to us that we need to listen too. However, if our emotions are extending from our wrong mind, our emotions can be misleading and seem to run the show instead of US (not our emotions) running the show.

Emotions are an effect of our thinking, always. They either come from our mind of fear (ego) or our mind of Love (reason/christ) as I have already mentioned. Depending on how we feel (afraid, anxious, stressed, depressed) or (excited, grateful, happy, courageous, confident) we can know WHAT mind we are thinking with based on the emotions we have. This is why the saying *"By their fruits ye shall now them, and they shall know themselves"* is an important one. You can look at the emotions as the fruits, and these fruits will let you know what mind you are thinking with.

Recognizing and naming the emotion is the first step in knowing what to do with it. Once we have named the emotion, we can trace it back to our thinking. If it is an untrue,

unhealthy, unloving thought we must inquire as to what sparks these thoughts. The inquiry MUST happen in order to overcome these emotions and old thought patterns. This is where the LISTENING to what our emotions are telling us comes from. We can ask the simple question: “*What are my emotions telling me? Where are these emotions coming from?*” This will help you to know if you should continue to follow what the emotion is telling you, or disregard it. This is also how we learn that our hearts speaks through emotions, but our disconnect is not listening to what our heart is telling us and instead listening to what our negative thoughts/ emotions are chirping.

Our goal here is to have our thoughts, emotions and heart aligned to what is most helpful and loving for YOU.

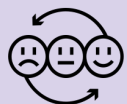
A big thing to remember here is that our thoughts & emotions are not “us”. They need not define you and they also need not run your life. They are an effect of conditioning. And if there is something that is not working we can change change the thoughts that lead to the emotions

The change first happens by realizing how you feel, noticing you do not want to feel this way and that you are open to another way. This openness is what leads to new answers, and makes space for the power of your own soul to teach you and lead you instead of being led by the fearful mind.

If we do not consciously deal with our emotions, our emotions lead us, and will lead us to things like overeating, disordered eating or not eating.

As soon as I brought awareness to what I was FEELING when I would binge, I dealt with that emotion, healed the thoughts that caused it, and the binging went away. As soon as I changed my thoughts and my emotions shifted, the “overwhelm” dissipated from within me and I had no reason to overeat to “not feel” it anymore. I felt it, I dealt with it, I overcame it. You can do the same.

Here is another PDF on [False Cravings vs True Cravings](#) to help you discern the difference.



Ways Your Food Can Affect Your Mood

Emotions are energy. This energy can be used to harm or to help.

Often we use them to harm before we learn how to use them to help. Hence why we overeat, eat mostly processed or forget to eat. When we gain an understanding of first how our food choices and habits can affect our moods, the more we can choose those foods that support the mood we want to have, while working on the deeper reasons for that emotion to begin with.

You aren't eating at regular intervals.

Not consuming enough calories can lead to problems, such as feeling foggy, tired, and low energy. A lot of the time the tendency is to not eat much in the morning or throughout the day, so that by the evening we are so hungry that we overeat or choose unhealthy food choices (or both).

A way to avoid overeating is giving your body the vitamins and nutrients it needs all throughout the day. For breakfast, lunch and snack together it should contain most of your daily calories, vitamins and minerals. For dinner it should be a whole meal of whole grain carbs, veggies, healthy fats, legumes or meat protein. Reducing how often you eat or how much you eat, will more than often support overeating or malnourishment then health or weight loss.

You're cutting out, skimping on or forgetting essential food groups, vitamins or minerals.

The body needs fuel to produce serotonin, the brain's "feel good" chemical. When we give the body its vitamins and minerals (which are found in all food groups - vegetables, fruit, whole grains, healthy fats, lean protein) it is more equipt to deal with the downs of depression, an inability to concentrate, and chronic fatigue. A diet lacking essential nutrients such as iron can disrupt brain chemistry and alter mood and behavior.

When you do not "hit all the marks" in nutrition by covering all the food groups, your body will be seeking something, you will feel lacking in some way... and that is where there is also an easy next step to eating too much of one particular food, that is not only unhealthy but can make your body more prone to sickness.

You're eating too many processed or sugary foods.

This may contribute to a larger waistline, feeling sluggish, and potentially lead to insulin imbalance and inflammation when over-consumed. Some processed foods, especially those with large amounts of added sugars, can cause insulin levels to spike and drop rapidly, causing hunger to occur again fairly quickly. Chronic inflammation can be a result of a diet that includes a large amount of processed, manufactured foods. This leads to elevated levels of C-reactive protein, which is associated with increased risk of psychological distress and depression.



Ways to Improve Your Mood through Food

By simply noticing how you feel, you can also start to check in to what your body is asking for. It is often asking for a particular fruit or vegetable, vitamin or mineral that you are missing. Once you listen to emotions, you can listen to what your body needs and follow through and give it. Here is a breakdown of some of the most important foods to support good moods.

Load your plate with mood-supporting foods

I have said this before, eat the rainbow! When you fill your plate with fruits & vegetables spanning all the colors in the rainbow you ARE giving your body the energy and life giving vitamins and minerals it needs. Consume foods that are as close to nature as possible. A way to get all these fruits and vegetables onto your plate is to think “How can I cook this?” Maybe you can roast sweet potatoes, red peppers, purple cabbage & broccoli, boil corn on the cob. Add the roasted vegetables on top of whole grain of choice (rice, pasta, quinoa, kamut etc) and enjoy blueberries and fresh cream for dessert!!! There are endless ways to cook vegetables - try them out: roast/bake, stir fry/pan fry, boil, mash, steam, raw, bbq

The most potent fruits to give your body are: wild blueberries, apples, papaya. Start with including these in your daily diet and notice a boost of energy and upliftment of mood

Eat plenty of dopamine-building foods.

Every time we make a decision or flip on social media, we are using up our dopamine source. Dopamine is a chemical that acts as a messenger between brain cells. It is also quite often linked to a reason why one may be prone to addiction.

The foods that increase dopamine are wild fish, grass-fed poultry, eggs, leafy greens, and legumes. Increase intake of omega-3 fatty acids, found in fish, flaxseed, chia seeds, and walnuts, to help fight off feelings of depression. Sprinkle in magnesium-rich foods, such as pumpkin seeds, which support sleep.

Incorporate foods & supplements high in magnesium.

Magnesium is a powerhouse for helping our body to function healthfully. Without magnesium we could not produce energy, our muscles would be in a permanent state of

contraction and we would feel lethargic and perhaps even apathetic.

Foods that include almonds, spinach, pumpkin seeds, and sunflower seeds. Also limit added sugars. You could also try adding Magnesium Bisglycinate. This is a magnesium powder product that dissolves into water. I will add lemon or apple juice to it so it tastes delicious. Magnesium is often called the “calming” mineral as it relaxes your body and brain. Adding Epsom salts (magnesium salts) to the bath are also a great way to get your intake of magnesium.

Choose no-sugar-added varieties of foods and avoid all processed food when possible.

Sugar is closer to a drug than anything else. It sends your body up high and lets it crash down low. Processed, refined white sugar we don't need, ever. Have fruit for dessert more often than sugar-sweetened treats, and avoid it whenever possible.

If you do want a little sweetness in your life I love real maple syrup, raw honey, monk-fruit sweetener, and sometimes organic cane sugar. In times where I have “craved” sugar in the past I like to make myself this superfood deliciousness: 1 tbsp peanut (or almond) butter, 1 tbsp coconut oil, 1 tbsp real maple syrup, 2 tsp hemp hearts (optional) and mix all together. It's heavenly delicious and a great way to hit that sweet spot but also keep your nutrition in mind.

Get your vitamin D levels checked

Low levels of vitamin D are associated with depression and mood disorders. Vitamin D can be found in fatty fish, egg yolks, liver, and sunshine. Many emotional eaters and overeaters use certain foods that are high in sugar and processing to medicate themselves to increase serotonin or dopamine for a short while. This can be dangerous and cause health problems over time. The best and most important thing to do is to eat a diet full of nutrients so your body and brain are well nourished. If you need extra Vitamin D, get [these drops](#). One to two drops on your tongue will do the trick.

Increase your Vitamin C

The powerhouse Vitamin C is the one vitamin the body cannot produce on its own. It needs help. We have always heard to take vitamin C when you have a cold coming on. The reason for this is its immune boosting qualities. When we are proactive with this vitamin we are enhancing our bodies ability to fight against illness. It is encouraged to have 500mg - 1000mg per day of Vitamins C. You can find vitamin C in oranges (obviously), potatoes (yes potatoes are high nutritious for you, fear them not), raw green peppers, raw red peppers, kiwi, raw broccoli and grapefruit. To assist with our Vitamin C intake we take a powder called [Ascorbic Acids \(AA's\)](#). We add ¼ tsp to water and drink it up!

Watch this video on how I get these essential minerals in everyday:
Watch Video [here](#) or [here](#).



Boundaries with Food

Boundaries with food are essential if we want a healthy relationship with food.

We must know when to eat, what to eat and learn to trust yourself and your intuition.

For me setting boundaries of when I eat, helped me to really become more clear on what to eat.

For example, I find what works for me and my clients is to eat by the clock.

The reason this is a helpful boundary is because it does not require much more than awareness of what time it is. Since I was always a late night eater, I had to set NEW HABITS in order to cancel out old habits. My new habit was to eat by the clock, and not based on when I think I want a snack / to eat.

Oftentimes we think we want to eat because we are either bored, thirsty, experiencing difficult emotions or simply out of habit.

We can move out of "unconscious eating and snacking" by becoming conscious of what time it is so that we eat according to the clock. And the clock becomes our boundary. This is far different than saying "you can't eat this_____". When we tell ourselves we can't do something, we will often do the opposite and eat more of it!!! When we eat with clock boundaries, we can tell ourselves in the evening "if you still want this tomorrow afternoon, eat it and enjoy it". When that afternoon rolls around, often we will Not eat it as we don't care anymore. But the decision to delay eating that food, helped to save me personally from eating more than I really needed at night!

I want to give you an example of what having boundaries with food looks like.

This is what a typical day looks like for me (I am not recommending this- persay- its just what I do)

- 1) warm water with lemon (often with magnesium and AA's) as soon as I wake up
- 2) Shake at 11am (2 tbsp hemp hearts, 2 tbsp chia seed, 2 tbsp flax meal, 1/2 cup frozen wild blueberries, spinach, 1/2 banana, almond milk, 2 tsp spirulina, 1/2 cup water- blend)
- 3) Coffee (3 sisters kicking horse with 2 stevia and soya milk)
- 4) First wholemeal 12 noon (often 2 boiled eggs, 1 slice sprouted grain toast, 1/4 avocado, sauteed kale and tomatoes with raw garlic, olive oil and salt, and pickled onions)
- 5) Snack at 4pm - Apple & nuts
- 6) Dinner 6pm - Red Lentil Stew with Sourdough Bread and Big Salad...sometimes a homemade dessert after dinner

7) Herbal Tea

8) Fasting from 7pm to 11am

I always feel supremely nourished after my dinner is over. I have eaten full meals all day long, and hit my mark in calories and nutrients. Because of this I am not hungry in the evening, and that helps with the cravings and keeping to a time schedule. Eating in this way also gives me a lot of energy and I never crave snacks or sweets or care to eat in the evening anymore. And if you guys remember, I used to binge eat every night for a good decade!! This is not just me who this is helpful for, this has also been helpful for my clients. My client Lisa from Toronto said this: *"I used to dread cooking for my family, and would snack all night long. I was tired and burnt out with life and cooking. As soon as I met Britney, she helped me to see that my health and well-being matters. I started to trust in her that I could do this. That trust led me to set boundaries and to eat according to time. I decided to not eat past 8pm and to start eating at 10am. This was hard for me at first, I wasn't sure how I would do it, especially without coffee in the early morning, but I needed to switch things up so I tried it. After 5 days of doing this, it was so easy! I started to enjoy the feeling of emptiness on my stomach at night, and I started to wake up feeling clear and grateful to myself for sticking to my new habit. This also set me up to want to enjoy a big breakfast in the morning!! This helped me to start the day right, and all my food choices after that were so nourishing!!! Choosing to set boundaries, to not deny myself food, and to love myself through healthy choices has literally saved my life....and my kids lives too! Now they have a happier, healthier mom!!"*

Eating by the clock has helped me and my clients immensely. If you struggle with late night eating, this might be a helpful thing for you to do too.

I recommend starting with eating from 8am to 8pm.

You can expand the time with which you do not eat a bit more, up to an 8 hour eating window (which is a 16 hour fast).

When you do this way of eating, you are also giving your digestive tract the time it needs to really break down all the food you are eating, extract the nutrients and eliminate what is not helpful for the body to function most optimally. You also have a much deeper sleep because your body is not stuck digesting when you are supposed to be sleeping!! You will find you wake up mentally clearer, and very well rested!

Eating with Boundaries can also be called Intermittent Fasting. To learn more about IF you can join my free facebook group called 30 Day [Intermittent Fasting Challenge](#).

If this is a new idea for you, if you have struggled with eating disorders in the past, this might not be right for you. Consult your doctor if it's something you are curious about adding to your lifestyle.



What if I am still craving sweets, carbs or salt?

There is a specific biochemistry reason at first. You have heightened blood sugar levels already, so your body wants more. Sweet and salty foods are not made in nature. They are made by man. Most foods, unless fresh fruit, are often bitter or tasteless without added spices, sugar or salt. Therefore if you grew up on more processed foods, your palette has been primed to want to eat only more processed foods.

We also learn to use food as a way to solve our problems. For example, we feel stressed, we reach for ice cream or the closest drive through. For this reason cravings can also be called “problem solving approaches”. I dive more into this in the Mindset Section of this course. Check it out. You can also learn more about cravings in the PDF that I offer you called “False cravings versus true Cravings”.

Once you know what is going on inside of you, you will learn that YOU are in control of what you are attracted to. Not the other way around. You are becoming attracted to the idea of BEING your whole and healthy self. And soon you will be attracted to only healthy foods and thoughts that support that goal. You are on your path. Keep going!

6 - Calm Confident Cooking

“Work joyfully and peacefully, knowing that right thoughts and right efforts inevitably bring about right results.” -James Allen

In this section we will be joining the thoughts we think with the actions we take! For me, cooking has become a celebration, from the moment of its inception in my mind to the most beautiful, delectable finish. I have come to enjoy the process of thinking about lunch at breakfast, and dinner at lunch. I have come to feel the excited butterflies in my tummy that make me bounce up and down on my toes as I clap with glee, thinking about what we are going to feast upon for dinner. Food has become a joy. It has become a way to express Love to those I love. It is a relationship, it is a gift, it is a spiritual experience and it truly is the greatest way to celebrate together with others. There is nothing we *need* to be celebrating, being together around the table can become a celebration (instead of a stresser).

This has not always been my experience with food though. I grew up feeling quite disconnected from food. My mom would make quick meals and we would eat them. But there was no passion for cooking or being in the kitchen at all. It was more seen as a dreaded chore. In fact, I used to use food to numb my feelings. I used it to hide at night and silence my thinking mind. I loathed cooking, so I would eat quick processed foods until I couldn't feel anymore. I used food as a way to escape. It was my addiction, my crux and my past relationship to it became a recipe for disaster, causing me to gain weight quickly and to feel alone and exhausted and not good enough all the time.

What changed? My mind changed! After I admitted I was using food against myself and that I had no power over this addiction, is when I opened to God (for my first time ever) and the solution was given me. The solution, at first, started with me choosing love not fear. And then extended into my need to do a personal inventory and see all the areas (in beliefs/habits) I am messing up my life. This honest look into my own mind and relationship to food really helped me to no longer be controlled by my food addiction, but by Spirit within instead. Spirit led me to simply COOK. I was terrible at first. Had no idea what I was doing. But I did it. I showed up, I learned and I continued to show up each day which eventually brought more calm and confidence to who I was in the kitchen. This soon led to me seeing food in a whole new light, as I accepted a new purpose with food. The purpose shifted from “eating to not feel pain” to “eating to nourish and cultivate healthy relationships with those I love through shared healthy meals.”

This shift in my mind and with the act of cooking, led to a shift in how I engaged with all of Life itself. I began to awaken and heal on a deep inner level that brought me into a deep Love for myself, others, food and God. Going from hating myself, to loving myself- was truly a miracle. And now I have devoted my mind and life to helping you do the same, as there really truly is nothing greater than ending old habits that lead to destruction and cultivating new habits, relationships and perspectives with everything around us, including with Self, that bring healing, joy, purpose and fulfillment to our lives.

So now we will learn how to bring our shifts in thinking into the kitchen so that you may embody calm-confidence within and in the Kitchen!

Definitions

Calm. The ability to be relaxed and at ease so that the steps in the kitchen flow through you instead of being forced by you.

Confidence. Holding your head high in the knowledge that even if you make a mistake you are learning and nourishing and it's worth it.

“A Calm mind brings inner strength and self confidence, so that’s very important for good health” -Dalai Lama

You are not cooking alone anymore and therefore must approach cooking differently than before and see things in regards to cooking a bit differently, too.

In this section we will help you to embrace cooking as a *spiritual practice*.

One that brings you closer to yourself, to others and to God through cooking.

⌘5 steps to cultivate calm confidence and to embrace cooking as a spiritual experience.

1. *Before* you cook

Set your mind Right, before you cook

- When you come into the kitchen to cook, center yourself. Feel your feet grounded on the earth, the warmth in the palms of your hands and decide what you want to think and feel, before you start cooking. This is you cultivating presence in the kitchen. The more present you are, the more you bring the presence of love into the food.

1) CONNECT WITH BREATH:

Inhale for the count of 4,
hold it for the count of 4,
then exhale for the count of 4.
You will notice the shift in energy immediately.

2) Now that you are calm, **SET AN INTENTION** for this meal and choose the energy you want to bring to the meal. I like to say “I dedicate this meal to Health and Love”. Or sometimes, when needed, I say: “May this soup make my kids tummy feel better” or “May these muffins bring comfort to ____” or “May ____ feel my love for them through this meal” or “May I feel peace instead of overwhelmed as I make this meal.”

- ◆ You can set an intention for what you or another wants or needs.
- ◆ You can even say “May I eat this meal slowly and mindfully and enjoy every bite.”

Remember to apply 444 Before you cook, to bring you into a calm and centered state. You can also apply 444 during your cooking if you need to come back to a calm state.

3) SET YOUR MISE EN PLACE

We will explore this more in later sections but a powerful thing to do before you cook is to “*Set your mise en place*”. This means you want to take out your ingredients and kitchen tools before you start to cook, so you are not running around the kitchen like a chicken with your head cut off. When everything is on the counter first, you can then use the ingredients and put it back in the cupboard right away. This helps you think ‘think less’ and flow more, which contributes to calm in the kitchen.

4) ATTITUDE

Having the right attitude in the kitchen is everything. If your attitude is right, things flow alot easier. Here are some attitudes to try on:

- 1) I am responsible for what I think
- 2) I am capable of doing daily self care/mindfulness and cooking
- 3) I am consistent in doing that work
- 4) I am joyful when doing that work
- 5) I am patient with myself
- 6) I am growing and healing
- 7) I am worthy and enough.

Attitudes are skills. You are not born with patience, or being responsible or being capable, or being consistent. You must learn them. This is good news!! Because you no longer have to label yourself as an “impatient person” or “inconsistent in self care or cooking” person....you can realize that these approaches to life may suit your tendencies, but they are not who you are! And You are also working to improve yourself by 1% every month. And that's it!! Small gains are big gains. How much better would you be in 1 year, if you were 1% better each month? 12% better is huuuggeee. And to be honest, 1% is super low. You will improve far faster than that, but this is a good place to start. What matters is that you RETURN to your goals / attitudes. It does not matter how many mistakes you make, or how many times you order in food or forget to meditate. What matters is that you RETURN to your goals / attitudes time and time and time again. Everytime you return, you are saying to your subconscious mind “THIS (health and happiness for me and others) is what I WANT!” And you will attract this new reality to you.

2. *As you cook*

Do it the MINDFUL WAY:

Pause. Connect. Continue (PCC)

Pause. Connect. Continue is an approach you can take in the kitchen when you feel flustered and do not know what to do. This can be applied anytime you need a reset and need to come back to yourSelf. Even if you are not in the kitchen!

However, being in the kitchen is the perfect place to practice this tool and allow it to become a habit. Sometimes we can rush into the kitchen while a super busy day is unfolding and its bonkers everywhere, and the bonkers-ness is brought into the kitchen. But if you take a moment to pause, connect, continue, it can help you to remember you are not alone, and can help you slow it down in the kitchen and take a moment to zone in and find your rhythm.

I do encourage you to apply this tool before you cook, before you eat, in the morning and before bed... but I put it in the “As you cook” section, as it is also a tool for you when you need to “come back to yourself”. So any time you are flustered and any time you remember to do so, apply PCC.

The pausing is so you can hear what your own guidance, soul and body are saying to you. And the pausing also helps you to “step back” from the hustle bustle and slip into a new groove and energy that is one with love/spirit.

The connect-ion is so you experience that you are not alone in the kitchen and that you have an inner guidance of love directing this learning. To connect is another way to say “ask for help” from a power greater than yourself. It can be as simple as a quiet thought that

professes: “Show me how.”

Once you pause and connect (even if you do not hear or feel the guidance, yet) you can continue on with the rest of the steps and then with cooking or eating.... but you will be doing so with a more calm and peaceful presence now.

Pause. Connect. Continue.

- Pause from doing. Sit down if you can.
- Put your hands on your heart. Close your eyes if you want. Feel grounded, connected.
- Now Breathe. Inhale deeply but slowly and then turn your attention inwards and focus on the space between each breath. Pay attention to each breath that comes. Let the breath fill the mind then fill the heart. Find stillness. Find calm. Notice how you feel.
- Then say/pray “Thank you for this moment. Show me, teach me, lead the way”. You are now connected and can go on your way

This practice can be used for minutes at a time or seconds at a time.

You can use this in the kitchen, or when you are starting your Mondays overwhelmed already, or when you get into a traffic jam (just don't close your eyes) or when you feel your kids yanking at your pants for the last straw of sanity. Apply “pause connect continue” anytime you need help knowing what to do next or simply need to recenter yourself.

3. Before you eat

Set your mind Right, before you eat.

→ **Try This Before you Eat: Take 10- 30 seconds to:**

Pause & Nurture-
Your Inner Child
Your Children
Your Family
Our Planet.

This practice can be called a “Love Inclusion Practice”.

The intent is to include everyone and everything in your heart and mind and love them all in this moment and offer gratitude and nurturing to all parts of Self.

You can close your eyes or keep them open while doing this, as long as you allow yourself to slow down so you can feel nurturing energy given towards yourself and others.

It is also a simple way to connect with all parts of yourSelf and to call upon wholeness.

When we are whole, we have no need to fill a hole with food.

When we are whole, we make quality decisions in the present instead of trying to fix what happened in the past or fear what might happen in the future.

We will witness a transformation in our relationship to food through this simple prayer/exercise alone.

Try it right now, take 10, 15, 30 seconds to pause and nurture yourself and others thoughtfully and with the energy of love in your heart.

4. Moving Meditation

Cooking is a Moving Meditation.

It becomes this way through practice. Much like with dancing. At first it feels like a bunch of steps, all of which you are thinking about very intensely. After a while you find your rhythm and you are able to dance and flow confidently without thinking about the steps. Same thing with cooking in the kitchen. The steps become meditative, natural once we practice them and then they flow out of us like dance moves. It is only practice that stands between you and a meditative, calm and confident cooking experience. So practice, practice, practice.

The more you cook, the more comfortable you become! And the more restful and enjoyable, even therapeutic and calming IT becomes.

Testimonial from an Alchemy Student:

"Wow Britney, my husband told me the other day that he noticed how I was cooking with joy and calm, and without complaint! I didn't even realize it, but I am!! And I do believe it all extends from me practicing pausing in the presence and moving meditation in the kitchen. I am so grateful!!!"

I have personally cultivated a meditative and enjoyable cooking experience through "owning my kitchen domain". I learned it's no one else's job or responsibility, unless they want it to be. But it is my responsibility to take charge and think about food, plan food, cook food, serve food. And all of that comes through "owning this role" as if it was given you by God Himself.

To own your kitchen domain and settle into meditative cooking, do this:

- Set your mind right (pause, breathe, intention)
- Decide on what [meal](#) you will make ahead of time

- Read the recipe all the way through
- Set your “*mise en place*” and take out all your ingredients, spices and cooking ware before you begin
- Connect with your heart and let it flow, one step at a time.

5. Act of Love

A healthy mind Loves. To think with Love leads to Acting with Love. We want to always choose the most loving thoughts and actions towards to ourself and others. Eating to Nourish IS Loving.

Eating nourishing food is being loving to one's body/vessel. Taking time to think about the food you want to make, and put the time into making these foods is a Loving Act, too.

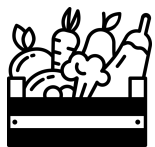
Honor yourself for what you have done to feed your family and nourish so far. There is always room for improvement, of course, but be sure to thank yourself for at least choosing to be here and LEARN how to eat better, and love better through food. Every decision you make on behalf of you and your family's health and happiness is a gift to so many. This decision will help you to allow cooking to become an Act of Love that is no longer a dreaded chore. :)

Cooking with Love can also become an act of worship unto God, our Creator of Love. Since cooking is a way to bless all people and all things (through our food decisions and prayers), how can it not be an Act of Love unto our Creator, when we are Loving and serving all that He created? I pour my heart into food as I thank God for what we are, it's a beautiful close activity that has a delicious finale.

Cooking is a humble act of service and of love and you are worthy of experiencing this.

Mindset Prep Recap Thoughts & Questions

1. What is the energy / intention that I want to transfer to this meal?
2. Am I set up with my ingredients and mindset, to be able to flow as I cook?
3. Breathe Deep and Send love to yourself and into the food you make
4. Pause & Pay Attention. What do I feel? What do I want to feel?
5. Give Love to your inner child/Self/Others/God before you eat
6. Cooking is an Act of Love towards Yourself and Others. Choose Love before you cook.



K.A Whole Foods Module

Having a Whole and Healthy Kitchen is not only about eating and cooking healthy.

It is about discovering the freedom to personalize sustainable food choices that work best for you and your family.

In this section you will find that freedom through developing new skills and discovering new tools to assist you with your food decisions. You will discover what real foods are, what toxic foods are, and how they interact in the body. You will also learn how to shop for whole foods and make them well balanced and delicious.

There is so much whole food goodness in this section. :)

Our Goal:

To have you feeling confident in knowing what to eat, how to shop, how to cook and how to prepare meals that save you time and stress.

What to Expect:

1. What to Eat? Understanding Whole Foods & Food Myths
2. Build Flavor & Know Your Spices
3. Grocery Shopping
4. Well Balanced Meals & Pantry Essentials
5. Superfood Snacks & Quick Lunches
6. Gut Health & Mindful Eating

Kitchen Alchemy - Whole Foods Module Lesson 1

1 - What to Eat?

Understanding Whole Foods & Food Myths

Hippocrates, a famous Greek physician, in the year 440 BC said, “*Let food be thy medicine and let thy medicine be food*”. Food is medicine, so we want to eat real food to provide our bodies and brains with natural medicine. This is the basic core principle of Holistic Nutrition and the basic core principle for how we see food in Kitchen Alchemy.

Holistic “a term conceived in the early 20th Century to describe inclusivity or holism. It is concerned with the notion that reality is an interconnected whole and focuses on the total entity and interdependence of the diverse parts of a totality.”⁴

Nutrition itself is not a new ‘science.’ “The word as we know it today finds its roots in Latin and the translation from the original nūtrīre, meaning TO NOURISH. It has become widely known that several ancient cultures practiced the use of food as medicine as far back as 3000 BCE in the region of the fertile Nile⁵.”

Holistic Nutrition (HN) is a holistic approach to nutrition that includes the WHOLE person. I have studied HN since 2009. I am not a registered nutritionist nor a dietician. I am a mom and a hard core learner who loves to absorb what comes into my path to help myself, and others. Holistic Nutrition was literally given to me, so I could help you better :) Everything here comes from that education.

In this section I will educate you on some “Rules” of Holistic Nutrition as well as bust down some “myths” that are floating around.

I will also empower you to think about food differently, more different than you ever have before. This is because I will be discussing food from the perspective of a relationship. We have a symbiotic relationship with food, one that affects us *and* affects the food we eat as

⁴ <https://csnn.ca/holistic-approach/the-science-behind-holistic-nutrition/>

⁵ <https://csnn.ca/holistic-approach/the-science-behind-holistic-nutrition/>



well as the environment for which it is grown, the people who grow our food, harvest it, transport it and deliver it to us so we can buy it at stores/markets.

Every food decision we make is a decision for the world we want to see. I aim to make food decisions that support those who are planting, growing and harvesting food with love....and with a mindset that is inclusive of the animals and the earth.

Physical health and a healthy gut are integrally connected, as science is now proving to us. Our gut (microbiome) is filled with living organisms. If they are fed the “right food” our body and brain run optimally. If we give the organisms the ‘wrong food’, the bad bacteria overrides the good bacteria and sickness, weight gain, bloating, mood swings, diabetes, autoimmune diseases and more can spring up. What we think (and the food decisions we make) have an effect in form/body. Anyone with kids will notice this. Give kids a bowl of ice cream and they will be jumping up and down out of control for a good 30+ minutes until they crash and are starving for more. Give them a bowl of carrots, chickpeas, cucumbers and dressing instead and they are stable, present, calm and well-nourished until the next meal. When we pay attention to the effect food brings us, it's easier to choose food that brings with it the healthy, stable and nourishing effects that we actually want.

I want you to know though, we will NOT think about food in terms of what you “cannot eat”. There is nothing off limits because we are free beings and deserve to enjoy all kinds of food while on this planet. However, there are few things like white breads and pastas, fried and processed food, canola and hydrogenated oil as well as sugar that are toxic for the body in large amounts and thus the intake of them should be limited.

Our focus is on “adding in” the good and healthy stuff to our meals so that we can supply our body and brain with the nourishment it needs to thrive. This section will educate you on WHAT to Eat to support this optimal health and What food MYTHS are out there that we need to see differently.

We aim for 80/20 around here. 80% of the time we eat clean. 20% of the time we eat whatever we want to eat. Our goal is optimal health, not weight loss or muscle gain. However, weight loss and muscle gain are often the effect of changing the way you think about and choose to eat food.

