The purpose of using these wisdom principles is to experience:

- \* A sense of ease and confidence in how you run your home kitchen
- \* A way to love yourself and your family through wholesome meals
- \* A way to serve whole & healthy food on a budget
- \* A feeling of connection and care with your ingredients, yourself and others
- \* A workflow in the kitchen, that gets cooking done (and joyfully too)
- ★ Delicious and nutritious meal and snack options available all the time

If you are not calm & confident take a moment to consider your perspective & approach. Breathe, take a step back, ask yourself ...



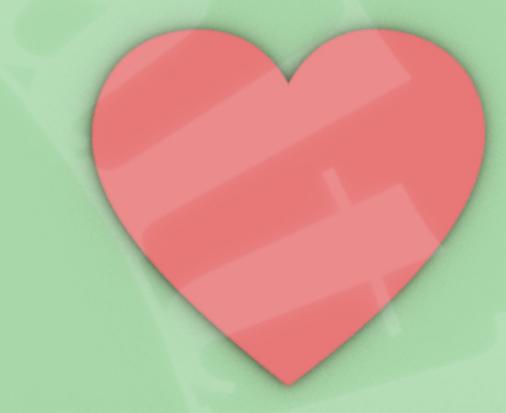
"What thoughts & feelings do I intend to transfer into this meal?"

Plan ahead & schedule meals (for 5 to 7 days) Write down meal & snack options Bring thoughtful snacks on the go Reference your list and ask:



What can I prep now, to help out my future self?

- \* Visualize desired meal
  - \* Take out all ingredients
    - \* Take it one step at a time
      - \* Practice focus
      - \* Small efforts now save big efforts later



Remember, you can think of cooking as an act of Love. It is a way to nourish yourself & others

## Remember to ...



Encourage conversation by using "Table Topics"



"It's around the table and in the preparation of food that we learn about ourselves and about the world."



Wash your hands Learn new things Learn from your mistakes Care for your kitchen tools Recognize the importance of your mindset







Cleanup Joyfully
Try to clean as you go Cleanup Joyfully Make it a team effort Sing & dance Listen to music or an audiobook



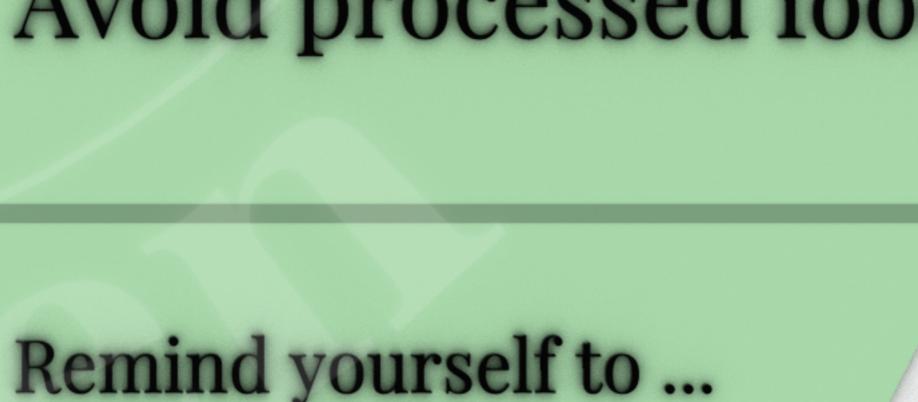
Whenever possible ... Stick to 'whole' foods Avoid processed foods

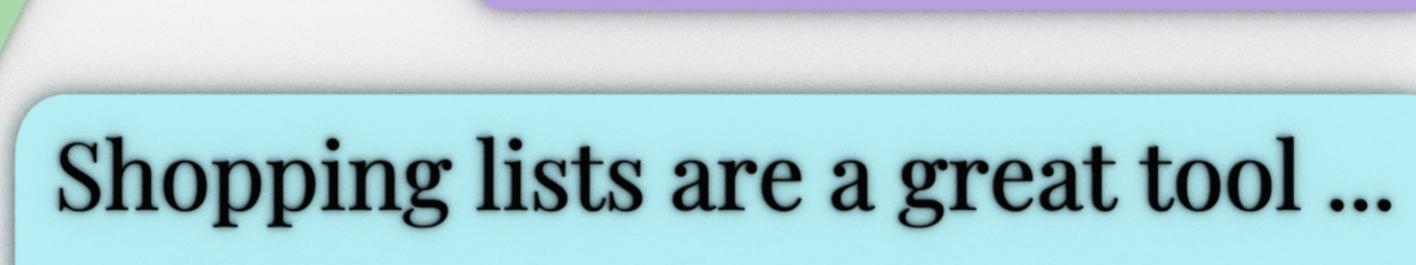
Eat mindfully

Slowly

Chew & enjoy

Every bite





- To help you plan your meals
- To help you stick to your decisions
- To help you to avoid impulse buys





'Whole Foods' are ...

Fruits & Vegtables

**Sprouted Legumes** 

Herbs & Spices

**Healthy Fats** 

Nuts & Seeds

Whole Grains

Wild Foods

Allow for nourishment of Mind, Body & Soul In some way, every day



## Create a practical morning routine For example ...

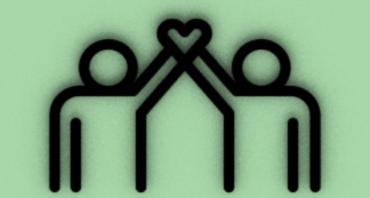
- Drink some water with lemon
- Breathe / Stretch / Exercise
- Avoid rushing, take time to be still & listen
- Think about the kind of day you want & ask ...

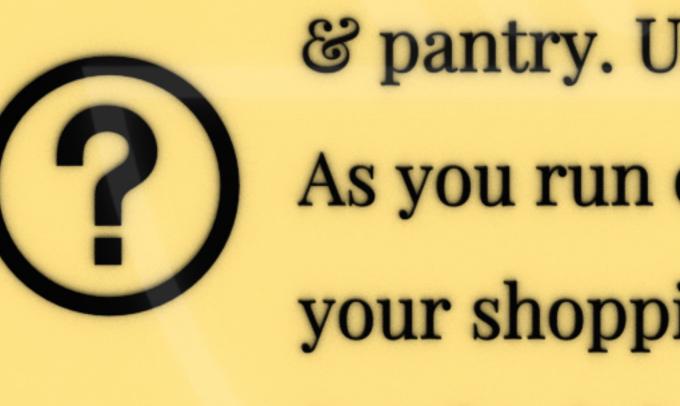
- Alice Waters

- "How do I want to feel?"
- "What do I want to have happen?"
- "What will I check off my to do list today?"



Give & Receive Nourishment





Take an inventory of your fridge, cupboards & pantry. Use what you have in there first. As you run out of items, add them to your shopping list. Stock up on staples. Buy fresh fruits & vegetables often.

Each night before bed ...

- ✓ Review what you want to make for breakfast, lunch & dinner the next day
- ✓ Write it down to help you remember

Created by: WholeAndHealthyKitchen.com