

HEALING EATS

WHAT I FEED MY FAMILY & SHOPPING LIST

OUR CHILDREN ARE OUR GIFTS

WE HAVE BEEN GIVEN A RESPONSIBILITY
TO TAKE CARE OF THEM FROM THE INSIDE OUT.



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After years of researching food and its nutritional value, to keep our bodies and minds as healthy as possible, combining limited time with kids, work and our on the go lifestyle—this is what my meals look like with four young boys.

I focus on the most nutrient dense foods that will optimize digestive health, maintain glucose and hormone balance. I ask my family and patients to always go down the list every time they want to put something in their mouth. Have them ask themselves: What is my veggie, clean protein and healthy fat at this meal/snack?

BREAKFAST

- Pancakes (eggs, pb and banana)
- Waffles (almond flour)
- Muffins, banana bread/zucchini bread (almond and coconut flour)
- Eggs
- Quiche
- Sausages (chicken, beef and turkey)
- No grain cereal in almond milk with fresh or frozen berries
- Smoothies, green, fruit and/or nut butter
- Fresh fruit
- Sautéed greens
- Options are endless!!!!

SCHOOL LUNCH

Here's some ideas that work well with my children, and can be assembled by them with limited stress in an already busy school day morning. We pack in little glass storage containers and stainless steel food jars that stack in their lunch boxes.

1. Veggies

2. Clean Protein

3. Healthy Fat

- Egg/chicken/tuna salad, meat roll ups with veggies, soup/chili, zucchini pasta with meat sauce, unwich (lettuce wraps), stir fry with meat and veggies (I try to make extra dinner to save for fast lunches), kabobs, burger patties, meatballs, egg roll in a bowl, fajitas, tacos served with lettuce to make wraps, barbequed leftovers, soups, etc
- Veggies (carrots, broccoli, sweet peppers, cucumbers, cauliflower, etc) with avocado oil dressing or guacamole
- Olives, nuts and seeds or baked good that I have made with it (usually left over from breakfast), no grain crackers and no grain chips
- Dark chocolate :) ... Gotta keep em happy;)



SNACKS FOR HOME

- Veggies, Clean Protein and Healthy Fat
- Fruit with nut butter
- Nuts with dairy free dark chocolate or raisins
- Sugar snap peas with hummus
- Jerkey
- No grain bars
- No grain granola
- Olives and other veggies, options are endless!

LUNCH & DINNER

- Veggies, Clean Protein and Healthy Fat
- Dill Salmon with cauliflower rice and sweet potato fries
- No grain fried fish with coleslaw
- Curries with Cauliflower rice
- Curries with no grain wraps or chick pea naan
- Chili/Soup
- Dessert- Fruit or baked goods made from almond or coconut flour
- Options are endless!

Eating Out:

- Focus again on ton of Veggies, Clean Protein and Healthy Fat
- Chipotle
- Red Robin (my kids love the sweet potato fries and coleslaw)
- Jimmy Johns (unwich)
- Latin American restaurants (love the fajitas and guacamole)
- Indian/Pakistani restaurants (all curries (except nahari and haleem) without grains, if trying to avoid dairy avoid butter chicken)
- Pakoras (chick pea flour fried dumplings)

I spend one day a week cooking for the week, so my fridge and pantry are stocked, so we are rarely ever stuck.



SHOPPING LIST

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- **Vegetables** (frozen veggies most cost effective at Costco)
 - like asparagus, bok choy, celery, kiefer, kimchi, sauerkraut and fermented vegetables, cruciferous vegetables (broccoli, brussels sprouts, beets, cauliflower, watercress, cabbage, kale, swiss chard, and collard greens, onions, mushrooms, ect.
 - Prebiotic and probiotic foods

- **Clean Protein** (most cost effective at Costco)
 - Wild Caught Seafood (Salmon most cost effective at Meijers, Cod most cost effective at Trader Joes, Wild Caught shrimp most cost effective at Costco)
 - Eggs (preferably pasture raised)
 - Chicken (preferably pasture raised)
 - Turkey (Organic turkey slices found at Costco only have TWO ingredients! I know! There's hope again!!!!)
 - Beef (preferably grass-fed)
 - Lamb
 - Goat
 - Jerkies
 - Bones for Broths
 - Others