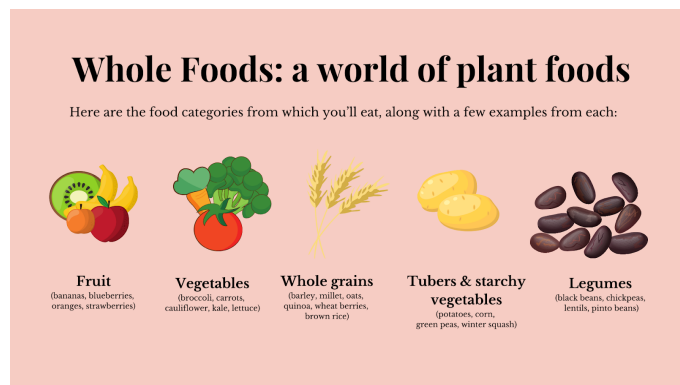
Rules vs Myths

Rule #1: Eat Food

After Michael Pollan, a journalist, author and professor of science, examined nutrition he developed this simple rule for all of us to follow:

“Eat food, not too much, mostly plants.”

This rule is simple to remember and to apply. The key about this rule is it reminds you that you want to eat real food - food that comes from the earth and is filled with nutrients, vitamins and minerals. Instead of eating “edible food like substances” as Pollan calls it, that are produced in a factory and often void of nutrients but chocked full of preservatives and chemicals.



Pollan invites us to focus on eating mostly plants, because our western world tends to be extremely high on the calories side of things, so if we eat mostly plants (at least half our plate full) the second half of the plate can easily be filled with farm raised meat and healthy fats and whole grains. The studies also show that those who eat more plants are far healthier in life and have greater longevity over time.

And of course, not eating too much is added to this rule, so that we can begin to work in cooperation and harmony with our bodies. So that we give it what it needs, and nothing more and nothing less. So this is the phrase I want you to remember when you embark upon a whole and healthy kitchen, I want you to *“Eat food, mostly plants, not too much.”*

Eating whole foods means... eating mostly plants - vegetables, fruit, berries. Reduce grain intake and make it whole sprouted grains when you do. Choose smaller portions of meat that are responsibly and sustainably raised and grass fed. Eat organically farmed eggs and fish. Sprout/soak all nuts, seeds, grains, legumes. Avoid processed foods. Consume healthy fats, such as coconut oil, avocado or olive oil but to avoid vegetable or palm oils and sub for broth when you can. Some will thrive on Vegan, "Whole Food Plant Based" diets, while others will opt to consume some farm fresh and local meats and dairy. It's about finding what works for you and your family. And it is my goal to help you find what is best for YOU!

Myth #1: Eating Food is Hard



What you think is “easy” is the edible food-like substances that fill our grocery store shelves and intestinal walls. These ‘edible food-like substances’ are not food and yet are packaged and marketed to you, and kids, to make us think that they are “healthy”. They often have little to no nutritional value, have very little fiber and are what I like to call “filler foods.” They don’t nourish you, they fill you. They don’t give your body what it needs, they take from you.

We have become accustomed to eating processed foods that seem easy. But when we are not receiving the nutrients to strengthen our immune system, we are far more likely to get sick, and when we get sick it is expensive, IT is hard. This is what is truly hard, getting sick and living an unhealthy life.

When you learn the fundamentals of how to put Whole Foods together to make meals, and how to season and cook Whole Foods to make them taste good, you will realize it's simple!! You just had to learn how. And when you learn how, it can actually be a wonderfully fulfilling and meditative experience in the kitchen that beats out the quick boxed food any day.

So as we progress, embrace a mini shift in thinking from “Eating (whole) Food is hard” to “Eating processed food that makes me unhealthy is actually what is hard” and “I am learning what Food to eat and how to cook it so that cooking nourishing meals becomes easy and simple for me.” Amen :)

Rule: #2 Eat the Rainbow

Eat the Rainbow



Most of our well rounded nutrition will come from a rainbow assortment of fruits, vegetables, berries. So I suggest having as many choices for fruits and vegetables in your home as possible. That way, you will more likely reach for those when you're hungry rather than the packaged/processed foods.

Here is something to do with the kids, tell them a color, and they have to go find the fruit or veggie of that color to eat

that night. Then you can get creative as to how you are going to prepare that veggie or fruit to make it delicious. When we include our kids in the meal making process they are far more likely to eat the meal they had a hand in making. Myth

Myth #2: Meat is bad



Meat is not bad, the way meat is processed in our world is what is bad. If you want to know how dirty, cruel, expensive and destructive to the environment large factory farms are, you really should do a quick google search. I first came to this realization when I was reading the book: Quantum Wellness: A Transformative Guide to Health, Happiness and a Better World by Kathy Freston. There was a chapter in there that explicitly described what factory farms do to the animals, and it's so terrible I don't even want to write about it in this Course. But let me tell you, from my heart to yours, the way typical meat is handled is walking the line of evil and it really does need to

end and be done differently.

This is not to say we should not eat meat.

It just means that we must think about where our food is coming from.

We want sustainably raised meat, pastured meat, meat that comes from animals that are loved and well cared for without the unnecessary use of antibiotics. Antibiotics are needed for most farm animals because they are fed grain. When in reality, cows for example, eat grass. They need to be roaming in grass (pastures) so that they are given the proper nutrients to be healthy. If they don't eat the proper nutrients, much like us, they get sick and need antibiotics. But those antibiotics are then ingested by us when we eat it and that's just a "no no no" to me, as antibiotics are one of the leading causes of killing our good gut bacteria! When our gut bacteria is killed, so is our immune system and so is our ability to keep our bodies healthy.

Everytime you eat meat you are choosing which kind of world you want to see. The one that abuses animals, or the one that is kind and loving to animals. I believe animals are part of the natural cycle-of-life and their function is to feed us, but if we choose to eat them, we must choose to also love them and be grateful to them in their role of nourishing us.

My family became "meat eaters" again in 2019 after being vegetarian/vegan for 5 years. The main reason we were not eating meat before was because of the poor quality in stores and the way that the animals were cared for. We have since found a source called [Butcher Box](#) that we order from every month. They have well loved pastured animals and their meat is soooo tasty!!! We noticed the difference in the quality of meat immediately!!!! We will eat meat and fish maybe 3 to 5 times a week now. So it's not everyday, but it's included in our lifestyle now and I am grateful that it is. I feel good eating meat. Personally I stay

away from red meat because of how it feels in my body and gut, but there are many who thrive on red meat. Again, it's what works best for you. But going forward, aim to research an organic and farm fresh butcher that can help you with your meat orders.

If you eat protein WITH your carbs, it will prevent the carbs from turning into glucose so fast, which will prevent insulin / glucose spikes, which will help you to lose weight and stay satiated.

Rule #3: Eat Fiber! (PFF)

$$\textit{Protein} + \textit{Fiber} + \textit{Fat} = \textit{PFF}$$



When you are thinking of making meals that support your overall nutrition, think PFF > Protein + Fibre + Fat. PFF provides the body with what it needs to feel fuller longer because it is satiated and well nourished!

Fiber is the most important part for a healthy body and often the most neglected. Fiber protects the gut and in the intestines, it also helps to prevent glucose spikes. Preventing glucose spikes helps with many things including reducing hunger, increasing energy, and increasing our health from the mere fact that the body is not rising with glucose spikes (sugar/carbs) and then crashing shortly afterwards. This is

like a rollercoaster your body goes on and the more the body has to correct itself from the intensity of roller coaster (glucose spikes) the more it is focused on correcting instead of nourishing and repairing. Over time the body is fighting itself just to maintain a balanced nutrition and glucose level. Eating this way is exhausting, in so many ways, but eating fiber helps to stabilize the highs and lows!! Fiber also slows down your metabolism and helps to bind material together which assists with the digestion and elimination of our food.

Without fiber, food can get stuck in our intestines and begin to rot, ferment and produce bloat and excess weight gain. Fiber is essential in our meals and can be found in the skin of fruits, in all vegetables and fruit, in flax meal and whole grains.

When you add protein and fat to a meal, that's when it becomes a whole meal which we call PFF. When we eat the PFF way we give our body a better chance of controlling our blood sugar, stabilizing our energy and weight AND cutting cravings. Eating this way has significantly impacted my energy level and has helped me cut cravings immensely. I find I feel fuller, faster and it's a sustaining energy for many hours.

Protein can obviously be animal meat (farm raised and pastured), as well as legumes (beans + lentils), tofu, farm fresh fish, nuts and seeds. Vegetables also have protein! For example an entire head of broccoli is 17 grams! Which is more than a steak the size of your palm.

Fat. We will talk more about this in the next lesson, however, fat is essential for keeping us feeling fuller longer, and so much more.

Ask yourself with every meal: Where is my protein, fiber, fat?

Myth #3: Carbs are Bad



Whole Grains (carbs) are essential for prevention of many diseases.

Carbs, when eaten as Whole Grains, provide the body with essential fiber and vitamins / minerals.

Whole Grains help to lower heart disease.

They help lower the risk of stroke or obesity.

They support healthy digestion.

They reduce chronic inflammation and so much more.

I have found, much like with fats and salt, that the quality matters!!

I stick to sprouted or fermented grains.

Gluten free is a good option if you are more gluten

intolerant.

Vegetables are also carbs! So if you have enough vegetables on your plate you don't NEED any other kind of carbs. But they are a wonderful compliment to a meal. And absolutely nothing to feel guilty about if you choose the right kinds. Enjoy that [sandwich](#) with two slices of bread, not at every meal or everyday, but once in a while is supremely enjoyable.

White breads (and brown bread) are to be avoided. They are highly processed and stripped of all nutrients and often bleached to be so white. Stay away from all white or even brown bread. The bran and germ (which is where the fiber and nutrients are) are taken out of these white breads which leave only the endosperm (which is void of nutrients). This, as you might suspect, will leave *us* nutrient deficient because the body is not receiving any help in digesting the dense carbs. Aim to choose sprouted whole grains when you can as it's easier on the digestive process and the nutrients are more readily available to us.

If your grains are not sprouted already it is recommended that you soak your whole grains before eating them (clearly, don't soak your bread) but soak your brown rice, lentils, barley, buckwheat, millet, bulger etc. The reason for this is because When you soak whole grains in warm water (preferably overnight), you activate the enzyme phytase. This enzyme then works to break down phytic acid which binds minerals like iron, calcium, and zinc. As

phytase does its magic, it releases minerals in whole grains and makes them easier for your body to absorb.

Here are some common varieties of Whole Grains.

(I've mentioned these before but added a few more options to the list.)

<ul style="list-style-type: none">• oatmeal• popcorn• millet• quinoa• brown rice• spelt• Sourdough Bread• Whole rye• Wraps• Sprouted Grain / Fermented Bread<ul style="list-style-type: none">◦ Silverhills bakery◦ Stonemill Bakery◦ Ezekiel Bread◦ Dave's Organic Bread	<ul style="list-style-type: none">• wild rice• wheat berry• bulgur• buckwheat• barley• Muesli rounds• Brown Basmati rice• Whole grain cereals• Couscous• Barley• For Gluten Free Flour we love Bob Red Mills 1 to 1 and for GF bread Little Northern Bakehouse Brand and O'Doughs Everything Bagels
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Here is a great video on the [ART OF BREAD- Ted Talk](#) & A blog on [how to Make Your Own Sourdough Bread!](#)

Rule #4: Eat Well Balanced Meals

Make Well-Balanced Meals

Well balanced meals are PFF but have extra emphasis on the importance of eating plants. A well balanced meal is half the plate filled with veggies, and the other half includes your macronutrients (Protein, Fat Whole Grains)



Macronutrients - ½ the plate

Protein: Chicken/chickpeas/blackbeans/lentils

Carbs: Sweet Potato/rice/quinoa / sourdough bread / whole grains

Fats: Avocado/coconut oil/olive oil/nuts

Micronutrients - ½ the plate

Vegetables: Cauliflower, Green Beans, Cucumbers, mixed greens, kale, zucchini, butternut squash, potatoes, broccoli, cabbage, sprouts, leeks, peppers, spinach, spaghetti squash, mixed greens, romaine lettuce, bok choy, sweet potatoes, corn, snap peas, tomatoes, brussel sprouts

Ferments / Superfoods/Fruits + Berries/herbs: Sauerkraut, kefir, kimchi, sourdough, spirulina, elderberries, chaga or reishi mushrooms, maca powder, chia seeds, flax meal, hemp hearts, wild blueberries, apples, bananas, kiwi, strawberry, blackberry, clementines, mangos, pineapple, cilantro, basil, rosemary, oregano.

What might a well balanced meal look like as breakfast-lunch and dinner?

A well-rounded breakfast might look like:

2 boiled eggs, sprouted grain toast, coconut oil, avocado, salt, pickled onions (optional, but so dang delicious), cilantro (also optional, I know for some it tastes like soap) and sauteed kale with fresh diced tomatoes in olive oil, salt and fresh garlic as a side.

A well rounded lunch might look like:

Salad at the beginning of the meal. (mixed salad greens, green onions, quartered cherry tomatoes, feta and olives if you desire. [Balsamic dijon glaze.](#))

Some beet crackers, some raw carrots and some [homemade hummus](#)

A well rounded dinner might look like: [A buddha Bowl](#): Roasted Sweet potato, carrots, beets, caramelized onion and mushroom, over rice or quinoa and a hummus maple syrup drizzle. Salad before the meal is optional as well.

A dessert might look like: (30 minutes after your meal for optimal digestion)

Diced strawberries and blueberries.

With fresh whipped cream or greek yogurt

and hemp heart sprinkles :)

Here are some more details and images for Well-Balanced Meals:
<https://www.wholeandhealthykitchen.com/well-balanced-meal/>

Myth #4: It's hard to cook for the family

This is true only when you do not know what to cook or how to create the mealtime environment that cultivates adventurous eaters. When you are empowered to know what to cook (check out this [Family Meal Plan](#) I made for you), cooking for the family can be



quite simple and enjoyable. Also when you encourage the family to contribute to the care of the kitchen through roles (more on this in workflow module 5) it becomes a lot easier.

Also, think of the opposite of cooking for the family, you eat out all the time. And eating out all the time means you are eating processed, unhealthy fat, sugar and salt laden food that is not nourishing the body. Food is meant to be a fuel source for the body. If we put junk food or processed food in our system regularly, it's like putting gas in our car that is half mud. It will slow the car down, and eventually break the car. We want to

provide the body with the fuel (nutrients) it needs to be optimally well. That way when the body is well we can focus on every day maintenance instead of having to fork out thousands of dollars for repair, so to speak. So I want you to really ask yourself, is it hard to cook for my family, or is it harder to get sick and have to deal with sickness and negativity and tiredness due to lack of nutrition?

Lastly, thinking cooking for the family is hard is a belief that can be reframed. Reference the early mindset modules to work on this belief and come to see it differently. For example: *"Cooking isn't hard, it's a new habit to learn that will nourish my family well. And I want to do that"*

Here is your Family Meal Plan filled with recipes and meal ideas for breakfast lunch and dinner: <https://www.wholeandhealthykitchen.com/download/38680/>

I also recommend you check out the final Module in the Kitchen Workflow section where I help you with cultivating the appropriate kitchen environment.

Rule #5: Eat more Fat



Yep I said it. Eat more fat. Studies have finally shown that eating fat, healthy quality fat, is essential for the body to thrive.

Healthy fat fuels the brain.
It provides us with energy and lubricates our bones, muscles and inner body.
It keeps us feeling fuller, longer.
It is necessary for proper absorption of some vitamins, like A, D, E and K.
Our lungs require saturated fat for proper function.
Fat is also necessary for proper liver function and helps to protect our liver from toxins.
Fat is important for many many functions.
But much like salt, it's the quality of fat that matters

most.

Stay away from vegetable oil, safflower or canola oil as they strip your gut of nutrients instead of lubricating them. These oils hide in most things like chips or mayonnaise, and are used in most fast food restaurants to make their fries or chicken nuggets etc. If there is anything I say no too, it's these 3 oils.

I will use fat in my cooking, but moderately only because it's high in calories.
When I have used enough oil in my cooking, I will use broth, instead.

But getting enough oil, about 20% to 35% of total calories from fat for adults is recommended. That is about 44 grams to 77 grams of fat per day if you eat 2,000 calories a day. (clevelandclinic.org) Getting this recommended amount of pure healthy fats are helpful and essential for the body and its natural function.

But fear not oil! The body needs it to function properly and for you to feel satiated after every meal! Watch this to learn more: [What are the benefits of healthy fats?](#)

The healthy fats we eat and I recommend are:

Coconut oil Olive oil (olives) Avocado (or avocado oil) MCT oil (I put 1 tbsp in my coffee)	Grapeseed oil Grass Fed butter Ghee Nuts & Seeds / Nut Butters
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Whole Food Hacks

Leftovers are your Friend

Whole foods make ahhh-mazing leftovers!! Use this hack :) Make more food than you need so that you can have leftovers the next day. Leftovers have had a bad rap in the past. I think that's because warming up meat or french fries tastes horrible!!! But when we warm up stews, soups, wrap fillings, stir fries, rice/grains, we actually can have a meal that is even more flavorful than the night before because the flavoring had a chance to marinate!

Going forward when you think about making meals, make double.

Put the other half in the fridge or freezer and you will be grateful for what you did on those nights when you are in a hurry or don't know what to eat. Seriously, leftovers are your best friend!

Don't have an ingredient? Flow with it.

You don't have to be so precise all the time. Especially in cooking (versus baking). You can be more fluid, and trust, and use what you have on hand. If the recipe asks for broccoli and all you have is cauliflower, use that. If it asks for peppers and you have zucchini, use that. If it asks for eggs and all you have is flax meal, use a flax egg. If it asks for curry powder and all you have is turmeric, add that and add some cumin or coriander, too. This is your time to step out of your comfort zone and into spontaneity and adventure. Think outside the box and really consider what you can use if you don't have what a recipe calls for. Some of my favorite dishes have been created when I sub something for something I didn't have!

Shop with Purpose

To shop with purpose you need to know that you are buying only the ingredients that serve a purpose. The ingredients you pick up will be used in one of your meals that week. Or you are stocking your pantry to have your essentials on hand. There is no absent minded buying because you're hungry, or it's on sale, or it looks appetizing. You are buying with purpose. You will be buying food only to nourish.

Follow these steps when you shop:


1) Throughout the week, create a grocery shopping list. Add to it when you realize something is running out, add to it with the ingredients you need to make whole meals. Bring this list with you to the store. You must bring your list.

2) Stick to what is on your list. Buy things in bulk and on sale only if you will be needing them soon or buying them anyway or stocking up. Once you are done with your list, you are done and you will have everything you need to make great meals that week.

3) Eat before you go so you are not hungry

4) Remember to check the ingredient list (not the calorie list) to make sure you can pronounce everything, that sugar is less than 8g and that it does not have sugar listed in the first 3 ingredients.

5) Watch this video on Food Rules to help you:

 11 Food Rules: To Assist you with Grocery Shopping!

Use Frozen Veggies

Something that is cost effective and holds to our whole food decisions is to use frozen veggies. They may not always taste as good as fresh but you can make it work. The best frozen veggies are Broccoli, Cauliflower, Peas, Carrots, Edamame, Corn, Butternut squash. I love frozen spinach or kale in shakes/smoothies

I find dethawing them on the counter for a bit is helpful (even pouring boiling water on them). Then drying them and then adding butter or olive oil or melted coconut oil on top. Plus sea salt. This is enough for peas or corn (both of which are excellent in stir fries and soup) For the rest of the veggies I then either pan fry them or bake them at 400F for 20 minutes until slightly crispy (broil for a few seconds if desired). Feel free to drizzle with lemon, sprinkle with garlic salt or sprinkle with parmesan cheese.

Use Vinegar for its Health Benefits

Vinegar is not just for salad dressings, it is also a flavor enhancer and health booster! Did you know that only 1 tbsp of vinegar (in 2 cups of cold water) before a meal prevents your glucose from spiking by 30%⁶!! This means if you are eating a meal with carbs that your body will better be able to digest it and it will prevent your body from those super high spikes that lead to a crash (which can contribute to obesity, diabetes, sickness) Vinegar is also acetic acid which does three things 1) it helps to produce amylase which is a digestive enzyme that breaks down starches and slows its release 2) it tells the body to suck up glucose and literally absorb it to take it out of your system 3) it tells the mitochondria to burn fat. All of which are helpful processes for enhanced health!

⁶ Jesse Inchauspe  The TOP FOODS You Must Eat To Lose Weight & END INFLAMMATION | J...

Eating Healthy Means

“Eating (real/whole) food. Not too much. Mostly plants” - Michael Pollan

1. **Use the 80 / 20 principle.** 80% of the time (weekdays) eat healthy clean meals, 20% of the time (weekends) eat whatever you want! This equals food freedom! (side note: the more you eat healthfully, the less your taste buds will want the “bad food” anyway....)
2. **Fill half your plate with plants** (vegetables, fruits, berries, superfoods). The other half is split between protein, healthy fat, whole grain carbs and fiber.
3. Fill half your plate with other food: such as one or a mix of farm raised meat, healthy fats and whole (sprouted) grains + organic dairy
4. **Fiber, superfoods/wild foods/ferments** should be included in (at least) 1 meal a day (Ideally 3 to 5 servings a day)
5. **Drink plenty of water** (6 cups women, 8 cups men, 4 cups kids - minimum. along with water coconut water, herbal teas, greens)
6. **Start the Day Right.** Decide on the thoughts you want to think, the feelings you want to have, what you want to have happen to you and drink warm water with lemon to get your digestive juices flowing and to set your palette to healthy, for the day.
7. **Eat nutrient dense snacks or shakes** to fill in the gaps between big meals. (in lesson 6)
 - a. Our favorite shake is 1 cup cold water, ½ scoop vanilla Vega protein, 1 tsp spirulina, big handful frozen pineapple. Blend)
8. Food is medicine. Eat to nourish every day, and eat to help your body to boost its own immunity. Read this blog to help you to use Food as Medicine.
<https://www.wholeandhealthykitchen.com/food-as-medicine>

That's it!!! These can be applied to whatever lifestyle works best for you.

I do not care what label (vegan/paleo/keto etc) works best for you. What I care about is if you are getting the optimal nutrition that your body and brain needs to be healthy and remain healthy. Everyone is different, therefore we all need to eat according to our own needs. As long as you stick with eating (real)food and well balanced meals, you will be guaranteed to have the nutrients you need, no matter what label you give to yourself.

(I must note, there are some people who thrive on the carnivore diet or raw food diet. I find these diets can be helpful as a cleanse, but those who eat this way consistently are the exception. Those who struggle with auto-immune disorders may benefit from one of these choices, but if you are considering going more extreme with your food choices I recommend consulting a professional)

What Food Rule will you be working to apply more often?

Do any of the Food Myths shock you or help you to see something differently?

Building Flavor with Flavor Enhancers

Flavor enhancers take our food from boring to beyond amazing!!

Flavor Enhancers are tools to help bring more flavor to your meals. One of the main things I get asked is “how do I make my food taste good”? Well, it is with flavor enhancers! (and of course the Love :))))))

2 - The Flavor Enhancers

Sea Salt

Salt is a mineral that our body needs.

It's needed by the heart to have blood pumped through the body.

It's needed by the digestive tract to have it function properly.

It aids blood sugar control by improving insulin sensitivity.

It's used to maintain the proper stomach pH.

It improves sleep quality.

It is essential for our overall well-being.

For years we were brainwashed by marketing campaigns that told us salt was the enemy!

But that's not true. Quality salt is good for you. It's the cheap salt that we want to stay away from.

Salt is NOT that refined white powder that the food industry calls salt. This is purified sodium chloride and is completely stripped of its nutrients and trace minerals. It also tends to pull water out of the body leading to dehydration.

I recommend sea salt, celtic sea salt to be exact, or himalayan pink salt.

High quality salt produces more hydrochloric acid (HCL.) This is produced by the stomach to keep out invaders such as pathogens, viruses, yeast. Those who take antacids, processed foods, or dead salt as I will call it, decrease the amount of HCL that the body produces.

This leads to more susceptibility to bloating, yeast infections, stomach bugs, flu's, acid reflux and more.

Not only does salt do the body good, but it enhances the flavor of our meals!!! Fear not salt (sea salt that is off white and moist (yes moisture means magnesium and minerals which is what we want!)). High quality salt is actually good for us and we should be getting more of it!

[Are you getting enough salt?](#)

The healthy salts I recommend are:

Real Salt	Pink Himalayan Salt
Sea Salt	Herbamare

If you want to know HOW and how much to salt your food, watch this video:

 [4 Steps on How to Properly Salt Your Food](#)

Citrus

Say hello to my most used ingredient 🍋🍋🍋🍋

I use lemon (and lime) in almost every meal as it amplifies the flavor of whatever it is added too and brings with it this nice fresh taste.

Ways to use citrus:

1. At the end of a meal to enhance flavor (ex serve a bowl of soup, and drizzle a bit of lemon on top before serving)
2. Start your day with warm water and lemon (and fresh ginger if desired) This is a great way to give your body a bit of a cleanse before you eat more food
3. Add lemon to cold water and add sliced apples. This prevents them from turning brown, plus it tastes amazing (I often will use lemon essential oil)
4. Use the rind for added flavor
5. Use as the base to your salad dressings

Always use fresh lemon and lime, avoid that lemon juice from concentrate stuff as they contain added preservatives to keep it “fresh” but it's not fresh, it's old used lemon trying to keep longer in the fridge. Nope. Don't do that. Instead, I recommend freezing them!

Always wash lemons thoroughly before storing them in your freezer. You can freeze lemon slices to add a spritz of lemon juice to drinks or dishes. What to do: place the cut lemons on a freezer-safe parchment-lined tray and freeze until frozen.

If you do not have citrus but want to enhance the flavor at the end of a meal, use a small splash of vinegar instead.

Spices & Herbs

Spices are one of the most amazing ways to get great flavor in a meal, and also powerful nutrition!

I have heard many people say how they don't know what to do with spices. They don't know what is too much or too little. What I say to this is- trust yourself! And, follow a few tips.

Some tips for using spices:

- 1) Start with experimenting with 2 new spices. And add 1 new spice to your cupboards each month. Check the expiration date of ones that you have had for a while.
- 2) Spices need time to “marinate” and release the flavor. So adding spices at the beginning of a meal, and letting them simmer in oil, will contribute to unlocking the flavor and evenly distributing it through the meal.
- 3) I recommend you start with 1 to 2 tsp of a single spice (or if it's a big dish adding 1 or 2 tsp of another spice as well) seems to do the trick for soups, stews, stir fries, curries and the like.
- 4) I buy organic spices and often from bulk barn
- 5) I also wrote a blog on [How to Use Spices](#) that you might find helpful. Especially if you fear spices or do not yet feel comfortable pairing the spices together. Hopefully this list helps you to narrow down some key spices to have in your spice cabinet.
- 6) For more information on more nutrition ayurvedic benefits of Spices, [read this.](#)

Here is a list of my favorite spices.

Cumin Coriander Curry Turmeric Cayenne Pepper Red Pepper Chili Flakes	Ginger Garlic Powder Smoked Paprika Black Pepper Cardamom Nutmeg Cinnamon
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I mostly use herbs in their FRESH form, but you can also get dried herbs.

To make get maximal flavor out of the herbs:

Add half at the beginning of your meal, and half (fresh!) at the end of the meal

For example:

If I am making a pasta sauce I will add all my vegetables and spices and dry herbs at the beginning, in the sauce, so that they can marinate together. At the end I add all of that into a blender with added fresh basil and fresh oregano and salt! This way you get the flavor punch and freshness right at the end as well as the flavor deep throughout the sauce. For the nutrients in different herbs, [visit here](#).

Keep herbs fresher longer:

- 1) Wash fresh herbs, let them dry completely. Then add fresh herbs to a glass jar with a wide mouth, fill the jar with cold water. Cover the herbs with a thin plastic bag and stick in the fridge. They will last about a week, at least double as long then if you just leave in a bag in your fridge.
- 2) Cut up herbs and add them to an ice cube tray. Pour your favorite healthy fat on top (or water) and freeze. You can then use them at the beginning of any meal to cook with!
- 3) Add fresh mint leaves (+[chlorophyll](#) with mint) to an ice cube tray. Add water on top and freeze. These are perfect to suck on or add to drinks!

My favorite dried Herbs are:

Oregano Sage	Thyme Rosemary
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My favorite fresh Herbs:

Basil Cilantro Rosemary Oregano Parsley	Thyme Dill Chives Green Onions Mint
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How to pair spices and/or herbs together:

I often pair warm spices like curry, turmeric, cumin, coriander together, and herby spices like oregano, basil, rosemary together. But sometimes I will blend the lines like adding curry and oregano to my pasta sauce!!!! Or cumin and fresh basil to a chickpea salad. It's all about trusting yourself!

Let's Talk Sugar

We will discuss this more thoroughly in our section about Gut Health, but sugar is toxic for our digestive system and blood. It is the cause of the insulin and glucose spikes (along with white bread, that turns to sugar in the body) and it's what sends us on a yo-yo with our energy and our mood. It is the ONE thing that I recommend you say NO to having in your home. On weekends if you want to go out and buy that donut or croissant, do it and enjoy it, but sugar is meant ONLY for pleasure and taste, it has *no* nutritional value at all.

This is why it does not belong in your “whole and healthy kitchen”. If someone is visiting and I know they like it in their coffee I may buy a small box of organic cane sugar and since I have it I may use a teaspoon or two into my tomato sauce, but having it and cooking with it on a regular basis is *not* recommended. If you have white sugar in your home, get rid of it. And check the back of your pantry ingredients to see what is laden with sugar in there too. Its surprising how many places sugar hides!

There are qualities of sugar that are fine in moderation. And in fact, adding natural sugar to meals helps to enhance the flavor tremendously and makes for really lovely meals.

This, is of course, why I included sugar into this section. However, it's not sugar as much as it is sweetener that we are looking for. We want the balance of taste between sweet, spicy, umami, bitter, sour, rich, salty. To get that balance adding sweetener is crucial!

The max amount of sugar for women per day is 6 grams and the max for men is 9 grams.

4 grams = 1 tsp. Which honestly still gives you room to use sugar without indulging in it.

Here are some quality sweeteners to choose from:

Raw honey	Agave Nectar
Real Maple Syrup	Monk Fruit Sweetener
Coconut Sugar	Stevia
Turbino / cane sugar (use only occasionally)	

Note: When cooking pasta sauce or stews I often add 1 to 2 tsp of cane or coconut sugar. I will also shred carrots or apple juice or jam which adds a nice sweetness without the added sugar. Be creative. Think of other ways to sweeten your food without reaching for the sugar.

Building Flavor

You build flavor by seasoning your food. When you season your food keep in mind bringing in saltiness, sweetness, sour, bitter, umami and richness.

How to Season Food

SALTINESS	SWEETNESS	Sourness
<p>Salt, Soya sauce, fish/oyster sauce, feta cheese, parmesan</p> <hr/> <p>What it does:</p> <p>Adds depth and offsets sweetness, tempers acidity and bitterness</p> <p>Suggested Uses:</p> <p>Chocolate desserts, soups and stews, pasta, grains, dipping sauce</p>	<p>Coconut sugar, honey, maple syrup, jam or jelly</p> <hr/> <p>What it does: Rounds out sharpness, bitter, or salty flavors</p> <p>Suggested Use: Salsas, bitter greens, vinaigrettes, pasta sauces, curries</p>	<p>Vinegar, citrus juice, pickled vegetables (such as jalapenos, carrots, pickled onions)</p> <hr/> <p>What it does: Adds brightness to flat-tasting dishes, cuts through richness or sweetness</p> <p>Suggested Uses: Meaty stews and soups, creamy sauces and condiments or roasted meats</p>
BITTERNESS	UMAMI	RICHNESS
<p>Dry or prepared mustard, fresh ginger, chili powder, unsweetened cocoa powder, dark chocolate, horseradish, coffee, lemon/lime zest</p> <hr/> <p>What it does: cuts sweetness</p>	<p>Worcestershire sauce, soya sauce, fish sauce, miso, parmesan cheese, anchovies, tomato paste, mushrooms</p> <hr/> <p>What it does: Adds meatiness, depth or earthiness, boosts dishes</p>	<p>Heavy cream, butter, olive oil, coconut oil</p> <hr/> <p>What it does: Rounds out flavors, adds viscosity</p> <p>Suggested Uses: Lean vegetable-based sops,</p>

<p>Suggested Uses: BBQ meats, sales, chopped salads, chili</p>	<p>that taste flat</p> <p>Suggested Uses: Bolognese or meaty sauces, hearty vegetarian sauces, soups, deli sandwich fillings such as tuna salad.</p>	<p>sauces</p>
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****Credit:** The New Essentials Cookbook - America's Test Kitchen

Mirepoix!

Mirepoix is a trick that all chef's use. It's a combination of finely diced onions, carrots and celery added to a pot or pan with oil of choice. They are cooked down for 7 to 10 minutes until the veggies become caramelized together. This is enough to add enhanced flavor to any dish, but you can also add the herbs and spices to this mixture. If you only have onions, use onions without the carrots and celery. Caramelized onions are one of my most favorite ways to add flavor to any meal. This blog may be a helpful resource in learning [how to caramelize your onions](#) most effectively.

Add Flavor While Cooking

Here are the main ingredients to combine together to create flavor in cooking:

- Aromatics (onion (and carrots / celery), garlic, ginger) + Fat
- then spices
- then vegetables/herbs
- then water/broth
- Heat
- And love + Presence + Patience

I always taste as I go and continue to build flavor with added salt, citrus, spice or water/broth and of course time and temperature, until it's perfect.

This particular flavor enhancer applies to soups and stews. But you can use the same

approach when you are trying to get a flavorful stir fry, buddha bowl or warm dressing for a warm salad.

Making Soup



When making soups it is imperative to build the flavor. There is a process for building flavor so I have created for you a diagram to show you how to add the layers to build up the flavor in a soup. If you follow this process, you will have delicious soup every single time.

Making good soup always starts with aromatics sauteed in fat, first. My favorite aromatics are onions, carrots, and celery finely diced and cooked in butter. Then you add in your spices of choice (depending on what soup you're making) then add all your diced veggies, any canned tomatoes/sauce, water and or broth.

Let cook until boils, then simmer for about 30 minutes until veggies are soft. Blend if desired, add coconut milk or citrus or more salt if desired. Add your favorite toppings, such as goat cheese, pumpkin seeds, pesto drizzle etc.

I recommend trying to make this soup Tom Kha Ghi. It's a bit spicy, a bit sweet, and powerful in umami. It's an incredibly nourishing and delicious Thai soup.

Dressings + Dips + Sauces

With most every meal I offer a dressing, dip or sauce to go with it. Dips and dressings always add immensely to the flavor and likeability to a meal.

Recipes for Dressings, Dips and Sauces

<https://www.wholeandhealthykitchen.com/dressings-dips-sauces/>

Here is a blog on 5 ways to love salads using varying dressings:

<https://www.wholeandhealthykitchen.com/5-steps-to-loving-salads/>

Marinades

Here are some chicken marinade ideas. I take my chicken out of the freezer at night to defrost in the fridge. Then in the morning I make the marinade and add to the defrosting chicken. When you get home you will be ready to cook with it at dinnertime.

Bake all of them at 425F for 22 minutes or until the internal temperature reads 165F.

Cilantro Lime Marinade:

bunch Fresh Cilantro

4 cloves Garlic

1 tsp Black pepper

3 tbsp Oyster sauce

2 tbsp Soy sauce

2 tablespoons olive oil

½ lime, juice

Blend in a blender. Pour over chicken, store in the fridge until time to cook.

Everyday Marinade:

1/3 cup olive oil

3 tbsp soya sauce

3 tbsp coconut sugar

1 tbsp oregano

1 tbsp garlic powder

1 tsp salt + pepper

1/2 lemon, juice

1/2 tsp cayenne

Mix together. Pour over Chicken, store in the fridge until time to cook.

Fajita / Taco Marinade/Spice Mix: 1 tablespoon chili powder 1 teaspoons ground cumin 1 teaspoon sea salt 1 teaspoon ground black pepper ½ teaspoon ground smoked paprika 1 ½ teaspoon garlic powder ¼ teaspoon dried oregano Sprinkle all over the chicken and store in the fridge until time to cook.	Honey Balsamic: 1/3 cup Extra Virgin Olive Oil depending on preference 2 Tablespoons Balsamic Vinegar ¼ cup Honey 3 Tablespoons Fresh Lemon Juice 3 Tablespoons Soy Sauce 3 Garlic Cloves minced 1 ½ teaspoon Sea Salt 1 teaspoon Pepper Mix together. Pour over Chicken, store in the fridge until time to cook.
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Flavorful Vegetables

I wanted to make sure that you all know that vegetables can taste delicious!!! You just need to discover some simple cooking approaches to take your veg from “blah” to “ahhhhhhh”.

Here are some different cooking methods:

1. Use different preparation methods (roast, steam, boil, sautee, grill, airfry)
2. Use healthy fats
3. Massage your dark leafy greens
4. Add Crunch
5. Add spices and herbs
6. Add caramelized onions
7. Use Salt and Citrus

For example, one of my most favorite side dish with crushed cashews, toasted in butter added to a shallot butter sauce with a generous amount of lemon. When I crumble these healthy nuts and fats and deliciousness on top of and mix in a hot fry pan with steamed

and then blanches green beans!! I could eat a whole bowl of this, and do.

For a full detailed explanation of how to Make Your Vegetables taste delicious, visit this blog: <https://www.wholeandhealthykitchen.com/how-to-make-vegetables-tasty/>

Moral of the Flavor Enhancers Story:

- Salt and Fat are essential for the body to run most optimally.
 - But the QUALITY and Kinds of salt and fat matters!!
- Spices and Herbs add tremendous nutrients and flavor to your meals.
 - Use them anywhere and everywhere you can!
- Choosing healthier options of sweetener and staying below 6 grams for women and 9 grams of sugar for men is optimal.
- Tune into your heart and ask *"What does this meal need to enhance its flavor?"* And what you think of, use that!
- Check out this blog on more ways on [Making Vegetables Taste Delicious!!](#)

Kitchen Alchemy -Kitchen Wholefoods: Lesson 3

3 - Grocery Shopping Lists & Hacks



Grocery Shopping is where healthy eating begins.
If you shop correctly, you can cook correctly.

Ensuring that you have the right foods on your grocery list is an important step because with the right ingredients you can make right/healthy meals!!

Here is what I recommend you do.

Grocery List Tips

- 1) Have a Grocery List on your fridge or in your phone that you can fill out at any time.
- 2) When you notice you ran out (or are about to run out) of a staple pantry ingredient, add it to your list immediately
- 3) Before you go to the store, think about the meals you want to make. I often start with ingredients I already have at home and choose meals from that. I then write the remaining ingredients I need on my grocery list. I generally think 3 to 5 days in advance and get what I need for a bunch of days.
- 4) Never shop without your list!

If you do not shop with a list, you will get whatever your eyes land on and your body tells you to get in the moment. This is what food marketers count on and so their marketing techniques will be speaking to your cravings. Instead, ensure you bring your grocery list with you every time you shop and stick to that list. You are on a mission to get what you need to nourish and thrive. You will thank yourself when you get home that you stuck to the list and have many new and exciting meals to make.

Comprehensive Grocery Shopping Checklist

Use this to help you to get the pantry essentials and nourishing ingredients you need for a Whole and Healthy Kitchen. Clearly you do not need to get everything on this list and I am sure you have much of it already. But go through and check off what you have, cross off

what you don't want or need and then you can take the remaining list with you and buy a few key healthy items from here.

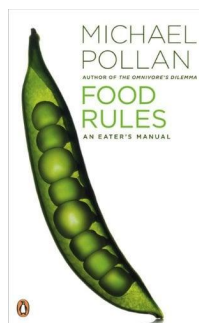
[Comprehensive Grocery Shopping Checklist](#)

3 Day Grocery List

Here is an example of me choosing 3 days worth of meals, and writing the grocery list to ensure I have all the ingredients.

[3 Day Printable Grocery Shopping List](#)

11 Important Food Rules for Grocery Shopping



I created this video for you as a guide to a healthy and happy shopping experience. I took these tips from Michael Pollan's book "Food Rules". If you stick to these tips it will make grocery shopping a whole lot easier!!!

 [11 Food Rules: To Assist you with Grocery Shoppi...](#)

Meals on Rotation Cookbook

I offer this to you in other sections, but it is a good idea to start creating this now. When you find a recipe you like, write it down in this cookbook. Next time you are ready to go grocery shopping, reference this cookbook, choose some recipes from it that you want to make that week and write the ingredients you need on your Grocery List.

[Meals on Rotation CookBook Recipe Template](#)

[Meals on Rotation Instructions / Cover Page](#)

Grocery Shopping Hacks

1. When you shop, stick to the perimeters of the grocery store. The reason for this is all the fresh fruits + veggies exist there. All the inner aisles are mostly processed food that is decided upon by the marketing companies to extract your food dollars from you. They spend hundreds of thousands of dollars each year on marketing their products (notice how I didn't say food) to you. Since we are sticking to Whole Foods, those are found on the outskirts of most grocery stores. If you have something on your list that is in an aisle, go and get that item then come right back out.
2. When you are preparing to go shopping, think about what you might need to restock your pantry. Here is a list of pantry, fridge, and freezer essentials. (Download also in Dashboard)

[Pantry + Fridge + Freezer Essentials PDF](#)

3. Avoid shopping when you are hungry :) Always eat beforehand so that you stick to your list!
4. Give yourself to freedom to choose one “cheat food” per grocery shop, but that's it
5. Always buy perishable items from the back of the shelf. The freshest get put to the back.
6. Buy in bulk when you can! (saves time on shopping and saves money in the long run)
7. When you are shopping: Read the Ingredients on Food packaging.

“Let food be thy medicine and medicine be thy food”
-Hippocrates

★ Read the Ingredients on Food Labels

When you need to be buy some processed items, which surely does happen, I want you to look for these things:

1. Turn it over and look at the INGREDIENTS (not the nutrient label) it's the ingredients in the food that matters, not as much the calories.
 - a. Try to have a maximum of 5 ingredients on the list.
 - b. Make sure you can pronounce the ingredients
 - c. Try to have sugar be the 3rd ingredient on the list. (The higher it is in the list, the more of it is in the food. The lower it is on the list, the less there is of it in the food). Keep a close eye on the sugar content. It hides everywhere under many different names, most of which end in "ose". (sucralose, sucrose, fructose, high fructose corn syrup.) Find things sweetened with honey, maple syrup, monk fruit, stevia instead
 - d. Women should have MAX 6 grams of added sugar a day
 - e. Men should have MAX 9 grams of sugar.
 - f. Stay away from all toxic oils such as canola, grapeseed, vegetable oils

Ingredient labels speak in grams. So every 4 grams is equal to 1 tsp.

Keep this in mind as grams add up real quick!!! I keep all snacks under 8 to 10 grams

Try this: A good test to see how much sugar or toxic oils are hiding in your food is to go into your pantry now. Flip over pasta sauce, cereal, granola bars, juice, pop, ketchup, sauces, yogurts, chips, crackers etc and notice how many have a lot of added sugar and ingredients you cannot pronounce. Start to familiarize yourself with looking at ingredients and choosing the simplest ingredients list possible.

If there was any food you found that had the most shocking ingredients to you, let us know in the comments of the dashboard for this lesson! Even take a picture and share with us in our Facebook Group!

I see it.

I like it.

I want it.

I check the ingredients.

I put it back.

<<<<It's okay to do this. In fact, it's encouraged.

I very often think I want something, look at the ingredients and put it back on the shelf. And now Ella does the same as she has been watching me do this since she was born. It's small decisions like this that are leading to that wise, loving and healthy self we want to BE.

4 -Well Balanced Meals & Pantry Essentials

When you are making meals, think Well- Balanced meals. This means you want half the plate to be vegetables and the other half of the plate include your quality protein, healthy fat and whole grain carbs. The way to ensure you make well-balanced meals is to keep your pantry stocked!

What is a Well Balanced Meal?

It's Simple...

A well-balanced meal is one that:

- Has half the plate vegetables.
- And the other side of the plate split between protein, whole grains and healthy fats
- You can also remember it like this: PFF!!!! Protein + Fibre + Fat!! Seek to have these 3 things on your plate and you are good-to-go with a well-balanced meal!! [Keeping in mind that Vegetables/Fruit contain the quality fiber you need, as well as whole grains]

You want half the plate vegetables (fiber) because they:

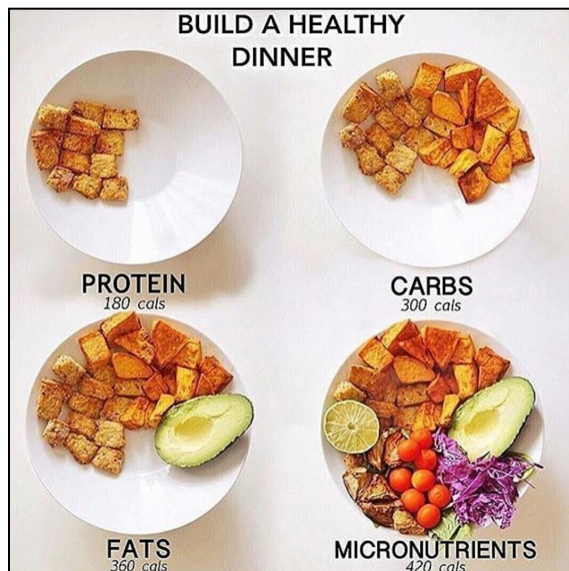
- are micronutrients which are essential dietary elements (vitamins and minerals) that are required in varying quantities throughout the day to orchestrate a range of physiological functions to maintain good health.
- help jump start your digestive system before your heavy meal begins.
- help keep your bones strong.
- are rich in fiber and help you to be regular and maintain a healthy weight.
- are full of important nutrients like vitamins A and C, folate and minerals like potassium and magnesium
- contain many important phytochemicals that help “fight” to protect your health and boost your immune system.
- can help you decrease inflammation, and lower cholesterol levels and blood pressure.

You want half the plate split between protein, fat, whole grains because:

- Protein serves as the foundations for health, repair and replenishment. Our muscles, skin, hair and connective tissue are all made up of protein. This essential macronutrient is also involved in many of the body's important chemical messengers such as enzymes, neurotransmitters and hormone function.(drjoey.com) – 25%
- Vegetables are whole grain carbs, too! However whole grains still produce many essential nutrients such as added fiber, B vitamins, thiamine, zinc, iron, manganese, antioxidants and polyphenols! – 20%
- Healthy fats are needed for your brain!! And for the joints in your body to be properly lubricated. Healthy fat is essential in feeling full, staying full, and being well nourished. Enjoy your healthy fats! They add great taste too. – 15%

At Every Meal, Include Whole Foods From Each Group:

Your plate should look something like this:



1) Vegetables (half your plate)

cauliflower, broccoli, cabbage, kale, onion, squash, potatoes, sweet potatoes, parsnip, spinach, romaine, radishes, eggplant, zucchini etc

2) Protein

plant based such as- legumes/chia/hemp/tofu or animal based- organically raised chicken/ eggs/ fish

3) Healthy Fat

coconut oil, olive oil, grapeseed oil, avocado, sesame oil, nuts

4) Whole Grains

such as quinoa, brown rice, sweet potato, barley, sprouted grain breads

Daily Food Chart

This is what “daily food intake” looks like for us as a family. This is an excellent resource to follow when you are trying to feed your kids. Notice how we do NOT snack all day. There is one snack mid day, and the next snack is fruit. Personally, I am still a fan of Intermittent Fasting, and do not start eating until 11 /12 am each day and finish eating by 7/8pm. Therefore I often combine my breakfast and lunch so I still get the right amount of calories to keep me satiated all through the day. But this is an excellent guideline for those who are not intermittent fasting, and especially excellent to follow for our kiddos.

BREAKFAST	Power pancakes (recipe below), unlimited eggs, one piece GF or sprouted toast with butter from grass-fed cows or coconut oil (<i>I often add sauteed vegetables or salad to go alongside my eggs</i>)
SNACKS	One granola bar and one serving of chips, nuts, popcorn
FRUITS	One seasonal tree fruit and one banana or handful of berries
VEGETABLES	Unlimited. Focus on leafy greens
LUNCH	GF or sprouted bread or Rice Cake sandwich or GF crackers (with lunchmeat, almond butter or hummus) OR leftovers from dinner
DINNER	Family made well-balanced meal (reference dinner ideas)

*Power Pancakes Recipe [packed with fiber and protein!]

<p>(adapted from Whole and Healthy Family by: Jodi Mockabee)</p> <p>This recipe is for a Huge batch of pancakes. I love making them in one morning for breaky, eating them and then saving the rest to add to the toaster later with almond butter or cream cheese or as bread for a</p>	<p>INGREDIENTS</p> <p>1 cup rolled oats or ½ cup steel cut oats</p> <p>1 cup chia seeds</p> <p>4 cups GF all-purpose flour</p>
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<p>sammy. You can even freeze for later, or keep in the fridge until the next day for a “no make” simple breakfast that the whole family will be happy with!</p> <p>** I buy my chia from costco or bulk barn. You can also use Flax Meal instead of chia.... or half and half)</p> <p>*** Optional: soak oats and chia seeds in 4 cups water with 2 tsp apple cider vinegar for 2 to 24 hours beforehand to activate enzymes and lower phytic acid. Drain oats and seeds prior to making the following ingredients.</p>	<p>2 cups almond flour</p> <p>8 eggs</p> <p>¼ cup maple syrup</p> <p>¼ coconut sugar</p> <p>1 tsp baking soda</p> <p>½ tsp baking powder</p> <p>2 cups milk (any kind; we use raw or whole fat coconut)</p> <p>2 tsp cinnamon</p> <p>2 tbsp vanilla extract</p> <p>INSTRUCTIONS:</p> <p>Mix ingredients together. It should be very thick, almost like a muffin batter, but runny enough to pour. Add more milk or flour to adjust thickness, if needed. This will not alter the taste. Keep in the fridge for 2 to 3 days. Freeze them with parchment paper in the middle of each pancake, if needed. Serve with almond butter, maple syrup, butter, wild blueberry jam or berry compote.</p>
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Simple Cooking Methods

Use these cooking methods on your vegetables. It's easier to have half a plate of food when you have a variety of vegetables cooked in different ways. For example, a plate full of sauteed beans in garlic butter plus steamed broccoli with coconut oil and salt plus roasted sweet potatoes is drool worthy on a plate!!

1. Steaming Vegetables -

- broccoli, cauliflower, carrots, potatoes, peas, cabbage
- Use a steamer or a colander with a large pot and lid.
- I always add coconut oil and sea salt once the veg are cooked.
- Another option is to melt butter or coconut oil and add 1/2 tsp salt, 1/4 tsp oregano, thyme, rosemary, black pepper, pinch chili flakes. Add to butter. Add 2 tbsp lemon and take off the burner immediately. Pour over steamed veg.

2. Roasting Vegetables-

- a. Sweet potatoes, potatoes, cabbage, brussel sprouts, cauliflower, squash, beets, carrots, broccoli, parsnips
- b. Preheat the oven to 425F. Add olive oil or grapeseed oil to the veg (make sure you cover all sides of the veg with oil) , add sea salt, sometimes curry or favorite spice and pop in the oven for 40ish minutes until they are caramelized brown on the bottom. Flip half way through if you want, but it's not necessary.
- c. Another tip is to use a cookie drying rack to bake your veg on, especially if you're making sweet potato fries!
- d. Also do NOT overlap your vegetables. If you get too many on 1 pan you will steam them versus roast them. So if you have too many veg, use 2 or more baking trays.

3. Sauteing Vegetables-

- a. broccoli, peppers, carrots (I love [ribboned carrots](#)), mushrooms, spinach, kale, bok choy
- b. Add coconut oil to the pan. Add veg, add sea salt, garlic, ginger, bragg aminos (soya sauce, and sesame oil or fish sauce if you desire, for a delicious stir fry. Use some or all of these ingredients for sauce.

4. Raw Vegetables

- a. Cauliflower, peppers, small tomatoes, carrots, cucumbers, kale, broccoli, cauliflower
- b. Dice veg and dip them in hummus or salad dressing or eat them just as they are.
- c. You can also use a spiralizer for zucchini, sweet potato, carrot and use as noodles
- d. You can also slice them into julienne styles, and wrap them in rice wraps.
- e. Here is a link to [sauces for dipping](#). My favorite is the Thai peanut sauce.

5. Boiling Vegetables

- a. Potatoes, sweet potatoes, carrots, turnip
- b. Once boiled for about 10 -15 minutes, mash them and add ghee and sea salt.

6. Bbq Vegetables

- a. Eggplant, zucchini, mushrooms, sweet potatoes, red peppers, corn
- b. Before bbq'ing add olive oil or butter/ghee and salt- put on skewers if you desire, or wrap them in tin foil
- c. Let cook on each side until soft in the middle when pressed with a fork.

Soups, Salads, Sandwiches

When thinking about the meals we want to make, I love keeping it simple. Salads, Soups, and Sandwiches are my favorites. Here are a few salad, soup, sandwich ideas. I have more recipe suggestions on my website: www.WholeAndHealthyKitchen.com/recipes

<p>Salads: Arugula + Balsamic Dressing with Boiled Egg + Pickled Onions + Cheddar Or B.L.T Pasta Salad Or Waldorf Salad with Green Goddess Dressing Or Quinoa + Vegetables + Goat Cheese + Golden Dressing</p>	<p>Soups: Roasted Vegetable Curry with Coconut Milk Or Butternut Squash Soup Or Coconut Thai Soup Or Potato Leek Soup Or Simple Sweet Potato Soup</p>	<p>Sandwiches/ wraps: Red Lentil Wraps + Colorful Vegetables + Guacamole Or Avocado + Sprout + Vegetable Sandwich Or Quinoa Hummus Wrap Or Black Bean Roasted Vegetable Wraps</p>
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It is also important to include:

1. *Spices & Herbs*

- view my blog on “[How to use Spices/herbs](#)”

Spices & Herbs not only add a powerful punch of nutrients to any meal, but they also add the delicious factor. Generally there are specific spices/herbs for each cuisine. I often choose a cuisine (like indian, thai, mediterranean) and I will know what spices to use based on the cuisine we want to eat. My favorite spices are turmeric, curry, black pepper, oregano, thyme, parsley, sea salt. Visit my blog linked above to help you get a better understanding of spices and herbs.

2. *Superfoods*

- Such as: wild blueberries (or any berry), [chaga tea](#), [spirulina](#), [moringa](#), green tea, raw cocoa, [maca](#), garlic, [hemp hearts](#), kefir, flax meal, goji berries, [sprouts](#)

Superfoods are gifts from our Creator/Mother Earth. They grow in nature and are potent powerhouses of antioxidants, immune boosting qualities and often contain fibre, B12, iron and protein. Sprinkling some on top of yogurt, in salad dressings, in shakes/smoothies or in baked goods is the best way to consume them. Superfoods can be an acquired taste when you are new to using them, *try adding them into your food anywhere and everywhere you can*. Superfoods will help you to fill in any missing gaps in vitamins and minerals and also provide you with added energy, immunity and deep nourishment.



Your task is to focus on ADDING IN more whole & healthy food instead of taking more things away. The unhealthy foods will fade away and be less appealing the more healthy foods you welcome into your meals. You do NOT have to get everything at once. Focus on bringing in a few new items to your pantry each week.

Pantry Essentials

Of course in order to cook well-balanced meals we MUST have our ingredients in our kitchen to be able to use them. I find the best way to ensure I have the ingredients I need is to stock my pantry with the essentials and buy my veggies and fruit fresh each week. Here is a list of my favorite pantry essentials. If you have any questions about any of these ingredients, just ask us in the group.

Stock Your Pantry with these ingredients

Nuts & Seeds

These are superfood powerhouses. They are one of the best ways to get your daily dose of vitamins, healthy fat and fiber. I always have 2 to 3 (or more) of these in my home at a time. If not used often, I store them in glass mason jars, with lids in the fridge or in freezer bags in the freezer.

✓ Hemp seeds	✓ Pepitas (pumpkin seeds)	✓ Almonds (I love Tamari flavor)
✓ Chia Seeds	✓ Sesame Seeds	✓ Walnuts
✓ Flax Meal (ground flax seed) ✓	✓ Sunflower Seeds	✓ Pecans
	✓	

Notes: I store them in glass mason jars with lids. Or if I have a lot, I will store it in freezer bags in the freezer to prevent spoiling.♥ I use these for snacking, on top of salads, in wraps, on top of stir fries, and always add them into nut butters to spread on apples or toast.

Whole Grains

These particular whole grains are packed with fiber and help to keep us fuller, longer. I generally choose a few, eat those, and then choose the other ones on my next shopping trip, for nutritional variety. I almost always have oatmeal, brown rice, basmati rice, sourdough bread, Quinoa, and gluten free pasta chilling in my pantry.

<ul style="list-style-type: none">✓ Sprouted Sourdough Bread✓ Gluten-free Flour✓ Coconut Flour✓ Quinoa✓ Barely (pot or pearl)✓ Israel Couscous	<ul style="list-style-type: none">✓ Oatmeal (quick and steel cut)✓ Brown Rice✓ Wild rice✓ Basmati Rice✓ Buckwheat✓	<ul style="list-style-type: none">✓ Millet✓ Gluten-Free Pasta (Spaghetti, penne, spiral)✓ Popcorn✓ Rice pad thai noodles✓ Orzo Pasta✓
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Notes: When using whole grains, the best way to cut down on cook time and to improve digestibility is by soaking them. Try soaking the rice or barley when you wake up in the morning. When it comes time for dinner, drain the water and cook as normal.♥ You will notice the rice and barley cooks faster. It's also kinder on your digestion

Nut Butters

These are the perfect go-to for a quick snack or lunch.♥ They are a true favorite among the littles. My daughter is obsessed with almond butter and hemp seeds on sprouted toast with coconut oil.

I ALWAYS have some of these, not all at the same time:

<ul style="list-style-type: none">✓ Almond Butter	<ul style="list-style-type: none">✓ Cashew Butter
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<ul style="list-style-type: none"> ✓ Peanut Butter (only peanuts) ✓ Tahini (sesame seed paste) ✓ Sunflower seed butter 	<ul style="list-style-type: none"> ✓ Maple Syrup (I know, not a nut butter, BUT it is a tree syrup and it's phenomenal added to any butter and lemon for a sauce, or as part of salad dressing Be sure to use REAL Maple syrup. Not the stuff that is mixed with corn syrup)
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Notes: When buying peanut butter, aim to get 100% pure peanuts with nothing added. It tastes sooo much better, and is far healthier then the peanut butter that has added sugars,preservatives and salts.

Try scooping 2/3 of your peanut butter into a mason jar and adding in a variety of seeds(from list above). Stir it up, and then you have ready to go, intensely nourishing, seedy nut butter. Spread it on apples and crackers and celery sticks.

Tahini is used in hummus, or as a salad dressing over salad or roasted vegetables.

Beans / Lentils

These are my favorite, weekly go-to for meals!! Lentils take 15 to 20 minutes to cook, and beans 30-40 minutes (if you presoak). ♥ They take on the flavor you give to them and they are jam packed with fiber, antioxidants and nutrients that our bodies crave! ♥ Buy your lentils and beans in bags/dry to save on money. ♥ You can soak them which cuts down the cooking time by half and it's kinder on your digestion. ♥ You can also buy them in cans! Look for BPA free cans. ♥ I wrote an entire blog on how to [“Rise, Soak & Sprout” Legumes](#) if you are interested in learning that.♥ I always have 2 to 3 (or more) of these in my home at a time. If not used often, I store them in glass mason jars, with lids in the fridge or in freezer bags, in the freezer.

<p>My Favorites:</p> <ul style="list-style-type: none"> ✓ Chickpeas (bag (rinse, soak, cook) and canned (drain)) ✓ Black Beans (bag (rinse, soak, cook) and canned (drain)) ✓ Pinto Bean (bag (rinse, soak, cook and I love baked beans in cans for a simple meal!!) 	<ul style="list-style-type: none"> ✓ Cannellini (canned-rinse and drain) ✓ Kidney bean (canned- rinse and drain) ✓ Navy bag (rinse, soak, cook) and canned (drain)) ✓ Brown Lentils (bag (rinse, soak, cook))
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<ul style="list-style-type: none"> ✓ Red lentils (bag & no soaking needed. Rinse 5 times) ✓ Green Lentils (bag (rinse, soak, cook) and canned (drain)) 	
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Notes: ♥ The most versatile beans / lentils are green lentils + chickpeas + blackbeans + red lentils. You can use them in most recipes interchangeably. I have [many recipes](#) for all these legumes on my recipe page. ♥ Learn to cook + soak + sprout your lentils and beans by [reading this blog](#). Also found linked in Dashboard of Workflow Lesson 2. ♥ Lots of caramelized onions, garlic and spices of choice make any lentil or bean dish taste delicious. Pair with rice or veggies for a complete meal. I love this red bean and rice recipe: On instagram reels @WholeandHealthyKitchen [instagram.com/p/Ci_JDVGJSws/](https://www.instagram.com/p/Ci_JDVGJSws/) and on my website. <https://www.wholeandhealthykitchen.com/delicious-red-beans-turmeric-infused-rice>

Dry Fruit

Although I love and prefer fresh fruit, having dried fruit on hand is helpful for added sweetness and deliciousness in the meals you make. I always have some (not all) of these on hand at a time. Cranberries and dates and coconut are my favorite staples. Golden berries are my favorite to snack on.

<ul style="list-style-type: none"> ✓ Cranberries ✓ Dates ✓ Raisins ✓ Blueberries 	<ul style="list-style-type: none"> ✓ Figs ✓ Prunes ✓ Apricots ✓ Coconut (shaved or shredded) 	<ul style="list-style-type: none"> ✓ Mulberries ✓ Golden Berries ✓ Goji Berries ✓
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Notes: You can throw them on top of any salad, as part of snacks or lunches. You can also add them to cereal, inside wraps or granola or muesli mixes. I also love them in my baked goods and to just snack out of the bag. Especially Golden berries.

Herbs & Spices

Herbs & Spices are the fastest way to get both flavor and nourishment into a meal. The biggest difficulty is knowing what to do with them, but once you know, spices and herbs are the best addition to a meal ever!!! Read my [blog on Spices and Herbs](#) to teach you more about them.

My Favorite Spices:	Other Great Spices:	Fresh Herbs
✓ Black Pepper	✓ Bay Leaf	✓ Basil
✓ Sea Salt	✓ Red pepper chili flakes	✓ Thyme
✓ Oregano	✓ Ginger	✓ Rosemary
✓ Curry	✓ Italian Seasoning	✓ Cilantro
✓ Coriander	✓ Smoked Paprika	✓ Mint
✓ Cumin	✓ Himalayan pink salt	✓ Green Onions
✓ Garlic Powder	✓ Thyme	✓ Dill
✓ Turmeric	✓ Marjoram	

Note: ♥ Buy spices in bulk at something like a bulk barn or from an ethnic store if possible. They often have cheaper prices and stronger flavors that are more authentic.♥ Also store spices in glass jars. I use a “lazy susan” to spin my spices so I always have access to them.♥ Also [add your spices to onions when they are caramelizing](#)!! That's how you can get those flavors to go throughout the entire dish!♥ Buy Herbs fresh and store in a glass jar with a bit of water in the fridge and a plastic bag on top so it will last up to 5 days longer [Like this.](#)
<https://www.instagram.com/p/CZ2PpzRJEcL/>

Vinegars and Oils

I find vinegar adds the acidity that you need for any meal to really “pop” with flavor. A little bit goes a long way. Oils are also great for roasting vegetables and for salad dressings or stir fries etc. They are high in calories though, so use sparingly. I have most of these in my cupboards all the time.

<ul style="list-style-type: none">✓ Apple Cider Vinegar✓ Red wine vinegar✓ Balsamic Vinegar✓ White Vinegar✓	<ul style="list-style-type: none">✓ Coconut Oil✓ Avocado Oil✓ Grapeseed Oil✓ Butter or Vegan Butter✓	<ul style="list-style-type: none">✓ Olive Oil✓ Sesame Oil✓ Broth (instead of oil)✓
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Notes: Oil is used sparingly. When I can, I use broth or water to cook my meals / veggies in. Stay away from vegetable oil, canola oil or lard. If you are a blood type A, canola oil is okay in moderation. Vinegars are also used sparingly because they are so potent. But together, they add depth to the flavor of our meals!! I also love adding 1 tbsp of apple cider vinegar to my 1 liter jar of water every morning to drink as a quick cleanse in the am!

Cans & Jars & Boxes

I generally have one or two of each of these in my cupboards at a time to cover lunches and all things in between.

<p>Main Used:</p> <ul style="list-style-type: none">✓ Tamari Soya Sauce✓ Tomato Sauce plain	<p>Occasionally Used:</p> <ul style="list-style-type: none">✓ Tuna✓ Rice Crackers✓ Kettle cooked chips (because yum)✓ Spirulina (blue green algae)	<p>Extra's</p> <ul style="list-style-type: none">✓ Pumpkin <p>Corn</p> <ul style="list-style-type: none">✓ Sardines
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<ul style="list-style-type: none"> ✓ Diced tomatoes (I love petite) ✓ Cereals. Make sure the ingredients are simple, sugar is way low on list. Nuts and seeds are good. ✓ Apple sauce ✓ Protein powder (I love vega or sunwarrior) ✓ Canned Coconut Milk 	<ul style="list-style-type: none"> ✓ Broth (bone broth or veggie / chicken) ✓ Bread crumbs 	<ul style="list-style-type: none"> ✓ Beans / lentils as mentioned above ✓ Dark chocolate chips ✓ Nutritional Yeast Pesto
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Notes: Make sure all cans are BPA free. I like organic versions or jars

Fruits & Vegetables (fridge & freezer essentials)

The highlighted ones are the most essential. Everything else can come in time.

Vegetables Fruits /Berries Fridge Freezer

<ul style="list-style-type: none"> ✓ Spring Lettuce ✓ Organic Romaine Lettuce ✓ Avocado ✓ Beets ✓ Organic Broccoli ✓ Cauliflower 	<ul style="list-style-type: none"> ✓ Tomatoes ✓ Organic Apples ✓ Organic Bananas ✓ Mangos ✓ Nectarines ✓ Oranges ✓ Grapes 	<ul style="list-style-type: none"> ✓ Limes ✓ Lemon ✓ Milk of Choice. I love Cashew Milk or Almond Milk ✓ Dijon Mustard ✓ Mayonnaise ✓ Eggs (free-range) 	<ul style="list-style-type: none"> ✓ Edamame ✓ Frozen Organic Corn ✓ Frozen Organic Peas ✓ Frozen Broccoli or cauliflower or squash
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<ul style="list-style-type: none"> ✓ Parsnips ✓ Eggplant ✓ Sweet Potato ✓ Potato ✓ Different colored peppers ✓ Snap / Snow Peas ✓ Mushrooms ✓ Organic Carrots ✓ Butternut Squash ✓ Spaghetti Squash ✓ Cabbage (red & white) ✓ Organic Cucumbers ✓ Kale (curly) ✓ Yellow Onions ✓ Red Onions ✓ Shallots ✓ Rhutabga ✓ 	<ul style="list-style-type: none"> ✓ Blueberries + raspberries + blackberries + strawberries ✓ Peaches ✓ Pears ✓ Melons ✓ Pineapple ✓ Kiwi ✓ Papaya ✓ Watermelon ✓ 	<ul style="list-style-type: none"> ✓ Greek Yogurt ✓ Kefir (strawberry or vanilla bean) ✓ Sriracha ✓ Cheese! (feta, goat, cheddar) ✓ Pickled onions (recipe on my website) 	<ul style="list-style-type: none"> ✓ Frozen mixed berries ✓ Frozen wild blueberries and pineapples ✓ Frozen strawberries ✓ Veggie Burgers ✓ Chicken Breast ✓ Chicken Thighs ✓ Ground Turkey or chicken ✓ Salmon or Halibut ✓ Red meat, if you eat it ✓ Leftovers for another day :)
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Notes: ♥ When I buy my vegetables / Fruit / Meat I look for small companies in my area that I can support. I then get to receive the freshest ingredients, often to my doorstep, and I am supporting local communities that cost about as much if I would buy these ingredients on my own, but at a lesser quality. ♥ Do some research and find companies that are similar to [FreshBox Market](#) and [ButcherBox](#) ♥ For meat I only buy pastured, farm raised, grassfed, well loved/cared for ♥ Veggies and fruit are organic most of the time, but not all. Frozen veggies make quick and easy meals!!

DOWNLOAD YOUR [PRINTABLE GROCERY LIST TEMPLATE](#).

By visiting the Whole Foods for Lesson Dashboard for a clickable link.

♥Remember:

- Having a stocked pantry will help you reach for healthy options when it's time for a snack or to prepare a meal.
- Science says that we want to eat what we see. So stock your fridge and pantry with what you want to eat for health and wellbeing, not for taste alone.
- As you go through these pantry essentials, if there are some that you want to get, write them on your grocery list.
- Aim to get a few new items each time you go shopping. No need to get everything all at once.
- Getting rid of sugar is a goal of ours because it is toxic for your health and has addictive qualities and keeps us going back for more. Other than natural sugars like real maple syrup, honey, coconut sugar or stevia, we do not buy white sugar or anything that has sugar in it.
- By adding in more whole and life giving foods will make your body crave more whole foods!
- Happy Pantry Building and well-balanced meal making!

5-Superfood Snacks & Quick Lunches

What are Superfood Snacks?

“A superfood is a food that has *more nutrients* (antioxidants, phytonutrients, vitamins, and minerals) for your body when compared calorie for calorie with another food.” [-superlife](#)

I do suggest that you eat your well-balanced meals until you are satiated, however, sometimes we need a little snack ‘pick me up’! In that case, focus on these following snacks.

In Between Meals / Snacks:

- Fresh fruits and berries such as peach slices, apple slices, pears, kiwi, cherries, watermelon and fresh (or frozen) blueberries are the best snacks! They are fresh and juicy gifts from nature!
- Wild foods such as sauerkraut, kimchi, wild blueberries, spirulina, chia, flax, hemp, probiotics- are also tremendously powerful for brain, gut and body health.
- Nuts and seeds (trail mix)
- Yogurt (add fruit like kiwi to your yogurt bowls, so good!)
- Hummus and veggies and crackers
- Shakes or fresh juices



Brain (superfood) Snack Foods

When your body tells you that you want sugar (or carbs, which are also sugar), it is actually your brain that is asking for sugar. The brain needs glucose to fire its synapses, but it needs glucose from nature not from processed or fake foods.

Sugar made in nature as well as healthy fats and probiotics, are extremely helpful for the brain and gut. The gut is considered your second brain. When you take care of the brain and the gut inside you physically, you are putting yourself in an optimal position to be filled with clarity, energy, vitality, motivation and stamina throughout your day.

So keep in mind, when you feel cravings coming on (which become less and less as you include more whole foods into your meals) reach for these snacks only, and aim to have them on hand and available to you (and your kids!) when the time for snacking presents itself.

When a craving comes on (or to avoid cravings), reach only for these snacks to fuel and fool your brain:

- Dates (stuffed with almond butter and slivered almonds is delicious)
- Figs (dried- fresh is fine too but I like those sliced on toast with cream cheese and caramelized onions)
- Melons (eat on their own)
- Grapes (sliced grapes and walnuts in yogurt with a ½ tsp spirulina, yummm!)
- Citrus (in water)
- Avocado (with lemon or lime squeeze)
- Raw Honey (drizzle on greek low sugar yogurt or kefir, eat by spoonful or add to sprouted grain toast!)
- Nuts/Seeds such as almonds, walnuts, cashews, pumpkin seeds, sunflower seeds
- Smoothies (best way to get your greens and wild foods such as spirulina, moringa etc)
- Coconut Water (drink-it-up!! Hello electrolytes and instant craving killer)
- Juicy Fruit or Berries
- Scoop of Almond Butter with Coconut Oil & Hemp Hearts
- Kefir Strawberry Fermented Drink
- Kombucha (if you like pop this is a great substitute that is filled with probiotics / good food for your healthy gut bacteria)
- Greek Yogurt (low sugar. I love adding sliced kiwi and some spirulina powder)
- [Homemade Desserts](#) with natural sweeteners like maple syrup
- Snap Peas, Snow Peas
- Crisp apples
- Homemade applesauce with cinnamon
- Hummus with carrots & cucumbers & peppers
- Dried berries (I love mulberries, also blueberries and cranberries)
- [Homemade muffins](#) or cookies
- [Hearty & healthy](#) cereals with almond milk (add hemp hearts, moringa powder, flax meal)

You will find that the more whole & healthy food you give your body to snack on, the more you will no longer crave sugars, salts, or heavy carbs. There will be nothing “missing”. You will be full of health and goodness, so there will not be this desire to fill yourself up with unhealthy food.

The more you love your body through eating these foods, and learn to use them in a way that tastes beyond delicious, you will also learn that there is no other way you want to eat. This GIVES you everything. Whereas unhealthy food takes your energy, takes your health and takes your stress hormones and raises them to the peak so you can fall again. **Whole**

and Healthy food is what your body, brain, mind and soul is ASKING you for. Give it what it needs, and you will feel whole, healthy, satisfied and complete.

When you eat 3 meals a day that contain these ingredients above, you will be satisfied and satiated. This will keep your body and brain focused for optimal health. I love this rule that I found in Michael Pollan's "food Rules" book **"No Sugar, No Snacks, No Seconds. Except on days that start with S"** . We want leptin to be released in the brain, because leptin is what tells your body that it is full. This response is triggered by eating the right kinds of food!




Quick Lunches

The best kind of lunches, in my opinion, are the ones I can eat at my desk. I call them "desk lunches". You can call them "travel to work lunches" or even 'picnic's' in the summertime :) Whatever you call it, having some quick lunches to turn to is soooo helpful!!

We've mentioned before about the importance of PFF (protein + fiber + fat)

- ☐ When you think of desk meals, think of PFF and think about making it "snacky".
- ☐ Snackiness in the sense that there are many different ingredients you can put together to make a "whole" meal.

Desk Lunch Ideas:

	<p>Snack Platters! Include on a plate homemade hummus or tzatziki as well as carrots sticks, cucumbers, snap peas, rice crackers, veggie sticks, olives with raw garlic, feta cheese chunks, nuts and seeds.</p>

Veggie Sandwiches & Salad

- a. Veggies sandwiches are fantastic as they are filled with life giving vegetables, and if you use hummus, packed with protein too. I often pair this sandwich with a fresh side salad with a simple dressing such as olive oil + dash of sesame oil + lemon + ginger + cinnamon + worcester + sea salt
- b. <https://www.wholeandhealthykitchen.com/veggie-avocado-sprout-sandwich/>



Fresh Chickpea Salad

<https://www.wholeandhealthykitchen.com/fresh-chickpea-salad-best-ever/>

I love eating this on its own. With perhaps a stew on the side or with some apple slices and energy balls.

Sprouted Veggies Wraps with Cashew Cream Sauce

These are so simple to whip up in the morning to take for lunch, I would just recommend making a big batch of cashew cream so you can use it when you need it.





Tomato, Carrot and Lentil Soup

When I want a soothing soup, this is it. Its a family favorite that is protein packed, nourishing and beyond delicious!! Don't forget the lime, its the added 'pop' in flavor at the end that really brings it all together.

<https://www.wholeandhealthykitchen.com/tomato-soup-creamy-vegan/>

Spinach Dip and Crackers

Make this spinach dip, and use it to dip crackers, carrots, cucumbers, celery sticks. It's so fresh and delicious!

<https://www.wholeandhealthykitchen.com/spinach-dip-best-ever/>



Even More Snack Inspiration found on [THIS BLOG](#)



Orzo and Veggie Pasta Salad

This salad has loads of veggies, herbs, chickpeas and orzo pasta. It's a well balanced meal all on its own and it's so very delicious.

<https://www.wholeandhealthykitchen.com/the-most-perfect-orzo-veggie-pasta-salad/>

Southwestern protein packed salad

I love bringing this in 3 containers to work or outside the home. One container for lettuce, one container for the lentil/bean mix and one container for the sauce. Then I put it all together when I am ready to eat. Such a crave-worthy salad!!

<https://www.wholeandhealthykitchen.com/southwestern-salad-protein-packed/>



Waldorf Salad with green goddess dressing

Such a simple salad with apples, grapes and walnuts with the most perfect herb dressing.

<https://www.wholeandhealthykitchen.com/waldorf-salad-with-green-goddess-dressing/>

Lunchbox Inspiration

Here is an entire blog of lunches that I have made for Ella over the years.

<https://www.wholeandhealthykitchen.com/healthy-lunchbox-inspiration/>



Snacky food for Young Kids



When we have young children they want to eat what seems like all the time. I still recommend to focus on full / whole meals, however, having a few staple snacks on hand, or when you're traveling is sooo helpful. Here are some of my favorite snacks for young children :)

- 1) Steam broccoli and cauliflower. Add coconut oil and sea salt
- 2) Soak and boil chickpeas. Use those chickpeas as part of a snack. Add them to a bowl with sliced cucumbers with a drizzle of maple syrup, sea salt, lemon, olive oil
- 3) Turn those chickpeas into homemade hummus with a side of veg and rice crackers
- 4) Defrost frozen berries on the counter with a drizzle of honey on top. Once melted add a tablespoon or two of chia seeds
- 5) Pour these berries, or use regular berries on plain greek yogurt with a drizzle of maple syrup
- 6) Make "seedy nut butter". (Almond butter with flax meal, hemp hearts, chia seeds.) Mix it all together and use to dip slices of apples or slather on sprouted toast
- 7) Apple sauce. Get the unsweetened kind and sprinkle on some cinnamon
- 8) Make stewed apples with cinnamon and cloves
- 9) Oatmeal bowls with berries on top
- 10) Bowl of melon. Watermelon, cantaloupe, honey dew
- 11) Cheese and crackers
- 12) Edamame. I buy these frozen and add boiling water on them, twice. Sprinkle salt and enjoy
- 13) Kefir drink (strawberry, blueberry, vanilla bean or mango)
- 14) Smoothies!!! (3 smoothies with lots of greens, per week, is ideal)
- 15) Seaweed snacks
- 16) Guacamole and naan bread pieces or nacho chips
- 17) Healthy homemade muffins or granola bars
- 18) Berry and fruit bowl with added flaxmeal
- 19) Energy Balls!! Check on my website for many recipes (wholeandhealthykitchen.com/recipes)

What are your favorite snacks for kids????

Let us know in the comments of this section in the dashboard.



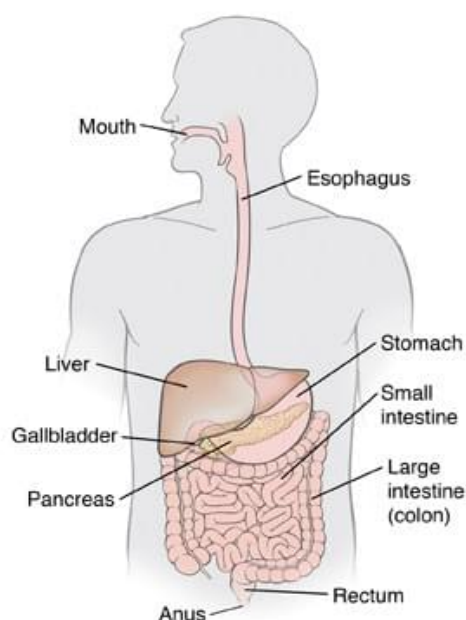
Extra Nutrition Notes:

- Fruits are snacks and not to be combined with other food
- Drink as much water as you can each day. At least 2 L (8 cups) of water. (however, avoid drinking water 30 minutes before a meal and 1 hour afterwards to increase digestion and absorption of nutrients)
- Our family also loves organic eggs for breakfast. They are a low cost high quality protein. The morning protein boost helps in keeping us full all the way to lunch. They also contain B12 and iron which are essential for the body.
- Hemp Hearts we have every, damn, day! They are a superfood and complete protein. They have a unique fat called GLA which helps with hormone balancing and reduces inflammation. They are especially helpful to soothe period cramps or to calm irritable moods. I put them in oatmeal, pancakes, smoothies, on salad, in baked goods, in yogurt, in sandwiches, on their own...everywhere!
- Eat any kind of Melon (watermelon, honey dew, cantaloupe etc) on its own for optimal digestion
- I recommend a Snack Shelf in Fridge. This shelf will have pre-cut up veggies, washed fruit, premade hummus or dips. It can hold you nut butters, pre-made baked goods or anything that is quick and easy to grab and go.

Kitchen Alchemy - Whole Foods Module

6 - Gut Health and Mindful Eating

Gut Health: Why is it Important?



Our gut microbiome (the microorganisms that live in the human digestive system) affect our health and are altered with every bite of food we have. The gut, including the lower colon and small intestine are filled with small bacteria that make up your microbiome. These bacteria in our gut, when put together, weigh as much as the human brain. Our gut is the leading cause in health or sickness. When our gut is healthy, so are we. When our gut is not healthy, neither are we. Killing off good gut bacteria affects its biodiversity which can lead to all kinds of illness, disease and health problems.

Our Gut is where 80% of our immune system comes from. When we have poor gut health, we have a poor immune system which, of course, would make us get sick more often as our body is unable to fight off the many invaders (such as pathogens, virus' and bad bacteria, free

radicals) that surround us each day.

Everything that we put in our mouth begins to break down as soon as saliva touches it. Our gut health starts in the mouth! The teeth break down the food and then it travels through the esophagus, stomach, small intestines and then large intestine until the waste gets excreted from our body. The liver, pancreas, and gallbladder are important organs in the digestive system as they filter out our food and guard against pathogens and invaders.

The Digestive Tract starts in the mouth all the way down to the anus.

Our chewing/saliva, our stomachs, our intestines, our bowel and our gut flora are part of our miraculous digestive system that works together for our good.

The teeth break down the food and then it travels through the esophagus, stomach, small intestines and then large intestine until the waste gets excreted from our body. The liver, pancreas, and gallbladder are important organs in the digestive system as they filter out our food and guard against pathogens and invaders.

When we eat foods that are bad for the gut or void of fiber, food particles and chunks can easily get caught in our small and large intestines. Once lodged in the walls of our stomach they start to rot, ferment, and become toxic to our system. This may cause an 'eating away' at the intestinal wall and the rotting food can break through our stomach lining, and leak contents into the bloodstream (often called "leaky gut"). It's easy to then get sick, gain weight, have inflammation, constipation and/or develop overly sensitive bowels or allergies or diseases such as heart disease, obesity, diabetes. Likewise, if we eat too much food, and too many processed foods, then our liver and pancreas and gallbladder must work over-time, which in the end can lead to sickness and a breakdown of one's own organs. What we eat matters.

We have to supply our gut with the best fuel we can find and get at this time.
We are asked only to do our best, one meal at a time.

So...in short....why is it important to eat whole foods?

★ **To reduce inflammation, to boost our immunity and prevent disease!!!**

So much of our world is based on a sick care system, and not a healthcare system.

We are all conditioned (in thoughts and taste buds) to eat for pleasure. Which means we lean towards processed, fatty, sugary foods. This is only because of our conditioning and culture, not because it was the way it was meant to be. If you look into how the body is made, you see it was made to eat the foods that grow in nature- fruits, vegetables, nuts, seeds, wild animals and fish, healthy fats.

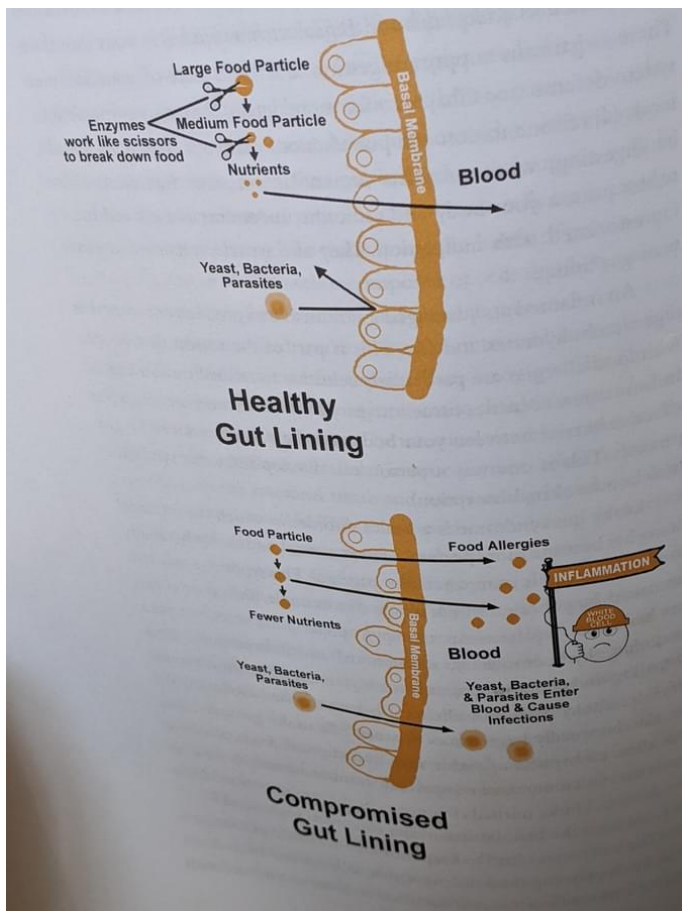
Gut Health Diagram

Take a look at this diagram from Julie Daniluk RHN book "Meals that Heal Inflammation" (on the next page). I mentioned it a bit above, but here is a visual for you of what the molecular level looks like in our digestive tract. Julie is showing us what happens when food enters the body.

(Top part of image above) Enzymes in our gut eat the food particles (that used to be food but got broken down by our chewing and saliva), making them medium sized. The nutrients are extracted from those smaller food particles and become absorbed into the bloodstream to spread health and nourishment to our entire body.

Also notice what happens (in the bottom half of the image above) when we:

- 1) do not chew slowly and completely



2) do not eat food with nutrients or fiber or water

3) do not have the proper enzymes to break down the food

What happens then is Big food particles stay in the gut, which can begin to rot, ferment and break holes through the lining of the stomach and those (not broken down) food particles leak directly into the bloodstream!

This causes infection, inflammation, infections, and out of whack yeast. All of these are the beginnings of compromised immune systems leading to illness, weight gain and long term diseases.

Watch this video I made where I dive deeper into this diagram:

[▶ Gut Health: What is it? Why is it ...](#)

Our Goal with eating healthy is:

- To support 500 to 1000 different species of good bacteria in the gut. (This is called having a diverse microbiome.)
- When our gut microbiome is diverse, we have the proper balance of yeast and bacteria to support a healthy immune system. A healthy immune system means fighting off colds, flus and diseases. This means optimal health.

Improve gut health in these 6 ways:

- 1) Eat a mixture of diverse plants. Plants include raw foods (salads) and steamed vegetables (I love steaming my veg and adding coconut oil and pink salt) or even herbs, spices, nuts, seeds, and a rainbow assortment of veggies. The goal should be 30 different types of plants a week.
- 2) Eat fermented foods daily. Such as sauerkraut, kimchi, yogurt, kefir, kombucha

3) Fiber is super important. Find fiber in fruit, vegetables, leafy greens, whole grains, flax meal, nuts, seeds, prunes, and more.

4) Lots of water! (to flush everything) But in between meals, not when you're eating otherwise you will dilute your stomach acids needed to digest food.

5) Chew your food slowly and well. When you chew amylase, a digestive enzyme found in your saliva is secreted. Amylase helps to break down the food before it even reaches the gut. This helps your gut not have to work so hard in breaking down your food.

6) Serve raw foods through salads or veg and dip before every meal. This helps to aid in releasing the enzymes that we need to digest and break down our protein, fat and carbs.

7) Digestive Enzymes and probiotics can be really helpful. Tom and I take Athletic Greens. They contain the aforementioned as well as many minerals, vitamins, including magnesium and vitamin C. I mix it with really cold water, sometimes with ice and shake it in a shaker. I take it in the morning after my workout.

Ways to damage your gut:

We do this through decreasing the amount of gut bacteria. And we decrease the amount of gut bacteria through:

- 1) Taking antibiotics
- 2) Eating ultra-processed foods
- 3) Focusing only on calories versus quality Real Food
- 4) Eating foods that are cooked in canola oil, vegetable oil, hydrogenated oil, safflower oil
- 5) Eating white sugar (anything that ends in 'ose' such as high-fructose corn syrup)
- 6) Eating too much, too fast

Ask yourself this one question:

“When I eat this, will it increase or decrease inflammation?”

Foods that *increase* inflammation are:

sugar, white carbs, processed food, fast food, fat laden food

If it's going to increase inflammation, eat only occasionally, it generally does not go on the shopping list.

Foods that *decrease* inflammation are:

fiber, vegetables, fruits, berries, citrus, superfoods, quality protein, healthy fat, wild foods, fermented foods, herbs, spices, nuts, seeds, beans, lentils, water, herbal tea, well-balanced meals.

If it's going to decrease inflammation, have it daily.

Gut Health videos:

- 1) Here is another video on [gut health enzymes & the gut microbiome](#).
- 2) I also suggest watching Ted X talk. It gives you amazing visuals on [“What is a Healthy Gut Microbiome?”](#)
- 3) And you definitely have to watch/listen to Podcast: E209: Doctor Tim Spector: [The Shocking New Truth](#) About Weightloss Calories and diets (He is [a Gut Health Specialist](#) and leader in nutritional science) - The diary of a CEO podcast

Mindful Eating

Mindful eating is something that should be taught in school. I remember being taught cooking, which is actually where I began to have a secret passion and developed a knack for cooking. But learning how to eat slowly, mindfully is a way to be kind to our digestive system. It's a way to connect body and mind. It's a way to listen to what our body actually wants and is asking for. Learning How to Eat Mindfully can really change-the-game with food. Learn a few tips here.

How to Eat:

Clearly HOW we eat is super important when it comes to Gut health. The HOW is either in connection with our bodies or disconnected from them. Here are a few activities you can try with your family to —slow the eating down— and embrace more mindfulness as you eat.

1) Before you eat: Do your PCBC

We have discussed this a lot already (Lesson 4 Mindset Module), however, I think it is important to point out again the power of pausing, connecting, breathing then continuing. This small act will put you in touch with the Now moment, where your Soul is and in a position of presence so your body can digest and assimilate most optimally.

2) During Eating: Eat Slowly & Mindfully.

Eat one bite at a time, savoring each bite. In between bites try to put your fork down and have no distractions. Pause after you finish a portion of your meal. Allow yourself to linger in the space between bites. To me, this is the hardest part, I am such a fast eater. However, this is something I am working on, as I know how important it is to eat slowly and mindfully.

When we are slow in our eating it gives time to the hormones in our body to tell our brain that we have in fact eaten something. This reduces our appetite, making us feel full, and helping us stop eating when we are 80% full instead of stuffed. It takes about 20 minutes for these hormones to kick in and get the message, so slowing down gives our brain the time it needs to receive these signals.

This is also why I sometimes like to start with salad or soup! The salad or soup starts this whole digestive process and by the time we get to our main meal we eat less but are still well nourished and satisfied in every way.

3) Inquire into your Eating Habits

After you eat, ask yourself the questions. These questions will help you to unravel your subconscious blueprint around food.

- Did I take more than I needed?
- Did I choose food I enjoy and want to eat?
- Did I choose food because it's good for me or because I craved it?
- Does this food remind me of my childhood?
- Was I actually hungry?
- Did I stop eating when I was 80% full?
- What can I do differently next time?
- What can I improve or make better?

Write down the answers to these questions in your journal. Leave the judgment at the door and just bring your open minded honesty. These questions are to help you to become aware, and to look at your answers as if they are clues as to how well you are doing, and what you need to improve upon. Notice any patterns or themes. Do 1% better next time you sit down to eat.

Food Sensations Experiment

Mindful Eating Exercise with your family.



In this section you will learn HOW to be kind to your digestive system through mindful eating. When you chew slowly you release a digestive enzyme in your saliva called amylase. Amylase helps you to break down and properly digest your food.

*This practical exercise can help you to change food preferences and introduce you to eating slowly and mindfully. Take time with this experiment and welcome your family to take part in this exercise as they too can find benefit in slowing down when eating and learning what they like, and what they don't like and why! **This will help you as the home cook develop food ideas to fit the needs of your family.** Pay attention to what you or your family likes or dislikes. Try to replicate what they do like, and try something new with what they do not like. Do not let yourself get discouraged! There is always a way to make food taste delicious and you are learning how to do that!! I encourage you to do this exercise at least 3 times over a few days. Be playful with it and have fun!*

Action Steps:

1. Choose 1 to 3 foods OR choose any meal that you have for dinner where you can sit and be present with the act of eating it.
2. Sit around the table. Perhaps your family or kids want to join you.
3. Pick up the food. Smell it. Look at it. Feel it in your hands or look at it on your fork, bite it and chew it very slowly.
4. Remember this food is made by You or by earth/creator, and there were also many people who worked together to bring this food onto your plate. Be grateful to all those people, including your family and yourself.
5. As you continue to take bites, remember that it contains nutrients our body, brain and gut flora needs. Be thankful also for this nourishment.
6. Slowly take another bite. Chew it 10 times and then swallow. Take another bite as slow and conscious as possible. Be still in your mind and enjoy the sensation. What do you notice?
7. Once you are done these 6 steps, ask the questions below and document what you notice.

Document Your Experience:

What is Your Food/M meal of Choice? _____

Please document the following observations.

How did it smell?		
What did it feel like in your mouth?		
How did it taste?		
How did it feel in your tummy/body when you were done eating it?		

Rate this food 1 / 10 of how much you enjoy the sensation of the food. (in the far right column)

What is Your Second Food/M meal of Choice? _____

Please document the following observations.

How did it smell?		
What did it feel like in your mouth?		
How did it taste?		

How did it feel in your tummy/body when you were done eating it?		
--	--	--

Rate this food 1 / 10 of how much you enjoy the sensation of the food. (in the far right column)

What is Your Third Food/M meal of Choice?:_____

Please document the following observations.

How did it smell?		
What did it feel like in your mouth?		
How did it taste?		
How did it feel in your tummy/body when you were done eating it?		

Rate this food 1 / 10 of how much you enjoy the sensation of the food. (in the far right column)



K.A Kitchen Work-flow

This section is where we start to take action in our kitchen. No more theory or learning, but practice. Practice is where you get the most learning.

You do NOT have to be totally prepared, or think you're totally ready. It does NOT have to be or look perfect or pretty. You just have to show up each day. Show up in the kitchen and show up for love through cooking, organizing and cleaning. The more you show up and do it, the more it becomes a habit and the more it becomes natural (and dare I say) easy and joyful for you.

So now is the time to call upon the relationship with your Real Self to bring organization, rhythm and flow into your kitchen so you can 'own your kitchen domain' and watch your kitchen transformation continue to unfold.

Our Goal:

To find your rhythm in the kitchen as you organize it, stock it, cook in it and discover your mealtime and cleaning flow.

What to Expect:

1. Kitchen Essentials and Must-Haves
2. Organize and Clean Your Kitchen
3. Meal Prep and Planning Made Easy
4. How to Cook with Rhythm & Flow
5. How to make Family Mealtime Fun
(How to deal with Picky Eaters)

Kitchen Alchemy Kitchen Workflow: Lesson One

1- Kitchen Essentials & Must-Knows

Introduction



This section is about educating you on the essential tools needed for cooking wholesome meals. There is a lot here. I recommend you read it and reference it often. It's your textbook of Kitchen and Cooking Basics. I referenced 'The New Essentials Cookbook' by America's Test Kitchen when I wasn't sure about something. So all of this is backed by science :)

The basics of 'How to Cook' in the Kitchen began in grade 11 for me, in my Family studies class. This class was a mix between cooking and psychology. Clearly it was my favorite course :) and so I re-took it again in grade 11.

When I was building my own whole and healthy kitchen, I started with random kitchen items from my family and the dollar store. Slowly, week by week I learned what I wanted to have in my kitchen, and what I didn't need. It was a period of "sorting out" and I just let it happen. Taking one step at a time.

So wherever you are in your kitchen, whether you have everything, have too much, or need a few things (tools or skills) be patient. The home cook is not a certain picture or image or style. You will find your style of cooking, but for now you are finding your tools for cooking!! And how to use those tools :)

♥We encourage that you bring at least one new food item or kitchen tool into your kitchen each week, and/or throw away one food item or kitchen tool that is of no use to you any more each week. You can also do it all at one time, and just sweep out the old and bring in the new. It's up to you.

Essential Kitchen Tools

There are a few kitchen tools that are essential. If you ensure you have these tools, you have a well stocked kitchen, able to make any dish you want

If you do not have one of these tools, ask for it.

Then let yourself be pointed towards which tool is the perfect one for you.

If you do not have the money for it, still ask, but be patient that if it is really helpful for you, that it will be given to you or you will get it, some way somehow. Many of these need not be expensive, either, most things are inexpensive and can be found at the dollar store. The one thing I consider you to save up and invest for are the knives. Knives are the one thing to invest in. The sharper the knife, the safer it is. Because it doesn't slip. And it doesn't take as much physical pressure from us when we are cutting it. Let yourself ask and receive what you need through asking and/or be grateful and satisfied in what you have.

The Essential Kitchen Tools	Why?
Baking Sheet/Wire rack	This is probably my most used item. I roast a lot of vegetables, bake chicken, fish, cookies! It's also good for cooling things that come out of the oven or as a BBQ in the oven to let oil or water drain into the tray.
Blender	I recommend a high-powered blender. They last longer and make better food. I have a Ninja Blender, and we use it for shakes almost every morning. I also use this to make big sauces like a cashew cream sauce, or to blend up veggies such as when I make a bruschetta or even hummus. A magic bullet works well too. If you have a bit more cash a Vitamix is well worth it.
Can Opener	Clearly important to open any cans!
Colander	If you are making pasta or rinsing veggies or the like, having a colander with holes to let the water drain out is really helpful
Cutting Board	I recommend 3 cutting boards. (You can start with

	<p>just one)</p> <p>2 wooden ones. one large one small to use for veggies and fruit.</p> <p>1 plastic, medium size, that you use only for your meat.</p>
Dish Towels	I have at least two in the kitchen at a time. And change them out for new ones often. I use one for counters, and the other for hands.
Dutch Oven [or big pot with lid]	These are fantastic for soups, or baked dishes that start on the stove top and end up in the oven. Also great for baking bread!
Grater	I have a hand one that has small holes that I use for my cheese but I also have a box grater so I can grate even more cheese, or even shred carrots, beets or zucchini or apples for baking.
Hand Mixer	For the longest time this is all I hand and used it for all my baking, mashed potatoes, sauces. It works like a charm.
Instant-Read Thermometer	This one took a while to realize how important it was, especially if you eat meat or fish. To know if your meat is ready takes 5 seconds of sticking the probe into it and it will beep when the temperature is reached. It honestly saves the stress of knowing if it is cooked or not!
Immersion Blender	This is highly used in our kitchen as I use it to blend soups all the time or to blend pasta sauce right in the pot. It makes life so easy to be able to stick this into a soup pot and not get another piece of kitchen equipment dirty. I also use it for some sauces like hollandaise.

Knives	<p>It's really important to have good knives. The sharper it is, the safer it is because the knife does not slip. I personally avoid knife boxes (unless you go for the pricey ones to ensure quality of the knives).</p> <p>Instead I select 3 favorite knives.</p> <p>One Chef's knife</p> <p>One Paring knife</p> <p>One Serrated knife</p> <p>Victorinox Swiss Classic</p> <p>Use what you have and ask for what you want, work for what you want.</p>
Ladle	If you are a soup or stew person, a ladle is essential for serving, otherwise you can use a measuring cup.
Mason Jars with Lids	We use these everyday. As our drinking glasses, but also to make salad dressings, store sauces, store veggies, make pickled onions, store berries. They are used for so many things in the kitchen. I recommend you get lids for them too. I like the plastic ones versus metal as I use lots of vinegars for dressings that make them rust sometimes.
Measuring Spoons	It's amazing how much these little guys get used, I recommend a stainless steel set.
Measuring Cups	I ensure to have both the plastic separate measuring cups and glass measuring cups that hold up to 2 cups (or more)
Mixing Bowls	Have bowls in every size. Small, Even smaller, Medium and Large,
Muffin Tins	You can't make muffins without them. I also use them to make frittatas!
Spatula	Use for flipping eggs or serving lasagna or mixing baking ingredients .

Saucepan	I love saucepans for warming things up, making sauces, boiling or steaming vegetables.
Everyday Pan	I honestly use this pan everyday . It's so pretty and functional and versatile in what it can do in it. Cook eggs, sautee veggies and beans, start chicken on stove top, finish in the oven. It's nonstick which is important but it's not teflon (which is toxic). If you do use teflon or another non-stick, you have to be willing to replace it if it gets scratched. This pan or this stainless steel one - are also great and chef quality- but more Oil and moisture is needed so it doesn't stick..
Tongs	A metal one and one with silicone on the tips. Great for flipping hot things in the oven or on a pan. And great for serving salad or spaghetti.
Veggie Peeler	One of my most used kitchen tools. I use it to peel skin off of (almost) every vegetable and I also use it to make “noodles” out of carrots or zucchini. I personally like the one that is flat on top, not flat on the side.
Wooden Spoons	I like the ones that have a flat top and the ones that are round. I have one of each and use them to stir my soups, stir fries and anything that is on the stove top.

Extra Tools	Why?
Air Fryer	Not a necessity but really does cut cooking time in half for most vegetables and meat, and the food that comes out is delicious. I would go with the double fryer otherwise it's too small to

	use for a full meal and is not worth it. We saved for this appliance. It was worth it. It helps to inspire my husband to cook.
Baking Dishes	These are great for baking casseroles or vegetarian shepherd's pie . I recommend you start with a 13 by 9 pyrex dish with a lid. Bake in them , store food in them.
Funnel	I use this when adding bulk spices into small containers, or adding liquid into jars, not necessary but can come in handy
Garlic Press	I use this quite often as garlic goes in most of my dishes and I like garlic pressed/minsed unless it's soup. Soup I like tiny to medium sized chunks of garlic. They simmer in the broth and become so soft and tender and delectable.
Hand Blender	I use this for blending soups and making sauces, like hollandaise.
Kitchen Scissors	We use scissors in the kitchen all the time.
Ladle	Makes scooping soup sooo much easier
Loaf Pan	I personally love banana bread, raspberry loaf, chocolate peanut butter loaf, and corn bread.
Metal straws	Use them for our shakes and smoothies
Magic Bullet	I love the small blender to use for our green drinks every day. And a Ninga or Vitamix for bigger portions.
Muffin Tin	Perfect for muffins, cupcakes and frittatas! yum!
Oven Mitts	It's hot in there

Cupboard Organizers	Organizers for pots / pans / serving trays / cutting boards as well as Organizers for cutlery and serving utensils (make sure measurements are correct for your drawers)
Potato Masher	Love to mashed potatoes. Or mashed carrots and rutabaga
Pie Plate	I use this for pies but also for quiche or frittata.
Pizza Stone	If you make a lot of pizza this is a great investment. You put it in the oven when you turn on the stove so it's nice and hot, then the pizza gets placed on it and comes out nice and crispy.
Salad Spinner	Really helpful in drying lettuce leaves.
Serving Dishes	Pretty serving bowls and dishes are always nice to accumulate over time.
Spaghetti spoon	This is needed when scooping spaghetti, and is helpful to let water drain out.
Stand Mixer	This is a definite extra, I still do not have one of my own, but, I have seen that for many who are into baking or have larger families a stand mixer (as opposed to a hand mixer) can be really helpful.
Stock Pot	I use this to make all of my soups, or stock/bone broth.
Toaster oven	We use ours often, but you can just as easily use a pan on the stove, or use the oven. Just set a timer so you do not forget

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- Visit the “Organization” lesson in our kitchen workflow module to become clear on what you can get rid of in your kitchen that is taking up valuable space and what you can organize to make everything more available.

When is my Food is Done?

★ Timer

The first way to know if food is done, is setting a timer for whatever is in the oven or that you put to boil or saute. I set my kitchen alarms through my google home and say “Google set an alarm for 20 minutes”. But there are also timers you can get that are suited specifically for the kitchen.

We can also use all our faculties to know if food is done. This includes:

1) Use Your Nose

My nose has saved me in times where food like caramelized onions, pizza, baked goods, or toast is burning. If I smell something burning, I must look immediately, even if there is still 15 minutes on the timer. Smelling also gets digestion flowing and tells us if something has spoiled. Using our nose is helpful

2) Use Your Eyes⁷

Food changes color and appearance as it cooks, the difference between a crisp-tender, bright green piece of broccoli and a dull gray-green piece of overcooked broccoli is easy to see.

And if you want good flair on your chicken, don't take it out of the pan until it has a good golden-brown color all over it.

3) Thermometer for meat

⁷ New Essentials Cookbook: A modern guide to better cooking. By: America's Test Kitchen

When I cook meat, which is usually 2 to 3 times a week, I feel much safer and confident when the thermometer beeps at me when it's done. The thermometer has been a huge help in the kitchen and something I say is a 'must have' if you are a meat or fish eater.

4) Poke it.

Test if the food is done by using a chopstick or paring knife and poking the food to see if it can push through with little resistance.

How to get the timing right

(and serve everything at the same time?)

Patience is a must.

Of course, as we have mentioned "set your mise en place" but then turn on your stove and get water boiling, if need be. Then, you start with the bulk of your dinner/meals and with what will take the longest to cook. Get those veggies in the oven, or start the caramelizing of onion for stew, season the chicken for baking. Once the main dish is in the oven or on the stove, then you can start with your side dish. As you prepare the salad and dressing, if that's your side of choice, then you can do the final touches on the main part of the meal. Then voila, dinner is about ready and you can have yourself a nice meal. Be grateful to yourself, my dear happy cook :)

Be Zen at the Cutting Board

When we show up at the cutting board we are also showing up to be present.

Why? Because you're dealing with knives and fast movements, and if you do not show up with presence and mindfulness you may cut yourself. I have been there! I thought it was wise to watch a show on my tablet while dicing veggies once and I soon learned even taking my eyes off of what I was doing for a mille-second is inviting an accident. Now I am fully focused and fully present with my food, especially around the cutting board.

This also encourages more opportunities to extend Love into the meal you are dicing up.

I have three cutting boards in my kitchen. One medium sized plastic one for meat only (I replace it often). One small wooden cutting board for cheese/serving, and one medium to large wooden cutting board for veggies, fruit, herbs, cutting loafs of bread etc

If your cutting board is a little rocky, place a folded towel underneath the board to hold it still.

[Reference this guide](#) when learning how to cut/dice/minced vegetables, herbs and fruit.

Spices and Herbs

Herbs are the leaves of the plant. Spices come from the roots, bark, and seeds.

Essentially, any part of the plant that is not a leaf and can be used for seasoning would fall into the spice category. [kitchn.com]

I focus on spices in this section as I use them most often and they can be the most difficult to understand. But I do include herbs as well, especially fresh herbs!

Here is a list of my most used spices and herbs:

<p>Fresh SPICES</p> <p>Garlic Powder</p> <p>Smoked Paprika</p> <p>Cumin</p> <p>Coriander</p> <p>Curry</p> <p>Cinnamon</p> <p>Ginger</p> <p>Turmeric</p> <p>Black Pepper</p> <p>Pink Salt</p> <p>Oregano</p>	<p><u>Fresh HERBS</u></p> <p>Parsley</p> <p>Cilantro</p> <p>Rosemary</p> <p>Green Onions</p>
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Thyme	
Rosemary	
Red Pepper Chili Flakes	

To learn more about Spices and How to use them, [read this article](#).

How to Measure

When I was in highschool, in family studies class actually, is where I learned how to measure properly. There are many different kinds of measuring devices in the kitchen, but only 3 of which I am introducing to you, because they are the most essential ones.

Measuring Spoons.

I use these every day from using the tablespoon for apple cider vinegar in my water every morning, to the teaspoon when I am adding spices to my onions at dinner. I buy the stainless steel, and make sure I use the back of a knife to level off the ingredients when measuring baking ingredients. These come in a pack with the sizes $\frac{1}{4}$ tsp, $\frac{1}{2}$ tsp, 1 tsp, $\frac{1}{2}$ tbsp, 1 tbsp included.

Measuring Cups

These are so handy to have in the kitchen and I use them all the time, mostly for dry ingredients but sometimes when I am doing something simple like measuring water. I use them for wet ingredients too. Be sure to over fill the dry ingredients, and level it off with the back of your knife to ensure accuracy. They come in plastic, glass or stainless steel and in varying sizes such as $\frac{1}{8}$ cup, $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, 1 cup.

Liquid Measuring Cups

These are often glass and have a handle, a spout and have the measurements clearly marked on the outside of the glass in red. The reason for using different measuring tools for liquid rather than dry is liquids are not measured the same as dry.

- For example, if measuring butter it's difficult to just shove butter into a measuring cup and make sure it's the right measurement. Instead what you can do, if you need $\frac{1}{2}$ cup butter for example, is fill this liquid measure cup with half a cup of water. Then add in your butter in small chunks until the water rises to 1 cup. Once it does, drain the water, and you have perfectly measured $\frac{1}{2}$ cup of butter :)

- I also find that in order to get the most accurate measurement, I have to set the measuring cup on a flat surface and then crouch down, to be eye level with the measuring cup. If I stand above it or to the side I will not see the amount properly, but if I become eye level with the measuring cup I can see clearly if it is in fact the ingredients are on the line or not.

4 Ways to Cook⁸

Ways to Cook: in Water

Boil

To cook foods in boiling liquid in a pot set on a hot burner.

I use this one almost every day.

It's perfect for pasta, potatoes, and eggs

Simmer

To cook foods in liquid, bring to a boil, then reduce to a simmer that is just below the boiling point. The water softly bubbles on the top, it's gentle not rigorous

Perfect for broths, soups, sauces

Poach

To cook foods in liquid that is well below boiling point in a covered pot. Here there are no bubbles on the surface, it's a super gentle environment.

I use this to poach eggs all..the..time. It's also good for fruit/berries and delicate fish.

Blanch

To quickly immerse food in boiling water, then transfer to an ice bath.

I use this mostly for green veggies, such as green beans, broccoli rabe, and snap peas. This helps to set the color and remove bitterness and stop the cooking with the ice bath.

Steam

To cook foods suspended over simmering liquid in a covered pot.

⁸ New Essentials Cookbook: A modern guide to better cooking. By: America's Test Kitchen pg40

I use this for cooking my veggies, such as broccoli, cauliflower, cabbage, even sweet potatoes. I love adding sea salt and coconut oil when done steaming.

Ways to Cook: with Fat

Sear

To cook food in a small amount of fat over high heat without moving the food in order to develop a flavorful, well-browned crust.

This is most used for getting a browned crust on proteins such as chicken, steak, fish, before the interior of the food is finished with a gentler cooking method.

Preheat the pan before you add ingredients and make sure it's super hot so you get that sear.

Sautee

To quickly cook food in a small amount of fat over moderately high heat while frequently moving it around the pan.

I use this method most often. Make sure the pan and any fat are hot before adding your ingredients, and move the ingredients around often to cook all the way through.

Stir-fry

To quickly cook thinly cut food in oil over high heat.

You have to constantly flip and turn your stir-fry to prevent burning. A wok is generally used for this, but it's not necessary.

Pan-fry

To cook in hot oil deep enough to partially surround the food.

This uses far less oil than deep fry, hence why I do not include deep frying in our cooking options, it's just way too much fat to be cooking with at home. This works best for thin cut meat, like cutlets or breaded fish or finely diced potatoes for hash browns.

Ways to Cook: in Heat

Bake / Roast

To cook by convective heat in a hot oven.

Baking and Roasting are basically the same thing. The only difference is baking is often on a baking pan or for desserts and roasting is in a baking dish.

Toast

To brown food by dry heat-and without adding fat—using an oven or skillet.

Toasting causes browning and chemical changes in the ingredients. You will typically toast nuts, seeds, whole spices or bread in the toaster.

Broil

To cook by direct exposure to a heating element in the oven.

A broil finishes off any dish with a nice crusty finish. Such as getting a crust on mac and cheese, or chicken, or roast veggies.

Ways to Cook: with Air

Air fryer

Air Fryers are new to the kitchen and we love ours. I bought a big one with 2 air fry sections to ensure I can make enough food for the family in it. I cook bite sized chicken, veggies, potatoes/fries.

Food Safety

I felt I should turn to the professionals on this, and so I let food safety experts at

America's Test Kitchen does the research for me and teaches me (and thus us) about it too :) In their book: *New Essentials Cookbook: A modern guide to better cooking*. By: America's Test Kitchen They gave a thorough teaching on food safety and I want to share the most interesting and helpful parts with you today.

“Food safety may seem like a drag, but it can be a matter of life and death- or at least, life and extreme gastrointestinal discomfort. Luckily it’s actually pretty easy to keep your kitchen clean and safe. Most of our cleaning protocols are based on the judicious application of hot water, soap, and the occasional splash of bleach solution. Following basic sanitation practice can dramatically reduce the risk of foodborne illness for you and everyone else you are feeding.”⁹

1. Wash Your Hands

I am grateful to covid for bringing this one thing to the foreground, the importance of washing our hands! We must wash our hands before we cook. We have touched many things in our day and all of that is passed into the food we make when we have unwashed hands.

I also have to admit something, I used to not wash my hands. I would just get into the act of beginning to cook, without taking a moment to pause and wash. Once I learned to pause, and wash I have prevented the potential for bad bacteria transferring over to the food through touch. And I have added a moment of stillness, which will increase flow in the kitchen.

“Washing your hands is one of the best (and easiest) ways to stop the spread of foodborne pathogens that can make you sick. Wash before and during cooking, especially after touching raw meat or poultry.”¹⁰

It is recommended we wash for 20 seconds. The length of Happy Birthday Song or for us we sing “If you’re happy and you know it, brush your teeth. If you’re happy and you know it, brush your teeth. If you’re happy and you know it and you really want to show it if you’re happy and you know it brush your teeth”

⁹ *New Essentials Cookbook: A modern guide to better cooking*. By: America's Test Kitchen p 18

¹⁰ *New Essentials Cookbook: A modern guide to better cooking*. By: America's Test Kitchen p 18

2. Sanitize Your Sink

“Studies have found that the kitchen sink is crawling with even more bacteria than the garbage bin. The faucet handle which can reintroduce bacteria to your hands after you’ve washed them is a close second.”¹¹

It is also suggested that even though hot soapy water works well for disinfecting, that weekly we should disinfect with 1 tbsp bleach to 4 cups of hot water all over the sink, faucet and crevices.

3. Change Sponges Often

“In terms of bacteria, your sponge is right up there with your sink. A wet sponge is an ideal host for bacteria, so whenever possible, use a paper towel or dishcloth instead”¹²

When cleaning the counters it's important to make sure the sponge is clean. I would change it often, rinse it out good before you place it down. Before I learned to do this I would leave the sponge in wet soapy water (or sometimes dirty water). It would get smelly and have to be thrown out. By using dish clothes, and washing them often we have the most money and bad bacteria from entering our bodies / guts.

4. Separate Raw and Cooked Foods

Make sure that you keep your raw foods (such as raw meats) completely separate from cooked foods. Cooked foods have all the bacteria cooked out of them, raw (meat) does not and can contaminate the cooked food.

5. Use a separate cutting board for meat

I have one cutting board just for meat. I make sure it goes immediately into the sink, after I use it, along with the knife and wash with super hot soapy water.

6. Defrost in Fridge

When you are letting raw food (meat) defrost, make sure you put it in a large enough plate or bowl to hold it all, then store it on the bottom shelf on the fridge so if something happens to leak, it does not get onto any other food.

¹¹ New Essentials Cookbook: A modern guide to better cooking. By: America's Test Kitchen p 18

¹² New Essentials Cookbook: A modern guide to better cooking. By: America's Test Kitchen

7. Cool on the Counter

Allow hot food to cool on the counter for about an hour then cover it and put it in the fridge. I love pyrex dishes for storing food. I can pop them right into the oven or toaster oven if need be.

Know Your Cuts¹³

First of all, before we get into the cuts, prepare yourself!

- 1) Get out your cutting board. If it slides around place a towel underneath to hold it still
- 2) Take out your paring knife ([this is my fav kind](#)) and your peeler ([this is my fav](#))
- 3) Take out a large bowl for scraps. All your scraps go in this bowl so that your cutting board/counter stays tidy and throw the scraps straight into the compost when you're done.

Chopped

Chopping means cutting into small pieces. I chop the most. It's the most important cut to learn. And the simplest :)

When we chop food, we are cutting food into $\frac{1}{4}$ inch to $\frac{1}{2}$ inch pieces.

Chopped fine

$\frac{1}{8}$ inch to $\frac{1}{4}$ inch pieces

Chopped coarse

$\frac{1}{2}$ inch to $\frac{3}{4}$ inch pieces

¹³ I referenced The new essentials cookbook: A modern guide to better cooking 2018 Pg 24/25

<p>Diced</p> <p>I chop my food a lot, dicing is a bit too perfect for me. Dicing is having equal squares of food. But not all vegetables are even. We just have to do our best.</p>	
<p>Minced</p> <p>I use this for herbs and garlic! They are cut to 1/8th inch or smaller. It can become more like a paste, and distribute through our food better!</p>	
<p>Slices</p> <p>Halve an onion pole to pole, peel it, sit it on the cut side, and then slice.</p> <p>I use this cut for caramelized onions, and these sweet onions are an excellent base for almost any dish, soup, stir fry, stew, sauce. Pureed or left whole, yummers.</p> <p>I also use this slice for sandwiches.</p>	
<p>Matchsticks¹⁴</p> <p>I rarely use this cut, unless I am making a stir fry and I want my carrots and zucchini to be like noodles. Start by cutting the ingredients into 2 inch long segments, then cut each segment into a ¼ inch thick planks. Working with a few planks at a time, stack the planks and cut them into ¼ inch thick matchsticks.</p>	

¹⁴ I referenced The new essentials cookbook: A modern guide to better cooking 2018

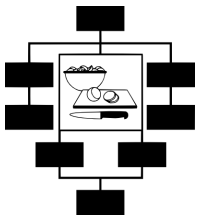
Smash

I like to smash my garlic before I mince it. It helps release the juices and aroma even more, and makes it easier to cut. I don't know if this is the actual name, but this is what I do. I take the flat side of the knife and place it on top of the garlic. Keeping one hand on the knife handle, take the other hand and take your palm on top of the flat side of the knife. Push down with your palm until you smash the garlic. I sometimes throw this right into onions for soup or blender for a sauce, but now is also the time to mince it.

2 - Organize & Clean Your Kitchen

From Dreaded Chore to Grateful Task

There are 3 exercises in this section. All of which work together and will help you develop an organized and clean kitchen workflow.



But first... before we dive in... I want you to know that perfect organization is NOT our goal. Our goal is for everything to have a home in your kitchen. That's it. My kitchen is far beyond being perfectly organized. It has organization, as in everything has a home! But it is far from perfect. And that's okay :)

So I do not want you to stress out over this section.

I want you to notice the areas that could use more love and attention in your kitchen and care for it, but don't stress out about how perfectly organized or clean it is. A perfectly organized or clean kitchen is not what we are after here. We are after a *flow* in your kitchen that works, and is manageable for you to keep up with everyday! That means we must let go of the control of "perfection" in this department.

We will ensure that:

- 1) You to have enough organization (and organizational tools) in your kitchen so that you are not wasting precious time running around looking for misplaced tools
- 2) That you no longer have extra gadgets and tools taking up precious space
- 3) That you clean and organize to "start fresh" in your kitchen

“If you can organize your kitchen, you can organize your life. - Louis Parrish

Before you begin:

If you are inspired too, take pictures of the BEFORE

So that you can compare them with the AFTER photos!!!

We would love to see your pictures in the comments of this section on the dashboard, or in our Kitchen Alchemy Facebook group.

Prep for Organizing and Cleaning Your Kitchen



Having a clean and organized kitchen is helpful and needed, just like a clear and helpful mindset is. But just like you won't clear all the clutter out of your mind in one shot, the same goes for your kitchen. Take it one day at a time. One kitchen item or drawer at a time. Be playful in your approach. Get the family involved, and remember how good it will feel when you are organized in the kitchen!

Make it Fun!

Put on music, listen to an audiobook or meditate through it.
You are working now, to have freedom and flow later.

Give Everything a Home

This is the most important step. Once you get (or are) organized, it is a lot easier to keep it tidy and organized because everything will have a home to return to! No more running around your kitchen looking for things. When you organize, make sure everything in your kitchen has purpose. That it brings joy and that that particular item is practical for you to use in the kitchen often. If it is not an often used item, put it in storage. Everything else should have a home.

How to Stay Committed

Keep your end goal in mind. You want to have and love your whole and healthy kitchen. Part of this is learning to love every bit of your kitchen. So you need to get in there, and clean out what does not belong, and then clean and organize what does. You will be surprised how much you get done in a few hours. Block out some time to do it, do it. Then return until it's complete.

Remember your Why. You are doing this, yes cleaning and organizing, for your why as well.

What you need to organize & clean your kitchen

Suggestions:

- think about where your prep area/ cutting board is, or where you want it to be...and think about what you need closest to you when prepping. Move knives, bowl or cutting boards closer etc
- Also think about moving any drawer that does not make sense. Example: let's say your spices are above your stove. That's not very convenient. Try putting spices in a drawer to the side of the stove or on a rack that can hang on the wall or in the cupboard.
- Get small boxes to go into drawers to organize cutlery, peelers, measuring spoons and serving tools etc
- Get cupboard racks to organize plates / cutting boards
- Get lazy-susans for spice cupboards or baking cupboard
- Get big jars to hold large serving spoons for countertop
- Get glass containers with lids to organize food prep and for leftovers
- Get spice jars to transfer random spices into jars (be sure to label them)
- Cleaning products (we use hot water and liquid organic dish soap for most things, but having bleach to get at the grime in the sink and around the knobs is important to ensure its sanitary)
- Lots & lots of kitchen towels for hands and kitchen cloths for cleaning / counters!!
- Get compost bags, recycling bags & garbage bags etc
- Masking tape to label what is going where, as you begin to clean and organize

Put what you need to be prepared in this box. You can get some now, some over time.

Clean Your Kitchen

My Favorite Cleaning Products:

- 1) I am a straight up hot water and quality organic liquid soap girl (we love seventh generation or ECOS). I make sure it's really sudsy and then use a clean cloth, wet it a little bit in the hot soapy water, then clean everything down until it sparkles.
- 2) The Windows and stainless steel I use vinegar and water.
- 3) For the daily sink clean I use baking soda and vinegar or lemon, but once a week or so I go to town with a deep clean. I clear everything away and wash with bleach (ensuring I use only a sponge I use for bleach and rinsing with water immensely). It's astounding how much harmful bacteria collects in the sink and around the sink handles. (and our sponges! Change them often!)
- 4) If I want it to smell good after I have cleaned, I use a spray bottle with homemade cleaner with water and essential oils (I love lavender, orange or lemon essential oils) and then spray my counters, my stove, my kitchen table and floors. **Using these products alone will help you to feel energized.** The smells are euphoric and motivating!!! When I am done cleaning, I often add oils into my diffuser to bring some scent and lightness to the room as well. These are the products I use every damn day.
 - a) Make your own cleaning product!
 - i) In an empty spray bottle add 1/2 cup vinegar (or any natural cleaning solution you already have) + 1 1/2 cups warm water + 15 drops tea tree essential oil + 15 drops lemon essential oil (could also use lavender or on guard with or in exchange for either of these oils

How to Clean while Organizing

Let's use an example. Your cutlery drawer is a mess.

- 1) Begin by taking everything out of that drawer.
- 2) Vacuum the drawer or take it out and empty it in garbage
- 3) Clean that drawer with hot soapy water or a spray cleaner. Let it dry
- 4) Add in organizational boxes (that fit the size of your cutlery / serving spoons etc)
- 5) Look at what's on the counter and ask each item:
 - a) Is this an essential kitchen item?
 - b) Does this item bring me Joy?
 - c) If it is not essential and does not bring your joy, put it into the garbage pile. If it is essential, put it back in the drawer in its new "home". If it still does not bring your Joy consider upgrading that item to one that does, in time. Go through each drawer and cupboard using the same process.

What am I going to tell myself to help me feel inspired and energized to organize and clean my kitchen?

Organizing Your Kitchen

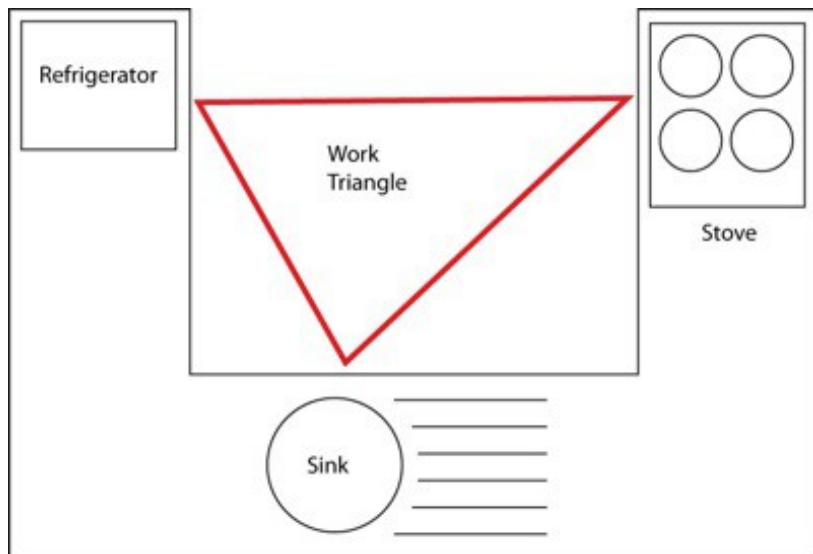
Think of organizing as your way to set up your kitchen environment that feels cozy, welcoming, loving and open. You also want to organize it because you want to cultivate that FLOW while you are cooking. Remember to keep this simple. It's meant to free up physical and mental space, not add more to-do's to your plate. So take it slow. Do your best and the parts that are most important for YOU and leave the rest.

Honor the Triangle

This time I am not meaning the holy trinity ha ha, I am meaning the triangle in your kitchen!!! Honoring the triangle in your kitchen helps you to flow between all the most important and used spaces in your kitchen. Martha Stewart has a [great article](#) teaching you

the importance of “the triangle”.

This refers to the configuration of the refrigerator, counter, and sink. Obviously it’s not always easy to move our big appliances, but this is an important note to make. As the arrangement is designed to create easy access to the places you will move between the most when preparing a meal. This helps you in creating the most efficient use of your space. So for example, you ideally wouldn't put a table with seating between the sink and fridge, or the fridge and prep counter.



Minimize Your Big Gadgets

Now that the small cupboards and drawers and fridge are cleaned / cleared out, its time to move onto the bigger items. So I want you to ask yourself these questions to see if you really need those kitchen gadgets that are hanging out on or under your counter.

- Do you really need it?
- Is it worth storing?
- Is it worth the time it takes to shuffle things around it?
- If you *do* need it (just not urgently), where can you move it to make space for the more important things?

If you answered “no” or “not sure” to any of these questions, **consider storing these items away in another location and see if you miss them.** If not, you know you could give them away and not miss them either. ***Next Section Lesson 5 will tell you all my favorite gadgets!

Ditch the Toxic Kitchen Items

If it's not made of healthy materials, take it out of your kitchen. It's common sense. If we want to be healthy, even our environment should reflect that.

For this reason, work to minimize the following materials because of their toxins:

- [Plastics](#)
- [Nonstick pans](#) – these leach out endocrine-disrupting chemicals that can mess with your estrogen and other hormones. Opt for cast iron instead!
- Products with toxic chemicals – like [antibacterial hand soap](#), [bleach](#), and [parabens](#) (The soaps and cleaners I use I listed above for you under “my favorite cleaning products”)
- Unhealthy & processed food – We've already had this conversation, but it's important to highlight again since you are going through your kitchen again. Keep your eyes open for those hidden sugars that are toxic to your gut.
- Prioritize healthy materials such as cast iron for cooking and aluminum cooking ware. (I also included my favorite on the above list “Favorite Kitchen Tools”)
- Reusable products. Such as Glass Jars! I honestly use glass jars for everything from drinking glasses, to storing leftovers, to storing nuts, seeds, tea etc. They are so versatile and I use them for everything. Be sure to get the proper lids for them.

To summarize, I **prioritize metal and glass!**

I honestly use [glass mason jars](#) as our drinking jars.... so they are in my everyday kitchen cupboard. I use them for everything.

Thanks to the Kitchen Stewart for all the links in this “ditch toxins” section.

Get to Work.

Minimize Unused Items and start with your smaller items and cupboards

1. Firstly, give thanks to your kitchen for providing the space to nourish you and your family and for enabling everyone to gather around the table together. Literally take a few moments to close your eyes, and give love and gratitude to your kitchen as a whole.
2. The most important thing is to **CATEGORIZE!** What I mean by this is if you are to look in your standing tall pantry you want to have grains with grains, spices with spices (get containers to hold them or showcase them, like lazy susans!) boxed cereal with cereal, nuts & seeds with nuts & seeds, dried fruits with dried fruits, canned foods with canned foods, pasta sauce with pasta sauce, pasta with pasta etc etc. Similarly your cupboards should have all the same bowls together, plates together, serving trays together etc I will also often walk up to a cupboard and ask “
 - Does this cupboard make the best use of its space?” The other day I took out my onions /garlic from a cupboard so I could make more room for baking pans etc. Sometimes we need to reorganize our cupboards to make sure it makes most sense for our flow
 - Always keep in mind as well, your Triangle, and where your meal prep station is. All your spices, cutting boards, counter space should be close to your meal prep station.
 - When you categorize everything you will know where everything is. Which saves you a lot of time. If you categorize your kitchen, you have already won this organization section. However, if you want to keep going, follow the next steps.
3. Take everything out of your first chosen drawer, and put it onto the counter in a pile. Then clean inside that drawer.
4. Begin sifting through all your contents on the counter, and as you pick up each item ask yourself “**does this item bring me joy?**” If it does not spark joy in your heart (like a spark of joy a young baby laughing or puppy gives you) throw it away or give to someone in need. Keep ONLY what sparks joy in you. You can also ask: “**Is this (utensil, spatula, gadget) useful for me?**” In other words.... “Will this (utensil, spatula etc) help me to create nourishing meals for me and my family?” If the answer is yes, put it away in its appropriate drawer. (or you might want to keep large wooden spoons and spatulas in a metal container on your counter, but opt to keep the turkey baster in a drawer. The same holds true for pots and pans — keep the ones you use most up front.) If it is No to helping you make nourishing meals, throw

it out. Also if you have more than one of each item, consider giving away some, having a donate box or throwing them out.

5. When putting everything away, **give it a “home”** and add small boxes to each drawer to help organize. You can also have jars on the counter to hold big spoons/ladles etc. Keep the same sizes together. Give a home to every utensil, ladle, little baggies, tupperware, pots/pans, tea, pens and paper, peelers etc. Everything should have a home to return to.
 - Buy small boxes for drawers to give homes to utensils and serving spoons
 - Buy organizational tools for your cupboards to stack plates, serving trays, pans etc
 - Use masking tape and make labels for where your new homes are, until you're used to your new organizational flow.
 - If you do not use an item every week, you do not need it on your counter or in your cupboards. We store extras in the basement on a kitchen shelf.
6. Share with your family where the new homes are so everyone can help keep things in order going forward. **Use sticky notes or masking tape** where new things are at first, if needed.
7. Follow steps 2-6 for your cupboards, your pantry and then the fridge.
8. When you are going through the food in your cupboards / fridge ask yourself a similar question as in #3, instead ask **“does this food nourish me or my family?”** This is a similar step to what we did in your Whole Food section, you will have to turn things over and look at their ingredients to know if you want to keep it or not.

NOTE: In your slivers of time while waiting for water to boil or toast to toast...get to cleaning and organizing. Have a large garbage bag ready for you to throw stuff out, and green cleaner and scrubbies around to get cleaning. You are cleaning out the old to bring in the new and you can do this in the slivers of time you do have!! Woohoo!!!

Just so you know,

- Since my kitchen is already organized (for the most part) My deep clean day is every other Saturday. (Every Saturday if I am able) I include my whole house in this.
- I reorganize cupboards spontaneously when they need it
- I do my Meal Plan on Sunday (and sometimes Thursday).
- I Shop and Meal Prep on Tuesday.

These are non-negotiables for me!

Affirm: "I am accepting my kitchen and myself as it is, and celebrating what we are becoming."

Kitchen Alchemy: Workflow Lesson three

3 - Meal Prep + Meal Planning

Made Easy

One of my Students who took Kitchen Alchemy in 2021 was struggling with her inability to follow through with cooking. She would become incredibly overwhelmed, frustrated and annoyed at the fact that she had to cook meals everyday and often resorted to quick, processed or take-out meals instead. When I was helping her to look more closely at her situation (without the upset or fear clouding her awareness), she was able to see her situation differently. What became obvious to her is that she was so frustrated and overwhelmed BECAUSE she was not prepared. She feared not knowing what to do or what to cook, so gave up before even trying.

Realizing that “being prepared ahead of time” was her main problem, she was able to plan ahead of time and think about what she was going to make and eat. She decided to let go of her “perfectionist” attitude and instead, have Meal Planning become a part of her morning routine. As she was getting her warm water with lemon and waiting for the kettle to boil, she thought about food for that day. She now grabs a piece of paper and pen and writes down what she will make/ eat that day. She was then able to defrost chicken if she needed, soak beans, make a salad dressing, soak some grains, or turn on the crockpot.

This “meal planning” alone was a game changer for her. The overwhelm and frustration dissipated because she now knew what she was going to make and the guesswork was taken away and she was empowered to now follow the plan that she had set. This small shift in thinking and decision making is an absolute game changer in the kitchen, and is far easier than you think!

Meal Planning

BE PREPARED AHEAD OF TIME

This is a tenet of a Whole and Healthy Kitchen.

Being prepared ahead of time is how we stay sane, centered and enjoying the cooking process instead of being overwhelmed by it. This section is about thinking things through and planning ahead with Love as our guide. Keep in mind Meal Planning is the most important part about cooking. Prepping, less so, but still helpful to know so you can find out what works best for you.



Planning Ahead requires only 3 things:

- 1) Thinking things through
- 2) Writing it (what you want to cook/eat) down
- 3) Getting/having the ingredients

Meal planning is what will take away the guesswork and the stress in the Kitchen.

This will also save you the thought power of trying to think about what to cook for dinner when everyone including yourself is starving.

The 10 minutes it takes to plan ahead can save you hours of stress and poor decision making.

I always have a meal plan and encourage you to do so as well. It's a non-negotiable in my kitchen. I oscillate between planning meal ideas for the week on Sunday, and thinking about what meals to eat the next day in the evening before bed. But "thinking it through" is

so important. Once I think about it, and write it down, I can forget about it. This helps me clear out the thoughts of “what's for dinner” out of my head. And once I know what we are eating, I can be excited (joyful!) about it.

How to Think about planning Meals:

1. Begin with checking in your pantry and fridge for what ingredients you already have. Based on those, write out some possible meal ideas on your [meal plan template](#).
2. Then reference your [Meals on Rotation Cookbook](#). I will have you fill this cookbook with recipes in upcoming modules, but for now, you can check your saved meals in instagram, google some recipe options, check wholeandhealthykitchen.com/recipes or ask our group for recipe inspiration! From this research choose some recipes for that day, or for the week.
3. From here make a list of ingredients you do not have but need in order to make your chosen meals / snacks for the day/week. This will be your grocery list! Now you are all set and just have to go shopping and make the meals on your list.

Note: The reason I love choosing my meals for the week on Sunday is because I have a good 5 to 7 dinner options to choose from each day. This gives me an opportunity to tune into my body and choose which meal option is best for me / my family in the moment, always knowing I have all the ingredients to make whatever it is that I decide to choose.

When writing out your meals, make them whole by ensuring your meal contains the following:

- “Vegetable”- choose at least 1 or more veggies of your choice and let it fill up half the plate
- “Whole-grain Carbs”- veggies are the perfect carb. But you can also choose things such as wild rice, gluten free pasta, quinoa, barley, buckwheat, couscous. I know this is what helps my husband feel “full”. Whereas I am good with a giant salad with all the fixings on top.
- “Fat”- such as coconut oil, olive oil, grass-fed butter, cheese. Also nuts / nut butters / avocado
- “Protein”- such as lentils, chickpeas, beans, wild fish, tuna, farm fresh eggs, pastured chicken, paneer, tofu and organic red meats if you are called to it. Also chia seeds

and hemp hearts or edamame, nuts, quality portion sizes of vegetables do also contain protein

Extras:

- “Nutrient Add-Ons” - such as herbs & spices
- “Sauces and Dips” - such as salad dressings, salsa’s, guacamole, ranch dip, green goddess dressing [recipes found here](#).

Tools to get for Meal Planning:

- ☐ (1) binder to hold your [Meal Plan templates](#)
- ☐ (1) A binder to hold your [Meals on Rotation Cookbook](#) template
- ☐ Small Notepad for grocery list (with magnet for fridge)
- ☐ Post-it notes for everyday recipes that are decided ahead of time
- ☐ Glass containers (small, medium, large) with lids +
- ☐ Mason Jars with lids

Choose a day of the week to do your meal planning.

Most weeks my meal planning happens on Sunday (or the day I come home from the grocery store) I write out 7 dinners and possible breakfast/lunch options into my ‘[Meal Plan Template](#)’. I reference this list in the evening or early in the morning and write down what meals I want to make that day on a piece of paper (or circle it on my Meal Plan Template). I now know what to eat/cook and can prepare anything that would be helpful, such as soak beans, dethaw meat in fridge (put it on a plate and on bottom shelf), clean greens, make a dressing, chop some veg (all of which is optional, but helping your future self out :))

What day works best for you to meal-plan?

Will you be consistent with “thinking about what to make” in the evening before bed, or morning when you wake up?

Meal Planning Sheets:

PRINT THESE OUT (and keep them in your kitchen binder(s))

Meals on Rotation Cookbook Instructions

(also found on Dashboard Kitchen Alchemy | Kitchen Workflow Lesson 3)

[Meals on Rotation Cookbook Instructions](#)

Meals on Rotation Cookbook Template (Print 5 to 10 copies)

(also found on Dashboard Kitchen Alchemy | Kitchen Workflow Lesson 3)

[Recipe Template for Meals on Rotation](#)

Meal Prepping:



Meal Prepping is when you:

1. Make meals ahead of time and store them in the fridge.
2. Prep ingredients (just veggies/greens/sauces etc not meals) ahead of time and store in fridge
3. Prep ingredients right before you cook, and then cook with them

You can do one or all of these depending on what you want or need your kitchen flow to be like.

🔑 The KEYS to Meal Prep!

1. **Make Prep Fun**, choose your favorite podcast and play it out loud or put your favorite music on. When you learn or dance while you cook it's helpful for the time to pass and be made useful and fun. I also suggest asking help from the people in your household - this way, everyone learns cooking skills and gets to spend quality time with each other and have fun together. More on this in Workflow Section Lesson 5

2. **Make Extra food to freeze.** I double my soups and stews and pasta sauces almost every time I cook and stick them in the freezer in separate freezer containers or freezer bags. I find these come in handy on the days when we need quick meals.
3. **You do not have to do everything 100% from scratch.** Make it easy on yourself. Know your limits. I will often make a big salad, and pop in a pizza. Or I will use canned black beans in my burritos instead of soaking and sprouting them. Or I will use almond or oat milk from the store instead of making my own. Sometimes for sure I will make my own milk or use soaked beans, but that's not possible all the time. Do the best you can, and sub quicker food where you need too.
4. **There are a few times to do your Meal Prep:**
 - When you come home from the grocery store. Keep everything out on the counter so that you can *do some prepping immediately!* If you pop that head of broccoli into the fridge thinking you'll get to it later, you might end up procrastinating further. If you do it right away, not only will the vegetable prep be complete - but also you'll have lots of things ready to go to snack on!
 - You can also do it on your chosen meal plan day. If you work away from home, I recommend that you choose a meal prep day so that you can prepare some snacks and meals for you to take with you when you're away from home.
 - Right before you cook. If you are making a wholesome meal you will need to prep your veggies and protein. You will slice, dice, chop, shred.
 - Whenever you can! I mention this in later sections but do your best to “prep as much as you can, whenever you can” and you will be surprised at how much you get done in your slivers of time. If I am chopping onions for an omelet in the morning, I will chop extra to use for dinner in the evening. Think “how can I help my future self”.
 - Meal Prep ideas:
 - Wash and Precut your vegetables. Try dicing, matchsticking, shredding, peeling
 - Wash your Berries and Fruit (soak in cold water + 2 tbsp Apple Cider Vinegar)
 - Wash hearty greens like romaine or kale. (soak in cold water + 2 tbsp Apple Cider Vinegar). Rip them off their stock and kale into little pieces (throw stem away). Store in fridge in plastic bag with paper towel
 - Make muffins / snacks ([like these](#))
 - Make hummus ([these ones](#))
 - Make salad dressings and/or sauces ([these ones](#))
 - Make a big batch of caramelized onions. ([like this](#))
 - Pre open (peel off skin) your garlic

- Make veggie broth / stew / soups
- Make extra rice (heat by pan frying with some water/oil)
- Boil a whole bunch of eggs at one time!! Use in lunches on their own, in egg sandwiches, on green salads, as part of potato/egg salads.

The most popular ways to meal-prep include:

- **Make-ahead meals:** Full meals cooked in advance which can be refrigerated and reheated at mealtimes. This is particularly handy for dinnertime meals and if you have to work late. *I often choose soups or stews that get better over time. Or rice that I can pan fry or warm up with some water to add to buddha bowls, wraps or as a side to chicken breast.*
- **Batch cooking:** Making large batches of a specific recipe, then splitting it into individual portions to be frozen and eaten over the next few months. These make for popular warm lunch or dinner options.
- **Individually portioned meals:** Preparing fresh meals and portioning them into individual grab-and-go portions to be refrigerated and eaten over the next few days. This is particularly handy for quick lunches. *This is best if you have to go outside the home to work or travel.*
- **Ready-to-cook ingredients:** Prepping the ingredients required for specific meals ahead of time as a way to cut down on cooking time in the kitchen. *I do this every week when I come home from the grocery store. This is personally my favorite kind of meal prep option.*

Which form of meal prepping speaks to you the most? why?

The best fruits and vegetables to prep ahead of time are:

- 1) **Carrots:** Remove the tops first, as that draws moisture from the carrots. Cut to size (we like matchsticks, coins, cubes and even shredded or spiralized for salads) and store in a bowl of water or glass container. Change water every 3–4 days.
- 2) **Celery,** Cut to size (diced, sticks, even whole) and store in a bowl of water or glass container. Change water every 3–4 days. You can also freeze celery, carrots, onions and other veggies for soups/stews.
- 3) **Broccoli & Cauliflower.** Dice into small florets. And store in a closed container. Wash right before using.
- 4) **Butternut or Acorn squash.** Peeled and diced (or washed but left whole to roast whole or cut in half) If diced, store in a closed container in the fridge 3 to 4 days.
- 5) **Peppers:** Store in warmer parts of the fridge: Towards the door and out of the produce bins, which tend to be cooler. These can be cut to size and stored in an airtight container in the fridge for 3–4 days.
- 6) **Wash romaine lettuce, dark leafy greens and kale**
 - a) Keep romaine and dark leafy greens whole but rip kale into tiny pieces throwing away the stems
 - b) Make sure it is completely dry before storing, but do not spin dry. Will damage the cell wall.
 - a) Store in closed container with paper towel
- 7) **Wash your apples, pears, peaches, nectarines**
 - a) Make sure completely dry before storing
 - b) Store the fruit on counter in clear bowl so you see them and eat them
 - c) Or in crisper if you like them cold
- 8) **Berries:** Store in an airtight container in the fridge, with a towel underneath to absorb extra moisture. Be sure to remove any soft or moldy berries before you store them. Wash just before eating.
- 9) **Wash and roast your beets** whole and in tin foil. Let them cool and leave wrapped in tin foil (then inside a closed container in fridge) until you are ready to dice or shred. Keeps for 3 to 4 days.
- 10) **Wash your herbs** and then keep in a bundle, with stems inside a small mason jar with water and a paper towel or clear plastic bag over top
- 11) **Avocados:** Store in a paper bag if you want to ripen. As soon as it is ripe (slightly soft to touch, around the top of the avocado) put in the fridge immediately. Keep uncut until ready to eat. If you want to put half back in the fridge, drizzle some lemon on flesh to keep it from browning.
- 12) Pickle some red onions, mixed vegetables, cucumbers or cabbage

Meals and Snacks to Meal Prep:

<p>Carrot Beet Salad</p> <p>1 medium beet, shredded or spiralized 3 medium carrots, shredded or spiralized a handful of parsley juice of 1/2 lemon 1 apple, diced 1/2 cup raw pumpkin seeds 3 Tbsp olive oil 2 Tbsp balsamic vinegar salt to taste</p> <p>Place the shredded beets, carrots, and parsley into a salad bowl. Slice apple into small cubes. Place apple into a small bowl and pour the lemon juice over it. Mix. Then add it to the beets. Add the pumpkin seeds, olive oil, and balsamic vinegar</p>	<p>SWEET POTATOE CARROT SOUP</p> <p>4 TBS UNSALTED BUTTER 2 MED YELLOW ONIONS, CHOPPED 1 TBS CURRY POWDER 1 LB CARROTS, PEELLED AND CHOPPED INTO 1-INCH PIECES 1-1/2 LBS SWEET POTATOES (ABOUT 2 SMALL), PEELLED AND CHOPPED INTO 1-INCH PIECES 8 CUPS CHICKEN BROTH 1-3/4 TEASPOONS SALT 1 APPLE PEELLED & CHOPPED 2 TBS HONEY FRESHLY GROUND BLACK PEPPER</p> <p>MELT THE BUTTER OVER MEDIUM HEAT. ADD THE ONIONS AND COOK, STIRRING FREQUENTLY, UNTIL SOFT AND TRANSLUCENT, ABOUT 10 MINS. ADD THE CURRY POWDER AND COOK A MINUTE MORE. ADD CARROTS, SWEET POTATOES, CHICKEN BROTH AND SALT AND BRING TO A BOIL. COVER AND SIMMER OVER LOW HEAT UNTIL VEGETABLES ARE VERY TENDER, ABOUT 25 MINUTES. STIR IN THE APPLES AND HONEY. PUREE.</p>	<p>chicken potatoe bake</p> <p>4 POTATOES MEDIUM-SIZED, CUT INTO 3/4" CUBE (RUSSET, WHITE, AND RED ARE ALL GOOD CHOICES; NO NEED TO PEEL) 1 TABLESPOON MINCED GARLIC 1.5 TABLESPOONS OLIVE OIL 1/8 TEASPOON SALT 1/8 TEASPOON PEPPER 1.5 POUNDS BONELESS SKINLESS CHICKEN BREASTS OR THIGHS 3/4 CUP SHREDDED MOZZARELLA CHEESE HANDFUL OF PARSLEY (OPTIONAL, FRESHLY CHOPPED)</p> <p>PREHEAT OVEN TO 425 DEGREES. PLACE POTATO CUBES IN A LARGE BOWL. ADD GARLIC, OLIVE OIL, SALT, AND PEPPER, AND TOSS. GREASE A LARGE (9X13) BAKING DISH. SPREAD POTATO MIXTURE IN DISH AND BAKE ABOUT 15 MINUTES. REMOVE BAKING DISH FROM OVEN AND PLACE THE CHICKEN PIECES IN THE DISH, NESTLING THEM DOWN INTO THE POTATO MIXTURE A BIT. BAKE 20-25 MINUTES, UNTIL CHICKEN IS COOKED AND POTATOES ARE BROWNED. SPRINKLE THE MOZZARELLA CHEESE OVER THE TOP, RETURN TO THE OVEN AND BAKE FOR A FEW MORE MINUTES TO MELT THE CHEESE.</p>	<p>Snickerdoodle Protein Balls</p> <p>Ingredients: 1 scoop Vanilla JP+ Complete Protein 2 teaspoons cinnamon 1 cup rolled oats, ground 1/4 cup pure maple syrup 2 tbsp creamy almond butter 1/2 tsp vanilla extract For the Snickerdoodle sugar: 2 tbsp coconut sugar 1/2 tsp cinnamon</p> <p>Directions: Add the vanilla protein, cinnamon, and ground oats in a large bowl. Give a few stirs to incorporate all ingredients. Add in the maple syrup, almond butter, and vanilla extract. Stir the mixture as much as possible knowing that it will be very thick. Add a few tablespoons of water until the batter comes together and can be rolled with your hands. You do NOT want the mixture to be too wet otherwise it will not hold properly. In a separate bowl, mix together the coconut sugar and cinnamon. Using a spoon, form balls with your hands and roll them gently in the snickerdoodle sugar. Store in an air-tight container in the refrigerator.</p> <p>More Recipes: @WholeAndHealthy Kitchen.com/recipes</p> <p><< Thanks to Allie and Brandy of "Frugal Kitchen" for these pictured recipes</p>
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Your Slow Cooker is your meal prep friend.

I love slow cookers. You can dice the vegetables, add them and spices and water or broth or sauce, a protein and some love, set the timer and leave it all day and you have dinner!

Here are some of my favorite slow cooker recipes.

[Homemade pasta sauce](#). Use it on noodles, in a chili, on pizza, with egg for a shashuka. Double this recipe so that you can also use it to make a shredded spiced chicken!

[Orange Sesame Ginger Chicken](#). Not my recipe, but so good!

[Paleo Chicken Curry](#): Not my recipe but also so good!!

[Stuffed Peppers](#): Really simple and really nourishing

[Moroccan Stew](#): throw everything in this recipe in your crockpot. Cook for 3-4 hours on HIGH and 7-8 hours on LOW.

[African Sweet Potato Stew](#): Simple and nourishing
[Slow Cooker Curry Chicken](#)! From One Lovely Life

Food Prep Containers

We need containers if we are going to Meal Prep!

I am a huge fan of mason jars or pyrex dishes to store my leftovers and meal prep food. When we store food in plastic, it has a tendency to leak plastic into the food, especially if it's warm food. So in our whole and healthy kitchen we choose glass, stainless steel and reusable silicone.

Here are some potential containers to store your food prep in:

- Washable, reusable silicone bags
- Stainless steel containers
- Mason jars with lids are great for keeping ingredients crisp and foods fresh.
- BPA-free containers: These are both convenient and better for your health. Pyrex glassware is some of my favorite or collapsible silicone containers are some good options.
- Freezer-safe containers: These will limit freezer burn and nutrient losses.
- Wide-mouth mason jars are ideal, as long as you leave at least 1 inch (2.5 cm) of headspace so food can expand as it freezes. I also like large freezer bags with a ziplock.

Leak-proof, compartmentalized containers: These are great for lunches or meals which require ingredients to be mixed at the last minute. One good example is bento lunch boxes (planetbox).

Smoothies

are a great ways to get in nutrition

(with little to no prep)

This is a great way to get in those added seeds for increased omega 3's, fiber, healthy fat and protein. Add your flax meal, chia seeds, hemp hearts, spirulina, cholera etc



Making Freezer Meals

Freezer Meals are an excellent way to save time and have food ready for you when you need it (after dethawing and reheating, of course). Here are some of my favorite recipes that are great to freeze and enjoy.

Quick Freezable Meal & Snack Ideas

DINNERS

<https://www.wholeandhealthykitchen.com/vegan-red-lentil-curry/>

<https://www.wholeandhealthykitchen.com/sweet-potato-chickpea-coconut-curry-soup/>

<https://www.wholeandhealthykitchen.com/fritata-with-caramelized-onions-mushroom-garlic-red-pepper>

<https://www.wholeandhealthykitchen.com/roasted-vegetable-curry-with-chapati-naan-bread/>

<https://www.wholeandhealthykitchen.com/vegan-cabbage-mushroom-rolls/>

SOUPS and SNACKS

<https://www.wholeandhealthykitchen.com/walnut-crumble-banana-muffins/>

<https://www.wholeandhealthykitchen.com/blueberry-loaf-gluten-free-refined-sugar-free-vegan/>

<https://www.wholeandhealthykitchen.com/no-bake-coconut-energy-balls/>

<https://www.wholeandhealthykitchen.com/tomato-soup-creamy-vegan/>

<p>https://www.wholeandhealthykitchen.com/homemade-chicken-burgers/</p> <p>https://www.wholeandhealthykitchen.com/vegetarian-shepherds-pie/</p> <p>https://www.wholeandhealthykitchen.com/vegetarian-moroccan-stew/</p> <ul style="list-style-type: none"> ○ Roasted Veggie Curry ○ Best Chili Ever <p>★ All are found at: WholeAndHealthyKitchen.Com/Recipes</p>	<p>https://www.wholeandhealthykitchen.com/quick-noa-and-cheddar-broccoli-bites/</p> <p>https://www.wholeandhealthykitchen.com/minestrone-soup-best-ever/</p> <p>https://www.wholeandhealthykitchen.com/butternut-squash-soup-best-ever/</p> <p>https://www.wholeandhealthykitchen.com/simple-soothing-sweet-potato-soup/</p> <p>https://www.wholeandhealthykitchen.com/potato-leek-soup/</p> <p>https://www.wholeandhealthykitchen.com/frittata-with-caramelized-onions-mushroom-garlic-red-pepper/</p> <p>https://www.wholeandhealthykitchen.com/no-bake-granola-bars/</p>
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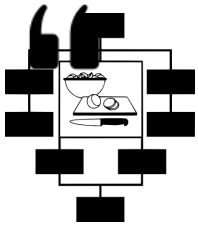
Simple Vegetable & Fruit Prep

I have provided you with pictures and instructions for how to do simple vegetable prep.

[Visit this page](#) for videos and pictures of simple vegetable + fruit prep techniques

Cucumber: Peeling and slicing	Apple: Coring and the Quick Way
Tomato: Slicing and Dicing	Watermelon
Avocado: Chunks	Mango
Zucchini: Rings (with peeler)	Oranges
Sweet potato: Dicing	Pear
Squash: Cutting up	Pineapple
Pepper: Preparing	Papaya
Onion: Dicing	Kiwi
Cauliflower: Cutting Up	Pomegranate
Broccoli: Cutting Off	
Carrots: Noodles Best in stir fries, replacing noodles. Great in salads.	Any other fruit or veg you want to see???
Corn: stripping	Let us know!
Garlic: Mincing	
Garlic: Paste	
Greens: Washing and Preparing	
Green Beans: Trimming	
Kale: Ripping & Massaging	
Herbs: Shedding, Mincing, Removing	
Leeks: Cleaned and Sliced	

4 - How to Cook with Rhythm and Flow



We want to “be in the flow” but sometimes going with the flow of our own life means we are flowing through chaos. In order to get into the “flow” or rhythm of the kitchen that is peaceful and not chaotic, we must Think Things Through.

All of these steps are here to help you to “think things through” which will enable you to use your whole mind as you make decisions in your kitchen (instead of your chaotic mind). Embodying these steps will help you to do the right things, and do things right.

Efficiency is doing things right; effectiveness is doing the right things.
-Peter Drucker

1. Start with Joy and Gratitude



Start with Joy by choosing Joy, not fear before you cook, or as you are cooking when you remember. Fear is what we were taught, Love(Joy!) is what we are. KNOW you are Loved, and then allow yourself to cook, so Love can teach you how to cook with Joy.

“Joy is what happens to us when we allow ourselves to recognize how good things really are.” —Marianne Williamson

Joy is wholeness. We are whole, but oftentimes only see ourselves in fragmented parts. We are coming back to wholeness through cooking and mind training and it feels good to be discovering joy through compassion and love for self and others.

Cooking gives us the perfect opportunity to put our love and joy into food and give it to others. Let the love you put into your food be a blessing to others. As you bless others is when the Joy comes for you.

♥ “As I Cook” Affirmations

Recite each of these slowly, really settling into the words and vibration.

Then choose one or a few to use and apply as you cook

- ★ As I cook I feel connected.
- ★ As I cook I feel my heartbeat, my breath and the coolness on my nose as I inhale and warmth on my nose as I exhale.
- ★ As I cook I notice the movements of my hands, my arms, my fingers.
- ★ As I cook I feel the ground beneath my feet.
- ★ As I cook I hear the birds, the water boil, the silence behind the vegetables dicing.
- ★ As I cook I see the play of sunlight, the beauty outside, the beauty inside, the colors on the cutting board.
- ★ I peel a carrot and watch the smooth layer of skin fall.
- ★ I wash rice or barley and feel the potential in each grain.
- ★ Natural colors are spectacular. Each dish looks like something Monet would paint.
- ★ As I cook I feel the presence of those I cook for, hear their voices, feel their love, and pour it into the food I make.
- ★ As I watch my family and others eat what I made, I feel grateful.

2. Plan Ahead | Think Things Through



We talk about the importance of planning ahead in the next module, but I need to highlight how important planning ahead is. It is a way of “being kind to your future self”. It's a way of using your slivers of time to “think ahead of time” so that you save yourself from overwhelming stress. Planning ahead takes the thoughts out of your mind, and onto paper so that you don't have to keep thinking about it or spinning in circles not knowing what to make.

When you ‘think things through’ you are taking the time to consciously think about what it is you're doing. You're no longer “leaving it to chance,” instead, you are cooperating (with God/Spirit/universe) deciding upon what you want to make and eat. This is truly one of the most loving things you can do in the kitchen. You are deciding with Love for what you want to cook and make, you think about it with love, plan it in love, shop for it in love, cook for it in love and serve it with all the love in your heart. Once you think about it, plan it and write it down, you can forget about it and let it flow!

3. Read the Recipe



I used to try and skip this step. I would skim through the recipe only to realize I either didn't have the ingredients, the tools or the know how to do it. Instead, I learned to read recipes all the way through in order to see the **WHOLE** of the recipe. Once I see the whole of it, I can get jazzed up about wanting to eat this amazing meal.

I read the recipe all the way through twice.

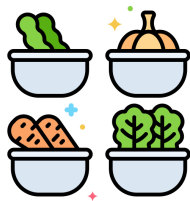
- Once when I am choosing my meals for that week
 - ensuring to write down any ingredients on grocery list that is needed to make that meal
- Once again when I am about to start cooking.
 - This is when I generally write the recipe in my own handwriting so I can reference it step by step when I am cooking

Further Recipe Suggestions:

- If it's a cookbook or online recipe, make sure to keep it open for you to reference throughout your meal
- Once you get comfortable with recipes, you can start making substitutions and letting your creativity flow from the basic recipe learned

Take Your Time with Reading it Through and You will Make Less Mistakes.

4. Set your “mise en place”



You know when you watch cooking shows and they have all their ingredients in little bowls and containers to use while they cook. **DO THAT!** It's not necessary to dirty more cups/bowls /plates though. Instead just take out the spices in the jars they are in, take your veg out as they are, take out everything you will need for this meal and put it on the counter. It doesn't have to be pretty like on TV, just have everything out so you are prepared to cook so you don't run around the kitchen like a chicken with your head cut off looking for things!

Mise en place translates to “put in place”. It means that before you start cooking you take all ingredients and tools out and “set them in its place” on the counter, where you can use it.

Quote from a fellow Kitchen Alchemy student of ours from our 2021 class!

I made chicken parm, salad, asparagus and 2 types of pasta and I realized I was looking for ingredients as I needed them. Big aha! No wonder I feel scattered. Now I can see why having ingredients out and ready can be helpful. Thanks Brit. I finally heard it. Oops 😊



- Be sure to take out your knives, a bowl for scraps, kitchen towels, cutting boards, pans, pots and take out any gadgets like immersion blenders, large blenders, large serving bowls etc.
- Sometimes I even take out my spices, ingredients and equipment for my evening dinner, during breakfast, so I am ready to go when dinner comes. This helps me to be committed to making that particular meal when the evening time comes, instead of letting the settled relaxed feeling of the couch hit me.

5. How to Cook



When it comes to cooking, think of dancing. In dancing there are certain steps you are to take that make up the dance. You have to remember them all, often doing multiple body movements at one time. It can be a lot. But... When you learn the steps, then forget the steps, you can come into the flow and rhythm of the dance. The music begins to carry you and you allow the dance to move through you.

In cooking the same thing happens. You first learn the steps, then you let them go, and flow through the steps and let the cooking happen through you.

The details of how to cook each meal will come with their recipes. Below I have given you an overview of the steps to take when cooking.

Do This Before you Cook:

1. Wash your hands for 15 seconds.
2. [Use your anchor](#) to elicit the emotion of peace, confidence and resourcefulness
 - a. Use [this activity](#) to discover what your "anchor" is in the kitchen. An anchor helps you to "anchor into" feeling calm, resourceful, or any state you want. This anchor, if used, takes the place of old kitchen triggers such as overwhelm, uncertainty or fear.
3. Read the recipe all the way through
4. Take out:
 - a. the ingredients, the spices and the kitchen tools needed, such as:
 - Big bowl for garbage scraps
 - 2 towels. 1 to wipe hands 1 to wipe counter
 - Cutting board

- Good peeler
 - 2 knives (one large main knife and one paring knife)
 - Bigger bowls to hold vegetables
 - Strainer
5. Decide what food will take the longest, prep that first and get that going. (such as rice, or chicken etc) and then when those are cooking you can prep you side veggies / salad / dressings.

Then Prep your veggies and protein:

DICE (Chop, Mince, shredd etc) before you cook

1. Aromatics first (such as: onions, carrots and celery or leeks).
2. Add spices (such as curry, turmeric, cumin, coriander)
3. Add Vegetables (sweet potato, red pepper, cauliflower, kale)
4. Sear protein then add

HEAT IT UP:

1. Add aromatics first to a hot pan with oil (olive oil, butter, coconut oil)
 - a. Stir often, after 7 minutes add spices + garlic
 - b. Then add other evenly diced veggies . Mix around
2. Either sear protein or cook protein like lentils or beans in more spices and caramelized onions..
3. Cook! (add a bit of water or coconut milk to veggies to make sauce, make rice (2 cups water 1 cup rice (rinsed. Boil and reduce until fluff with fork and water is absorbed.
4. Keep an eye, ear and nose on your food while you make dressings or sauces and prep
5. Herbs (clean and dice up small) or citrus (sliced in half or quarters), set aside.

Taste your food and adjust



Oftentimes we can follow a recipe exactly and still have it fall short. This is because of many factors. Some include the brand of spices/ingredients, the size the vegetables are cut, how fresh the ingredients are, if you use organic and quite frankly who grew it or touched it along the way.

TIPS:

- A way to avoid average cooking is to taste it before you serve. I am not one to taste as I go, simply because I find taste intensifies as it sits, and so, I save my taste for when I feel the dish is [almost] complete.
- I often add more of the same spices I used in the dish already, or more salt or pepper or sweetener to make it pop with flavor. My favorite flavor enhancer is Lemon. Especially for any soups, stews, fish, rice bowls or salads.

- If you remember, you want a perfect ratio of salt, sweet, sour and bitter.... you will be able to add a little bit of whatever you think is missing, at the end of each meal to make it to your perfect taste.
- Salt has received a bad rap. I have learned to unwrap the gift of salt and use it in every dish to add boundless flavor and depth. Use sea salt (fine grind) but another great salt is Kosher Salt or the beloved Himalayan pink salt. Pink salt is my favorite because it contains over 84 minerals and trace elements, including calcium, magnesium, potassium, copper and iron. So it does more than just make your food taste better.
 - [Watch this video](#) to learn how to salt your food properly (also linked on your dashboard for this lesson)

Now that you're cooking remember the flow:

1. **Heat it up:** cook thy food- saute, grill, bake, boil, steam
2. **Care for it:** move it around, keep an eye & nose on it, set timers, trust yourself
3. **Add Flavor:** You always want to have “salt, acid, heat, sweet” for a well rounded flavor profile!!
4. **Taste it.** If it needs something else I often turn to citrus, salt, sweet or spicy to help me boost my flavors. I smell, taste and ask myself what I think it needs, and then I add it. Trust yourself.

6. ‘What the heck’ Attitude



Julia Childs, the beloved French Chef, says “*The only real stumbling block is fear of failure. In cooking you’ve got to have a what-the-heck attitude.*”

When you say “what-the-heck and throw a dash of extra spice in a dish you are TRUSTING the process. You are trusting the Spirit to DO what it feels is best at the moment. Trust breeds epic results because food happens with cooperation with love, not fear (of failing).

Having a what-the-heck attitude also includes being able to make mistakes and not beat yourself up for it. And not draw conclusions about cooking or your ability that are (most probably) not true. Mistakes happen in the kitchen, and that’s okay! Fear of mistakes comes from fear of failing, mistakenly thinking that mistakes mean you have failed. Mistakes mean that you are learning and improving, so you can reach your goal. The skill of cooking develops most as you practice. So go on, go make a meal :) What the Heck :) Let’s practice cooking and not fearing failure or making a mistake.

7. Cook as much as you can whenever you can



It’s not true that we “don’t have time”, but it is true that we often do not make time for the things that are important to us. I challenge you to keep in the back of your mind to cook as much as you can, whenever you can.

Cook in your slivers of time.

For example: When I am making oatmeal in the morning, I double the batch to make enough for a few days. When I am boiling eggs in the morning, I will also prepare some sauces for the evening. When I am making a salad for lunch, I will cut up more romaine and clean it for a salad for dinner. I am always thinking about how I can cook as much as I can in the moments that I have time to cook.

- I also use this rule with cleaning. “Clean as much as you can whenever you can”. When I am waiting for my stew to cook, I wash the dishes. When I am waiting for my vegetables to roast I put away the dishes and sweep the floor. The key is to stay in the kitchen. I used to take that time for roasting vegetables to go sit down and watch tv or just chill. Instead, now I use that time to be productive and I end up having a clean kitchen (except from dishes that we ate with) AND a dinner done because I did extra tasks in my slivers of time. I then can TRULY rest in the evening, deeply, and enjoy that without thinking about all the things I have to clean or do...cause I already did them!

ALWAYS think ahead of time to future meals and how you can best help out your future self

Ask Yourself:

- What can I do now, to save time or work for my future self?
- What can I cook or prep now, so I do not have to do it later?
- Do I have a moment to pre chop those vegetables? Or to wash those dishes?

DO IT, it will feel so good!! (and taste so good :))

8. Keep your pantry stocked



Having a stocked pantry ensures that you have a variety of cooking options available to you. This is one step that will allow you to flow better in the kitchen. You will be able to swap out different ingredients whenever you need to, because you have an assortment in your pantry, freezer or fridge.

TIPS:

- Focus on having [pantry essentials](#) stocked at all times. Follow this list when wanting to stock your own Pantry / Kitchen.
- Stocking your pantry means having one or two extra cans or jars of tomatoes, beans, bagged lentils, rice, frozen veg and fruit etc
- There are also some staple vegetables, spices, noodles or grains or sauces etc that are always good to have on hand. Learn what these [essential pantry ingredients are here](#)

9. Caramelized Onions

Why Caramelize Your Onions:



Caramelizing your onions draws out the natural sugars in the onion and starts the process of caramelization. Think “caramel” gooey sweet goodness!! They go from strong and potent onions, to sweet, soft and delicious!!! Once you’ve caramelized your onions they are perfect to use as is or you can add spices directly into those caramelized onions.

How to use Caramelized Onions:

- If I am making soups, stews, stir fries, buddha bowls I always start with caramelizing onions. When we let our onions sweat and their sugars are extracted, the flavor it produces is immense!
- Add spices to your onions as that is how the potent flavor will spread evenly and deliciously throughout the meal.
- Add finely diced carrot and celery to your onions, and let them cook down together. This is called mire-poix, a french term for a flavor base made from diced vegetables cooked—usually with butter, oil, or other fat—for a long time on low heat . Most restaurants use the combo of these 3 aromatics to enhance the flavor of any dish!

How to Caramelize Your Onions:

1. Dice your onions small. (follow videos below)
2. Add oil of choice to a large fry pan
3. Add onions to oil and let cook / sweat on low to medium heat for about 7 minutes (or more if doing a large batch). Once they become translucent, move onto the next step.
4. (optional) Add Tamari Soya Sauce (or 1 tsp of sugar and a pinch of sea salt) to assist with caramelizing the onion.
5. Continue to let cook for another 5 minutes or so, stirring often to ensure they don’t burn.
6. Once they are done, you can use them as they are, add spices to them, or add them to a glass container and store in the fridge for later.

>>> [Watch this video](#) from Gordon Ramsay

A tip to save you time:

Make a big batch of caramelized onions. I am talking 5 or 6 onions that you dice and have cooking in a large fry pan on low.

Once caramelized and the onions come to room temperature, put them in a glass container with a lid and store in the fridge. Pull out to use for eggs, pasta sauce, on salads, in curries, on pizza’s, on sandwiches, in wraps and in any stew or soup! They are so versatile!

10. Spice it up!



To be adventurous in the kitchen means that you have the spirit of curiosity and exploration as you cook. Adventurous eaters typically have an open mind and are willing to try new things. When you are adventurous, it will inspire your family to be as well!

For a time, I found that I would be adventurous with the meal, but also offer simple options to go along with it for those who are still hesitant to be adventurous. However, I also have the rule that you must take at least 2 bites of the new “adventurous” food.

The reason for 2 bites is often the first bite is to clear the thoughts of “its bad” out of the mind, then the second bite you can actually taste what it tastes like. If your child won’t eat a new food you are introducing them to, don’t give up. Just because they aren’t ready for it this time doesn’t mean they won’t ever be. Keep trying. Keep being adventurous.

The best place to start with Adventurous cooking is spices! Spices add nutrients and flavor to the meal and are something that people are more fearful of then they need to be! I have our [spices list here](#) that you can reference as you add a little “dash” of this and “sprinkle” or “teaspoon” of that. Trust your heart, and let your spice choices be adventurous!! (along with your veggie choices :)))) If you don't know what something is, what it tastes like or how to use it, just ask us!!

11. Knife Skills

Having some simple Knife Skills will make a HUGE difference in how you cook.

I find the key concepts of knife skills:

- 1) Take it slow until you learn it, then you can speed up
- 2) Use the proper knife for the job
- 3) Cut everything the same size for even cooking
- 4) practice, practice, practice.

I use my paring knife and Santoku knife everyday.

I love the knife brand VictoriaKnox (found in most kitchen stores and amazon)

Also, for being an “at home cook” you only really need the Santoku OR Chef’s knife, but not both. And the boning knife is only if you intend to bone meat or fish.

Spending a bit of money on a good knife is worth it!!!

- 1) It makes chopping and dicing soooo much more fun

KITCHEN KNIFE USES

PARING KNIFE



Good for coring, peeling, & segmenting fruit & vegetables. Also great for Tripping different foods & doing small detail prep work in the kitchen.

SANTOKU KNIFE



Good for chopping, dicing, & mincing. A great all-purpose knife in the kitchen.

CHEF'S KNIFE



Good for chopping, dicing & mincing. Easy to rock back & forth to get good momentum. Another great all-purpose knife in the kitchen.

BREAD KNIFE



A serrated knife that is used in a sawing motion. Great for slicing bread, cheese & meats.

BONING KNIFE



This knife is long & narrow & very flexible. Great for working with meat & separating bones in both cooked & uncooked meats.

- 2) It is safer too as a dull knife slips and can easily cut you, whereas a sharp knife does not slip.
- 3) It will last forever and you will not have to replace it
- 4) Keep a sharpener on hand and sharpen your knives (not your bread knife) every month to keep them sharp

Want to Practice your knife skills?

Start with cucumbers. Peel them, slice them, dice them. Or carrots, peel, dice, matchstick, chop (reference the “Know Your Cuts” section in Kitchen Essentials.)

Watch these videos listed below.

If there are more veggies or fruit or meals that you want to see here, let me know in the comments of the dashboard.

Veggie and Fruit Prep Technique:

<https://www.wholeandhealthykitchen.com/vegetable-and-fruit-prep-technique/>

11. Be Adventurous!



To be adventurous in the kitchen means that you have the spirit of curiosity and exploration as you cook. Adventurous eaters typically have an open mind and are willing to try new things. When you are adventurous, it will inspire your family to be as well! For a time, I found that I would be adventurous with the meal, but also offer simple options to go along with it for those who are still hesitant to be adventurous.

However, I also have the rule that you must take at least 2 bites. The reason for 2 bites is often the first bite is to clear the thoughts of “its bad” out of the mind, then the second bite you can actually taste what it tastes like. If your child won’t eat a new food you are introducing them to, don’t give up. Just because they aren’t ready for it this time doesn’t mean they won’t ever be. Keep trying. Keep being adventurous. The best place to start with Adventurous cooking is spices! Spices add nutrients and flavor to the meal and are something that people are more fearful of then they need to be! I have our [spices list here](#) that you can reference as you add a little “dash” of this and “sprinkle” or “teaspoon” of that. Trust your heart, and let your spice choices be adventurous!! (along with your veggie

choices :)))) If you don't know what something is, what it takes like or how to use it, just like us!!

12. Use Ingredients at their best

It is wise to eat vegetables that are in season. So when it is winter, stick to the potatoes, leeks, sweet potatoes, squash, kale etc and in the summer stick to eating berries, romaine, watermelon, corn, tropical fruits. In the fall stick with apples, winter squash, pumpkin, brussels sprouts, figs. And in the spring arugula, spinach, asparagus, beets, carrots, mint, spring peas, strawberries.

The reason for this is because:

- 1) Eating vegetables and fruit in season means you are eating them at their best. When they are at their best they are most nutrient dense and taste so much better!!
- 2) If you eat in season, you are eating locally. If you're eating local you are (as a community) expending less travel costs on trucks and avoiding fossil fuels that contribute to global warming.

This is why I always say that your food decisions determine the world you want to live in.

Simple ingredients can turn into nourishing meals that feed not only our body but our soul!!

13. The Buddha Bowl Guide



I wanted to include this in here because Buddha bowls are a staple in our home and they are the perfect way to PRACTICE cooking :))) They are nearly foolproof, and they are also nutritious and delicious! You can choose whatever grain, protein or veggie you want based on what you desire or what you have in your cupboards/fridge. You can get creative with all the sauces, spices and herbs you can use. Once you know the basics of a buddha bowl, which I will explain here, you can make any kind of buddha bowl! This is where you can tap into that creative center that God gave you!

Start with Layers, knowing that every layer add to the flavor

a) The Base

- i) Start with Whole Grain or Lettuce Greens. Grains such as: Wild Rice, Bulger, Farro, quinoa, brown rice, couscous, barley, rice noodles, ramen. Cook grains or pasta in salt and add any spices or raw garlic and onion to the cooking Greens such as: Spring mix, arugula, spinach, romaine, kale. Lightly toss these green in a dressing if they are the bulk of your bowl. (I love $\frac{1}{4}$ c lemon and olive oil + 1 tbsp dijon + 1 tbsp maple syrup + 1 crushed garlic clove + salt and pepper. Shake OR 1 tbsp apple cider vinegar + 1 $\frac{1}{2}$ tsp minced shallots + $\frac{1}{2}$ tsp mayo + $\frac{1}{2}$ tsp dijon _ $\frac{1}{8}$ tsp salt + pepper + 3 tbsp olive oil. Add all ingredients to a small bowl (not the olive oil) place oil in a measuring cup and slowly pour oil into mixed ingredients while whisking to emulsify)
- b) The Raw Crunch**
 - i) Think of anything that will add texture to the bowl. Think pralines or toasted pecans, shredded carrots, diced apples, sliced cabbage, diced cucumber, sliced radish, toasted nuts, seeds, croutons, .
- c) The Smooth layer**
 - i) Think of anything that will melt in your mouth. Think roasted sweet potato, squash, beet, broccoli, cauliflower or avocado, feta or goat cheese, chunks of cheddar.
- d) The Protein**
 - i) I often like vegetarian protein in these bowls such as chickpeas, black beans, cold cooked lentils, but also shredded chicken, boiled egg, crushed bacon, flaked salmon or tuna are fantastic as well.
- e) The Tart Spot**
 - i) This might be my favorite layer, but most probably not for everyone. I love the fresh and tart pop in your mouth. For this I often turn to pickled red onions, pickled cucumbers or jalapenos, pickled carrots, sliced shallots, kimchi or sauerkraut. Olives or feta cheese.
- f) The Drizzle**
 - i) Now is the time for the sauce. Check out my [Sauces Blog](#) for inspiration keeping in mind a simple sauce such as hummus thinned out with water or lemon, tahini sauce, green goddess dressing, mayo+fresh garlic+lemon+olive oil +maple syrup with a hint of sriracha always does the trick, or a garlic aioli or avocado lime sauce or lemon dijon dressing as listed above under base.

Conclusion

The best way to learn how to cook is to cook!!

I can give you all these words and ways but they still will seem like steps and not ease or flow, until you practice cooking. So practice, practice practice my friends. The more you practice these the

more you will cultivate a rhythm and flow.

Which of these tools for “how to cook” will you use most often?

A large, empty rectangular box with a thin black border, intended for a user to write their answer to the question above.

"Cooking is like love — it should be entered into with abandon or not at all" - Julia Childs

Kitchen Alchemy
Kitchen Workflow Module Lesson Five

5 - How to make Mealtime Fun:

Including how to deal with Picky Eaters and Roles in the Kitchen



In this section I will empower you as a parent and/or partner to show up in the Kitchen with and for the family.

We will tackle some approaches that will enable you to:

- 1) Discover the importance of cooking together and deciding on roles
- 2) Know how to deal better with “meal time dominators
- 3) Discover new activities for mealtime to encourage communication and mindfulness.

Cook together

From school or daycare to work, to after school activities, to friend and family visits, to day to day busy living it can be hard to have quality time with those we love. Cooking can become a way to not only nourish the body but nourish our relationships, minds and souls too.

Cooking Together can:

- Teach kids kitchen and culinary skills that they can use to feed themselves and their future families.
- Cultivate family members bonding with one another, having fun
- Provide the opportunity to communicate about important things without having to sit down and have ‘a formal talk’.
- Help kids discover the nutritional value of foods and how those ingredients help them grow, learn and focus.
- Allow exploration of new flavors, tastes and recipes as a family.
- Increase mindfulness and a feeling of connection to each other and the food you eat

- Improve health outcomes – research indicates that family meals can reduce [obesity](#) and risky adolescent behaviors [such as substance abuse](#).
- Build confidence in children (and adults!)

Make cooking age-appropriate

(These tips are shared with us by [Culinary Nutrition](#))

You know your kids and what they can handle. Some children may be very adept and coordinated at [handling tools](#) and ingredients, while others should only be in charge of stirring.

Start off with the easy stuff and increase the challenges as they learn and grow.

1. **Trust in your kids.**

Sometimes we may feel afraid to let children approach the stove or use a knife, but with proper supervision they can usually handle more than we think they can. Allow your child to boost his or her confidence and skills in the kitchen by allowing them to take the reins with your help and support.

2. **Recognize that cooking as a family will take more time.**

The recipes that you can whip up in your sleep will likely take more time when the whole family is involved. Give yourself the time and space in your schedule to cook slowly. Patience is likely needed here too – yes, it might be quicker and easier for you to crack 4 eggs into a bowl or to chop an onion, yet when you encourage your child to do these things, it builds confidence and love for cooking. Once the family gets into the groove of cooking together, recipes will likely come together more quickly.

3. **It's OK to create a mess.**

Cooking will be stressful if kids feel pressured to do everything perfectly with no allowances for flour spilled on the counter or spatters on the stove. Allow the family to cook with abandon. Of course, that doesn't mean that they do the cooking and *you* have to deal with the mess. Once the cooking process is finished, you can teach your kids how to clean the dishes, or you can clean in stages while you're waiting for something to come out of the oven.

4. **Get your kids involved in planning.**

Sit down together as a family to sketch out what kind of meals you'd like to eat. Kids are more likely to enjoy the process when they have some agency, as opposed to always being told what to eat. Devise guidelines together (that means no dairy-free ice cream for dinner), like each meal must include two different kinds of vegetables or other family food rules.

5. **Take your kids to the grocery store.**

This helps children learn about recognizing and selecting ingredients and the cost

of food, exposes them to scents and tastes, and helps inspire them to explore new flavors. You could ask them to pick one new ingredient each trip, or give them a budget challenge and ask them to buy ingredients for an entire meal within certain monetary limits.

6. Offer choices when applicable.

You're not running a restaurant. Sometimes the food on the table is going to be the only option and your kids will just have to eat it, even if it's not their favorite. However, there may be opportunities where you can offer children some choices and options to help them enjoy their meal more. Many of the recipes I suggest can be customized with additions or toppings like burgers, chili, wraps, pizza and tacos. So if your child doesn't like raw onions, he or she can have sliced tomatoes or pickles on the burger instead, or choose guacamole over salsa for chili or tacos. These little things may help them feel more satisfied with the meal and cut down on fights and tantrums.

Roles in the Kitchen



There Are 5 Jobs

- It's your job to choose what's available for kids to eat.
- It's your job to choose where the kids eat and what's going on.
- It's your job to choose when the kids eat and how often.

(That's a lot of jobs! #adulting)



- It's the kids' job to choose whether to eat what you put out.
- It's the kids' job to choose how much to eat.



Kids Eat in Color

(2/2)

Everyone needs a role in the kitchen.

Including the kids, no matter how young they are.

Having everyone feel like they are included, helps everyone to become part of the kitchen

experience. And will help to ensure that your kids will want to make healthier decisions in

their food choices because they were taught by you how too, and to love too :)

About Roles in Kitchen

Firstly, parents have the Roles/Job of deciding what to eat (as you can see in the diagram to

the left). Children have the job of deciding whether they will eat what we put out, and how much. This establishes a proper parent/child relationship where the child does not take control of mealtime (mealtime dominator), but instead the parents are in control. This is a good thing, as our children do not know what is the best nutrition to support the growth and development of their body and brain. And you, beautiful souls, are learning what IS the best. Because of this, **YOU** want to be in charge of meal time. **Our children can have a**

choice, but we choose the choices that they can choose between!

In regards to specific roles outside eating food, everyone needs a role. Whether your partner is doing the dishes and garbage, or kids stirring the salad dressing, taking their plate from the table to sink/ dishwasher. Or emptying the compost, or sweeping the floor, or putting away the cutlery or setting the table...there are ALWAYS things to be done. When we get kids and partners to find their role and see the value in sticking with it, the kitchen can become a happy place for everyone.

- Example I cook, shop, prep, plan and clean the table and counters while I cook. Tom does (most of) the dishes, my garbage / compost and the floors. Ella carries her plate to the counter, puts away the cutlery, helps me set the table, helps me in the kitchen cooking.

What will your roles in the kitchen be? Your partner? Your kids?

Be the Demonstration

It can be hard sometimes, when setting up new habits, to have all the family on board with you at the same time. They may take longer to have habits shift, taste buds change, emotions settle. That's why this change starts with you. You need to be a full cup and a demonstration of the “healthy and happy” way to your family.

“We nourish others best through demonstration.”

If you want your kids to eat healthy you can talk to them about health benefits until you're blue in the face. It's only when you demonstrate to them your love and joy for healthy eating, and share stories with them, that it has the potential to spark their curiosity to want to eat it, that they start to become interested in it.

Try telling some stories about the food you are making and preparing for them. Stories help little minds understand why they should eat something.

[Talk about the resilience of blueberries](#)

[Talk about the power of Potatoes](#)

[Talk about the salt in celery](#)

While you talk about these things, prepare a snack, shake or meal with them... and eat it in front of your kids and offer them to try it, too.

- Demonstrate being the leader. Talk authoritatively but gently when it comes to meal time. You are in control, not the kids. You dictate what to eat because you know what they should eat. They don't know what's good for them yet, but they are learning, and will learn more as you do. They obviously can have a choice, but you often give them that choice. Tell them it's between bean tacos or turkey burgers or steamed cauliflower or broccoli, or roast chicken and veggies or roast chicken and salad . Asking ‘what do you want to eat tonight’ is too open. Give them a choice, and you choose their choices.

A Movement and a Rest

There is a section of 'The book of macrobiotics: The universal way of health and happiness' that references Jesus' words and it says *"The kingdom of the Father is spread upon the earth and men do not see it". He goes on to say: If they say to you 'what is the sign of your Father in you?' say to them: **It is a movement and a rest.**"*

What he is saying is that the Kingdom (heaven, peace, infinite changeless reality) is both a movement and a rest. It is an inner rest, while the body moves. This is the same quality of being we are to have in the kitchen. The body is doing, but inwardly we are still, calm, connected. Jesus is saying that when his disciples (us) could change yin into yang and yang into yin, and achieve harmony through the unification of both, then they could enter and live in health, freedom and happiness. When we can unify the mind with soul, and in the body we will live in health, freedom and happiness here. I want this for you.

As always, the best way to practice "movement and rest" as one...is to practice moving the body but resting within. Here are some exercises you can do on your own or include your family in. For example, if there is high energy in the home and you need to shift the energy, try these practices. These practices will help you and your children to shift into the parasympathetic system, instead of the nervous system. This is also helpful for aiding in digestion and helping to relax before you eat and before you put them to bed.

4:4:4 Breathing Exercise

1. Breathe normal. Pay attention to your breath.
2. On your next inhale count to 4
3. Hold for the count of 4
4. Exhale for the count of 4
5. Repeat 3 to 5 times.

When you are doing this, imagine inhaling love and peace, and exhaling any negative energy until you rest into calm.

Body Scan:

1. Feel your feet connected to the ground (or Lie Down on your back), close your eyes (if you can) and focus on your breath.
2. Breathe in through your nose, noticing the cool air coming in. Feel the warm air as you breathe out through your mouth.
3. Now focus on your body. Start at your toes and, slowly, with each breath, work up to your head. Each time you breathe in, send that breath to an area of your body, letting it relax and soften. Ask yourself if your shoulders are tight, or if your face is tense

4. When you are done, rest a few moments before opening your eyes.
5. Notice your body, your energy. Do you feel relaxed?

Multi-Tasking

As a mom I am doing many things at once and often multi-tasking. In this case, being mindful, slow, present, conscious in what I am doing is super important so that I do not get hurt or make mistakes. Repeating the mantra “SLOW, SLOW, SLOW, SLOW, SLOW” can remind you to slow down in your movements, to slow down in breathing, to slow down in thoughts. You can then focus on taking one next step as you flow through the many steps.

Eat Slowly / Mindfully

Mindfulness is being aware of your mind and body. A mindful Eating Practice is important. I talked alot about this and how eating slowly releases enzymes to help us break down and digest our food in our ‘whole foods section’. And we gave you an exercise to try with your family in the Gut Health Section. But here are a few more suggestions and inspirations to include your family in. .

Here are some Mindful / Prayerful Eating Suggestions:

1. Before offering the plates to others, put your hands upon your food (or not if you don’t want too) and bless it with your love and intentions
2. Set a prayer / intention before you take your first bite. Even a silent pause will be enough.
3. By yourSelf or with Family:
 - a. Say inside yourself or out loud: Thank You for this food. Thank you for each other. Thank you for all that is.
 - b. We sing this little prayer: “Thank you God for the world so sweet. Thank you God for the food we eat. Thank you God for the birds that sing. Thank you God for everything.” Amen. :)
 - c. Pause for 20 seconds before you eat to acknowledge your inner child. This will rewire your relationship to your little SELF so that you are integrated with your inner child instead of separating from her/him. Simply close your eyes, call upon your inner child, and LOVE her. Nurture her. Acknowledge her. Tell her she is safe to be, to feel, to love. When you nurture your inner child, you are calling upon all parts of you to be remembered and whole. It will have a profound effect on your life over time, in a positive way. I know it has for me.
4. Eat slowly and really chew your food. Digestion starts in the mouth and it triggers your gut and digestive enzymes to know when food is coming. Be sure to chew your food at least 20 to 40 times before swallowing.

Things to Notice When Mindfully Eating



Side Effects of Mindful Eating:

- Notice different types of hunger- eye, nose, mouth, stomach, ear, mind, heart, cellular
- Eat less- Savouring each bite, noticing satiation
- Self-Compassion- there is no right or wrong way to eat
- Soul connection - notice thoughts and emotions with respect to food- let go of reactive and habitual patterns around



To Eat Mindfully Notice:

- Where did this food come from? How did it grow? What colors do you see? Notice textures, the smells, the temperatures. How does it taste? How do you chew? What are the sensations of eating? What happens to your thoughts as you eat? How do you feel? How does your body receive it? What are the physical sensations of eating? Appreciate the effort that created this meal- from the land, the rain, the sun, the farmer, right through to the hands that prepared it (ie. your own hands). Be curious about everything and open to noticing the entire experience. Was it pleasant or unpleasant? Without judgment, simply notice and observe.

(adapted from Retreat Eats: Plant Based Love Book By Liz & Kurt Frost)

Table Topics

Talking around the kitchen table can be one of the most powerful ways to bond with your family. The goal of these is to increase communication and connection to each other and the food.

Have everyone go around the table and:

1. Tell everyone 1 thing they are grateful for that day
2. Say 1 nice thing that happened to them today (and 1 bad thing, if they want)
3. Give a compliment to the other family members
4. Smell, taste, look at and be mindful / conscious with every bite as if it was a game who is more mindful.

The Gratitude Games!

1. Tell someone something you are grateful for (or like) about them
2. Have everyone put what they are grateful for in hat, and then each person pulls another one out to read

Ask for Meal Time Improvements

1. When everyone is eating, ask them what they like, and why they like it. As well as what they do not like, so it can be better next time. Our goal in asking these questions is “improvement for next time” and not necessarily to decide whether you actually like that food or not.

Theme Nights

We all know Taco Tuesday and Meatless Monday, but what about Wild Wednesday and Thankful Thursday, Fresh Friday.

This would make for easy meal planning.

Monday you can make Sweet Potato and Paneer Curry over basmati rice and cucumber salad

Tuesday can clearly be taco night ensuring to include two proteins, one chicken, one bean and allll the veggie fillings and toppings.

Wednesday is Wild Salmon and steamed broccoli and leek and garlic infused Quinoa

Thursday is the day to be thankful for all that is and all that we are and have. IT IS WHEN WE HAVE???

Friday is when we eat a giant fresh salad with a nourishing soup alongside it. If you're really going for it, a wrap or sandwich as well.

Listen Deeply

- To Spirit / your Gut / Intuition guiding you
- To Your Bodies Needs (of nutrition / care) & Cues (of hunger/fullness)
- To Your Families Needs (physical, mental, emotional, spiritual)
- To Courageous Creative Ideas (& follow through)

Feed Feel Good Food

It must:

- Feel good in the Gut / Belly / Digestion
- Feel good in the Energy You Transfer to it
- Feel good as you Eat it together



“Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success” Swami Sivananda

Questions to Ask to Improve Eating:

These are great questions to ask yourself but also great to ask your family. When you ask them around the table it makes everyone be honest, thoughtful, curious and willing to try what's in front of them. Prepend to be a secret shopper, if you will, and come try the food and give pointers for how you would make it better. Or research or ask how to make it better. Begin to learn more about what you like and why you like, perhaps even what you don't like, so that you can enhance it and create more healthier options in the future.

Becoming an adventurous eater has to begin somewhere. Beginning here is a good place.

- Do I enjoy this meal
- What about it do I enjoy?
- How can I make these healthier?
- How can I make it more visually appealing?
- How can I make it more well balanced?

Picky Eaters / Mealtime Dominators

This section from an article at the [Culinary Institute](#) said this about the dinner table where a “picky eater” is present. *“It is important to listen to your picky eater and really hear what is bothering them and take note of the healthy foods they do like. Acknowledging them by offering foods they like will be beneficial to all involved as well. Many times it is not even the food, but a feeling of lack of control in the home. However, of course, texture, taste and presentation definitely play a role too!”*

How to deal with kids who think they control the food choices and dinner time:

- 1) Be conscious of your language. They may have picky eating tendencies but it's not WHO THEY ARE
- 2) No pressure. Put another small plate on the side of their main plate. Add to this plate the new meal / vegetable for them to try. Tell them they can try it, when they want. If they do they get a reward. But there is no pressure. Just let the new food rest on this plate and they will reach for it to try it when they are ready. It's not whether they think they like it or not, it's about them getting comfortable with trying new things.
- 3) Taste buds change, keep trying. If they don't like something one day, try preparing it in another way next time.
- 4) Encourage at least 1 bite
- 5) Try SPREADS!!!! Spreads mean putting meals out in little bowls and plates where everyone can serve themselves. You can do this with pizza, or fish tacos or bean tacos or wraps / burritos or even crackers / vegetables / dips / nuts.
- 6) Here is what we do to engage our picky eater:
 - **Each week I sit down and figure out the meals and grocery list.** It is our new routine to incorporate a [kid-friendly recipe](#) into the mix each week.
 - **Each week I get Ella to pick a meal she wants on the menu.** If she was older I would get her to write the grocery list and even go shopping with a parent to get the ingredients.
 - **On the night of her meal, it's her job to help prep, cook (with me as a sous chef), set the table and clean up.** The stipulations are that veggies must be included in the meal, recipes are not allowed to be repeated each week and a new recipe is to be incorporated each month.

This is definitely a work in progress, but the whole process will enable our children to understand the value of money, the work involved in preparing meals and the satisfaction when compliments are given from the family. We also now engage in more family talks about school, friends, and challenges in their day around meal time. Woohoo!!

Keep in mind that picky eaters often happen when we are not exposed to quality food that is made with love and fresh ingredients. Children who are not exposed to real food never develop the palette for it. Yet those who are exposed to real food develop the palette and naturally love real food and turn away from unhealthy food.

Picky Eaters Cheat Sheet for Parents

Eight Tools to Encourage Better Food Experiences

1. Start Your Day Right (Clear the mental windshield)

Why would your kids' mealtime be stress-free if you are not?? If you want your kids to be free from food anxiety, it starts with you.♥

a) How we start our day matters.

If we start in a frenzy, in anxiety or worry the rest of the day our nervous system will be fighting to keep up with the emotional intensity. Instead, look at your morning as a time for decision and either you decide for medicine (routine) or mayhem. If you do not choose medicine and follow a routine, mayhem will be the default.

b) Try these tips to clear your personal mental windshield:

Start your day right. Aim to get up even 20 minutes before the kids, but if you don't find any sliver of time to do this- going pee, nursing them or when they are watching a show or playing- and PAUSE, BREATHE DEEP then grab your journal and ask your heart and soul: "what do I want to come of this day?" "How do I want mealtime to be?" "What do I want to feel today?" "How do I want to respond in difficult situations?" And journal it out. Then pause with those intentions, sink into your heart and FEEEL all of these things and release them to God in gratitude.

2. Keep it Simple in the morning

If it's too stressful to think about what to make each morning, think ahead. Do so by deciding on only 2 to 3 things that you could potentially make, depending on the day. Here are some simple choices to choose from:

- a) Oatmeal. (double this if you have a bigger family or want more leftovers) 1 cup milk 1 cup water in a medium saucepan. Add 1 cup oatmeal. 3 tbsp chia, 2 tbsp flax meal. Cinnamon. Let come to a soft boil then simmer until liquid is absorbed. Let the kids choose their toppings. Bananas, apple chunks, (frozen) berries, sliced almonds, and maple syrup. Store the leftovers in the fridge for tomorrow and reheat it the next day with a bit more water or milk on the stove top.
- b) Quinoa Bowls. Personally, our family is obsessed with these and I have never had a kid not like it, they just have to eat it without knowing what it is. Cook quinoa as normal (again doubling this recipe if larger family or want more leftovers) Add butter/coconut oil to a medium saucepan let it melt. Sauté 1 cup quinoa for 3 minutes or so. Add 2 cups of water with 1 star anise and cinnamon. Let cook until water absorbs. About 15 minutes. Then add maple syrup, sliced almonds and loads of berries, mango, papaya or sliced bananas. This is truly so delicious for kids and adults alike and will help to stabilize their blood sugars for the rest of the day with all the protein and nutrients.

- c) Cereal, if there really is not time to make or warm up something. We choose gluten free, super low sugar cereal options and add chia and flax meal and berries into the bowl as well.

What are the 3 breakfast choices will you choose to rotate between? This way you can ask your kids what of the 3 choices they want, and then you can go with that.

3. Family Dinners.

- c) **Eat together at the table.** Dinnertime is a time of being together and sharing food and conversation. Some of our most powerful conversations with our daughter have happened when we eat dinner together. Demonstrate to the kids how yummy the food is when you're eating and be playful about it.
- d) **Always serve them what you have, but it's okay to shake it up.** For example if you are eating a casserole with everything mixed in and they are not wanting food to touch, give them the pasta and veggies and sauce separately. They are still eating what you are eating, but deconstructed.
- e) **Turn off all devices.** Be present with the food and each other
- f) **If you diss your dismissed** (ie. no negative talk about food.) The kids can *not* like what is made, that's fine, but no dissing the food. Instead encourage children and adults to express what they think could be improved next time. Maybe more spice, maybe less mushy pasta, more salt or less grease or a new sauce. Be creative in how you think about the meal. It took a lot of work to make and can always be improved with positive and kind feedback.

4. Get them involved

<ul style="list-style-type: none"> g) Shop h) Prep i) Cook j) Clean 	<p>When kids are part of the food making process, even if they are really little and they get to stir the mashed potatoes for example, they are part of the creative process. It's something they can then be proud that they did/helped with. Kids are more likely to eat what they had a hand in making.</p>
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5. Build Your Own Nights!!

- k) Buddha bowls
- l) Quesadillas
- m) Burritos

- n) Put platters on the table and have everyone serve themselves. This is the best way to demonstrate healthy eating to kids and to encourage them to try new toppings each time you serve meals.

6. Kids like things different, for different reasons...and then it changes: Be flexible!

- o) Examples of being flexible are if they dislike regular blueberries today, try frozen blueberries with a sprinkle of stevia, switch raw carrots for roasted carrots with cinnamon and butter, steam cauliflower with butter and salt instead of raw, or use raw with dip instead of cooked. try coconut oil on broccoli not butter, thin sliced cucumbers instead of rings.
- p) Think outside the box of how they might like their food prepared and let not their changing attitudes make your attitude change. You are their stability when they are moving around and they will come back into synergy with you when you remain balanced and flexible.

7. Eat the Rainbow

Have your kids work with you to find 1 “safe food” for every color of the rainbow.

- a) Take kids with you to the super store and send them on a hunt for a vegetable or fruit in that color. Experiment until you find how to serve that food up in a way they like!!!!!!
- b) Consider rewarding your kids for their adventurous eating and trying new foods.

8. For New Foods

For new foods they are trying, put it on a separate and smaller plate, and place it beside the plate/ meal you know they will eat. Make them take at least one bite from the new plate (or more bites, cause sometimes the first bite is shocking but when we keep eating it, it gets better). Once the kids like their food, it moves over to their main plate.

PDF Worksheets

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Comprehensive Grocery List / Pantry Essentials.....	282

NOTES:

- These PDF's and templates are also listed in your Online Dashboard.
- Reference that online link to print more or photocopy these PDFS
- I recommend printing 7 Meal Plan templates, 7 grocery list sheets and 10 Cookbook Templates as you will be using them often.

Meal Plan - Week Of:

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Ⓜ		
Ⓣ		
Ⓦ		
Ⓣ		
ⓕ		
Ⓢ		
Ⓢ		
<i>SNACK Option</i>		

This Week's Grocery List:

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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“May Spirit, Wisdom and Love guide my Food Decisions.”

Time Saver - To Do's:

- This is where I keep organized with my TO DO's for the kitchen
- This chart helps release my mental load. It's where I write down the things that need to be done in the kitchen that day, **anything I usually keep in my brain** 🧠
- Example, if I am making chicken one day. The day before the box might have “dethaw chicken” and the day I am making it will have in the box “marinate chicken in the morning”. Same goes for ‘soaking lentils’ . Put that on the list the day before you're using lentils to cook with. And maybe the morning of writing “make dressing” so that all you have to do is cook the lentils and veg and add the sauce and toppings at dinner time. It's a TIME SAVER!!!
- **I also write anything else that I need to remember.** Such as the day I am going shopping, or kids' birthday parties, or friends visiting, that sort of thing. Then I can work it into my week on lighter kitchen days.

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Ⓜ		
Ⓣ		
Ⓦ		
Ⓣ		
ⓕ		
Ⓢ		
Ⓢ		
<i>SNACK Options:</i>		

MEALS ON ROTATION

COOKBOOK



WHOLE AND HEALTHY KITCHEN

Your Meals on Rotation Cookbook

We can save ourselves a lot of time by being prepared ahead of time. A great way to be prepared is to have a collection of meals that are tried and tested that you *know* that you and your family love.



When I find a good recipe I often tweak it a bit to suit my family's needs. I write down those changes and then keep the recipe to make again and again! I want you to do the same thing.

I recommend you getting a binder specifically for recipes that you can keep in your kitchen and reference often.

When you have extra time, or feeling extra inspired, try out new recipes and get creative in the kitchen. But for now, choosing a few recipes that are going to be your “meals on rotation” / “staple go-to meals” that are simple and enjoyable for you to eat, is so helpful.

Why is having ‘meals on rotation’ helpful?

1. You become comfortable with these foods and feel you at least have a handful of meals that you are confident cooking for anyone, at any time.
2. It takes the stress out of being in the kitchen because you no longer have to think so hard about the meals you are going to make. You can always choose from this cookbook when it comes to meal time
3. Each time you try a new meal that you love, add it to the list and continue to build this cookbook as time goes on, enabling you to have an ever growing collection of healthy and delicious recipes!
4. You can be mindful of always having the main ingredients for these meals stocked in your kitchen/pantry at all times.
5. You can guarantee health and wellness for you and your family, as you know what’s in the meals you are making.
6. There is also the added ingredient of love and thoughtfulness.

Adding Recipes to your book:

1. I invite you to remember times when you made a delicious meal or ate a really good meal at a friend's house or a restaurant. What was it? Find those recipes. Google search them. Ask someone. You want to find recipes that will excite you to want to eat, and thus make on a consistent basis.
2. Think about a vegetable or protein that you or your family would benefit from having more of. Research recipes with that/those ingredients in mind. Allow your adventurous spirit and open-minded curiosity of what you could be making more of, lead the way.
3. This is also a great activity to get your family or loved ones involved in. Let them choose a meal or two that they want as part of your meals on rotation cookbook. See how you can make a healthier version of what they or you want.
4. What are some of your family favorites already? Add those in the cookbook. Are there any ways you can make it a bit healthier? Write notes to try, and see how it works
5. Share a meal or two that you love below in the comments in the dashboard of this course. You may inspire others and find inspiration too!

I encourage you to take time with this step and really get curious about the kinds of meals you want to be making. This will save you time when doing your Meal Planning and Prepping. Once you have an idea of your top 5-10 meals, write them in your cookbook!

Meals on Rotation Template



1. Download and print out 5 - 10 copies of the template below if you haven't already.
2. Write your officially chosen meals in the templates.
3. Put all the templates together and add them to your cookbook binder and keep them in your kitchen for reference as your own personal "cookbook"!!!
4. Always be adding to this cookbook. When you find a meal you like at a restaurant or at friends or online or one you make...add it here to make and reference every day / week.



TIME	SERVES	COOK TEMP
INGREDIENTS	NOTES	
DIRECTIONS		



Comprehensive Grocery List

Pantry, Fridge, Freezer Essential



Fresh Vegetables / Herbs

<input type="checkbox"/> Asparagus	<input type="checkbox"/> Kale
<input type="checkbox"/> Avocado	<input type="checkbox"/> Leafy greens • Type: _____
<input type="checkbox"/> Beetroot	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell peppers	<input type="checkbox"/> Mushrooms • Type: _____
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Onions • Type: _____
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Potatoes • Type: _____
<input type="checkbox"/> Butternut Squash	<input type="checkbox"/> Parsnips
<input type="checkbox"/> Cabbage • Type: _____	<input type="checkbox"/> Peppers • Type: _____
<input type="checkbox"/> Carrots	<input type="checkbox"/> Radishes
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Spinach
<input type="checkbox"/> Celery	<input type="checkbox"/> Sprouts • Type: _____
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Snap Peas
<input type="checkbox"/> Corn	<input type="checkbox"/> Spaghetti squash
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Sweet potatoes
	<input type="checkbox"/> Tomatoes • Type: _____
	<input type="checkbox"/> Turnip

<input type="checkbox"/> Eggplant <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Green beans <input type="checkbox"/> Jalapeño peppers <input type="checkbox"/> Parsley, fresh <input type="checkbox"/> Other herbs • Type: _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____	<input type="checkbox"/> Zucchini <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____
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Fresh Fruit

<input type="checkbox"/> Apples • Type: _____ <input type="checkbox"/> Bananas <input type="checkbox"/> Berries • Type: _____ <input type="checkbox"/> Figs <input type="checkbox"/> Grapefruits <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Lemons	<input type="checkbox"/> Mangoes <input type="checkbox"/> Melons • Type: _____ <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Papayas <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Pineapples
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<input type="checkbox"/> Limes	<input type="checkbox"/> Other: _____ <input type="checkbox"/> Other _____
--------------------------------	---



Frozen Foods

<input type="checkbox"/> Bananas (slightly brown, cut into cubes and then frozen) <input type="checkbox"/> Blueberries <input type="checkbox"/> Dairy-free ice cream/sorbets/natural juice freezies <input type="checkbox"/> Edamame	<input type="checkbox"/> Frozen fruits • Type: _____ <input type="checkbox"/> Frozen veggies • Type: _____ <input type="checkbox"/> Peas <input type="checkbox"/> Corn <input type="checkbox"/> Pineapple <input type="checkbox"/> Broccoli + Cauliflower
---	--



SuperFoods

<input type="checkbox"/> Chlorella <input type="checkbox"/> Coconut Oil <input type="checkbox"/> E3 Live / Spirulina <input type="checkbox"/> Flax meal <input type="checkbox"/> Kefir (strawberry, blueberry or mango)	<input type="checkbox"/> Moringa <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Flax Meal <input type="checkbox"/> Chia Seeds <input type="checkbox"/>
---	---



Meat / Alternatives

- ☐ Almond butter
- ☐ Black beans
- ☐ Other beans • Type: _____
- ☐ Chia seeds
- ☐ Chickpeas
- ☐ Edamame
- ☐ Falafel
- ☐ Flax seeds ground
- ☐ Garden burgers
- ☐ Eggs
- ☐ Hemp hearts
- ☐ Hummus
- ☐ Quinoa

Meat / Protein:

- ☐ Grass-fed Chicken (whole or breast)
- ☐ Free Range Organic Eggs
- ☐ Ground chicken or turkey
- ☐ Chicken thighs, skin on
- ☐ Red meat / sausage

- ☐ Red Lentils
- ☐ Green Lentils
- ☐ Brown Lentils
- ☐ Other Lentils • Type: _____
- ☐ Nuts • Type: _____
- ☐ Peanut butter
- ☐ Seeds (poppy, pumpkin, sesame, sunflower)
- ☐ Paneer
- ☐ Tofu • Type: _____
- ☐ If meat eater • Type: _____
- ☐ Other • Type: _____
- ☐
- ☐
- ☐
- ☐



Dairy + Alternatives

- ☐ Non-dairy milk (almond, coconut, soy)*
- ☐ Non-dairy yogurt (coconut)*
- ☐ Non- Dairy creamer (hazelnut)
- ☐ Feta / goat / high quality cheddar • Type: _____
- ☐ Organic Whole Milk
- ☐ Organic Cream
- ☐ Butter or Vegan Butter
- ☐ Full fat greek yogurt plain



Grains

- | | |
|--|---|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Pasta • Type: _____ |
| <input type="checkbox"/> Bread - Sprouted • Type: _____ | <input type="checkbox"/> Popcorn kernels |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Rice • Type(s): _____ |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Rice cakes |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Rolled oats |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Steel-cut oats |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Tortillas or taco shells |
| <input type="checkbox"/> Noodles (buckwheat, rice, soba, vermicelli) | <input type="checkbox"/> Naan Bread / Mini Rounds |
| | <input type="checkbox"/> |



Condiments

<input type="checkbox"/> Olive Oil	<input type="checkbox"/> Olive Oil Mayo
<input type="checkbox"/> Hot sauce • Type: _____	<input type="checkbox"/> Miso paste
<input type="checkbox"/> Oyster /fish sauce	<input type="checkbox"/> Dijon Mustard
<input type="checkbox"/> Jam/jelly/preserves	<input type="checkbox"/> BBQ sauce
<input type="checkbox"/> Organic Ketchup	<input type="checkbox"/> Salsa
<input type="checkbox"/> Raw Honey	<input type="checkbox"/> Soy sauce, low sodium, or tamari / Braggs
<input type="checkbox"/> Maple Syrup	<input type="checkbox"/>
<input type="checkbox"/> Tahini	<input type="checkbox"/>



Pantry

<input type="checkbox"/> Applesauce	<input type="checkbox"/> Kimchi / Sauerkraut
<input type="checkbox"/> Bouillon cubes, vegetable or mushroom	<input type="checkbox"/> Oils (coconut, olive, sesame, vegetable)
<input type="checkbox"/> Dried coconut, flakes or shredded	Olives • Type: _____
<input type="checkbox"/> Dried fruit • Type: _____	<input type="checkbox"/> Jarred marinara/tomato sauce
<input type="checkbox"/> Dry beans • Type: _____	<input type="checkbox"/> Pickles
<input type="checkbox"/> Dry lentils • Type: _____	<input type="checkbox"/> Rice paper
<input type="checkbox"/> Vinegars (apple cider, balsamic, rice, white)	<input type="checkbox"/> Bread Crumbs
<input type="checkbox"/> Rice Crackers	<input type="checkbox"/> Sun-dried tomatoes
	<input type="checkbox"/>

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Canned Goods

<input type="checkbox"/> Beans • Type: _____ <input type="checkbox"/> Coconut milk , whole- or low-fat <input type="checkbox"/> Corn <input type="checkbox"/> Lentils • Type: _____ <input type="checkbox"/> Pumpkin Puree	<input type="checkbox"/> Tomatoes petite diced <input type="checkbox"/> Tomato paste <input type="checkbox"/> Tuna <input type="checkbox"/> Homemade Pickles + pickled onions + carrots <input type="checkbox"/>
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Baking Goods

<input type="checkbox"/> Baking soda Baking powder <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Flour • Type: _____ <input type="checkbox"/>	<input type="checkbox"/> Sugar (coconut sugar, monkruit/stevia) <input type="checkbox"/> Vanilla extract <input type="checkbox"/> Chocolate chips <input type="checkbox"/>
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Beverages

<input type="checkbox"/> Coconut water <input type="checkbox"/> Coffee (I love kicking horse- 3 sisters)	<input type="checkbox"/> Kombucha
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• Type: _____ <input type="checkbox"/> Juice (we get oasis) • Type: _____	<input type="checkbox"/> Sparkling water <input type="checkbox"/> Tea • Type: _____ <input type="checkbox"/> <input type="checkbox"/>
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Snacks

<input type="checkbox"/> Baby carrots <input type="checkbox"/> Hummus <input type="checkbox"/> Crackers/pretzels <input type="checkbox"/> Granola Bars (made good / Lara Bars) <input type="checkbox"/> Veggie straws <input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Dried fruit <input type="checkbox"/> Nuts/seeds Type: _____ <input type="checkbox"/> Popcorn <input type="checkbox"/> Potato/corn chips <input type="checkbox"/> Rice cakes <input type="checkbox"/> Seaweed snacks
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Spices

<input type="checkbox"/> Bay leaves <input type="checkbox"/> Black pepper <input type="checkbox"/> Cardamom pods <input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Garlic powder <input type="checkbox"/> Ginger, ground <input type="checkbox"/> Nutmeg, ground <input type="checkbox"/> Onion powder
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<input type="checkbox"/> Chili powder <input type="checkbox"/> Cinnamon, ground and sticks <input type="checkbox"/> Cloves <input type="checkbox"/> Coriander, ground and whole <input type="checkbox"/> Cumin, ground and whole <input type="checkbox"/> Curry powder <input type="checkbox"/> Dill <input type="checkbox"/> Garam masala <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Oregano <input type="checkbox"/> Paprika (and/or smoked) <input type="checkbox"/> Pumpkin pie spice <input type="checkbox"/> Red pepper flakes <input type="checkbox"/> Rosemary <input type="checkbox"/> Sage <input type="checkbox"/> Salt (sea salt and/or himalayan pink) <input type="checkbox"/> Star anise <input type="checkbox"/> Turmeric <input type="checkbox"/> Thyme, ground
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Kitchen Supplies

<input type="checkbox"/> Aluminum foil <input type="checkbox"/> Baking/parchment paper <input type="checkbox"/> Cling wrap <input type="checkbox"/> Dish cloths / Towels <input type="checkbox"/> Dish soap <input type="checkbox"/> Dish sponges/scrubbers	<input type="checkbox"/> Garbage bags <input type="checkbox"/> Paper towels <input type="checkbox"/> Toothpicks <input type="checkbox"/> Wax paper <input type="checkbox"/> Zipper bags (freezer, sandwich) <input type="checkbox"/>
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Personal Care

☐ Hand soap (seventh generation)

☐ Vitamin C powder (AA's)

☐ Magnesium

☐ Vitamin B12

☐ Vitamin D

☐ Impulse purchase #1

☐ Impulse purchase #2

☐ Face lotion / wash (andalou)

☐ Probiotics (or check out Athletic Greens)

☐



For more recipes visit:

www.wholeandhealthykitchen.com/recipes

If you found this Course valuable and helpful,
Please share a testimonial with me by emailing me here:

britney@wholeandhealthykitchen.com

And share with your friends and family!!

Thank you!!