- **Healthy Fat**
 - Avocados/Guacamole (love the guacamole little packets at Costco)
 - Olives (canned or jarred kalamata olives)
 - Coconut Products
 - Nuts (walnuts, pecans, macadamia and walnuts) and Nut/Seed Butters (raw if possible, cashew, walnut, macadamia, almond, sesame seed paste)
 - Seeds (like pumpkin, flax, chia, hemp and sesame)
 - Oils (Coconut Oil (extra-virgin), Olive Oil (extra-virgin), Grass-fed Butter, Ghee, Walnut, Flax, Sesame, MCT or Avocado Oil)



- **Fruits** (most cost effective frozen berries and fruit found at Costco)
- **Beans and Lentils** (if tolerated)
- **Flours**
 - Almond Flour (most cost effective at Costco)
 - Coconut Flour
 - Tapioca Starch
 - Chick Pea (Garbanzo Bean) Flour (found at Pakistani/Indian stores)
- **Milk**
 - Almond Milk (unsweetened without carageneen)
 - Canned Coconut Milk (BPA free, full fat, unsweetened, preferably without gaur gum)
 - Hemp Milk (unsweetened)
- **Baking Items**
 - Unsweetened Cocoa Powder
 - Enjoy Life Dark Chocolate Chips
- **Sweeteners** (most cost effective at Costco)
 - Raw Honey
 - Organic Stevia
 - Maple Syrup
- **Protein Powder**
 - Beef Gelatin
 - Collagen
 - Pea Protein Powder (If Tolerated)
- **Condiments**
 - Mustard
 - Ketchup (No sugar)
 - Mayonnaise (Avocado Mayo-most cost effective at Costoco)
 - Sea salt/Himalayan Sea Salt
 - Salad Dressings (Made with Avocado oil)
 - Apple cider vinegar
 - Balsamic vinegar
 - Coconut Aminos



- **Spices/Herbs**

- Sea Salt (Himalayan or Celtic)
- Pepper
- Turmeric
- Garlic
- Others like cayenne pepper, black seeds, rosemary, ginger, cilantro, oregano, sage, cumin, thyme, paprika, parsley, cinnamon, onion powder and so many more (Love the seasoning blends)

- **Beverages**

- Herbal Teas (like green, dandelion, milk thistle, chamomile, turmeric, etc)
- Filtered/Purified Water
- Seltzer

- **Bars**

- Lara Nut and Seed Crunchy Bars
- Rx Bars
- Nature Valley –Simply Nut Bar
- Cascadian Farms Organic Protein Bars
- Paleo Bars

- **Crackers**

- Simply Mills

- **Chips**

- Siete No Grain Tortilla Chips
- Sweet Potato Chips (fried in coconut oil like Jackson's Honest)

- **Wraps**

- Siete No Grain Tortillas

- **Candy (I know, soooo yummy as a treat)**

- Three ingredient chocolate treats and mints (can find at Trader Joes)

- **Swap Toxic for Clean**

- All natural soaps, lotions, shampoo, make Up, cleaners, toilet paper, laundry detergent, dishwashing detergent, unbleached parchment paper, non-toxic shower curtain liners etc
- Cast-iron, glass and ceramic cookware



- **Epsom Salt, Baking Soda, Sea Salt for Baths**
- **Household plants**

Our families are blessings, let's give them what they need to stay as healthy and happy as possible! Yay!!!!

TIPS FOR PICKY EATING

- **Stock up for success.** Only stock your home with appropriate and healthy foods.
- **Set a good example.** It is important to model healthy habits, as children imitate their guardians.
- **Family meal time is key.** Set a standard of only having one meal as you are one family.
- **Involve your children** in picking out veggies, fruit, protein, and fat sources from the grocery store and in food preparation.
- **Make it fun!** Cut their veggies into shapes and arrange in colors of the rainbow.
- **Stand your ground and be consistent**—don't give in to allowing foods that aren't healthy. Be patient with new foods—one good bite of food is better than no good bite of food, but no bites of food is better than a bite of poison. Sometimes your children might need to go to bed hungry, but they won't let themselves starve, I promise!
- **Educate** your children about the relationship between food and the body. Knowledge is power! Explain to them what happens when they eat good food versus bad food. Tell them about all the good bugs/pets in their belly that they have to feed and that they need to starve the bad guys, so they can go bye-bye and the good guys can win.
- **Switch their favorite foods with healthier options.** If your kid likes brownies, give him brownies (just make it with almond flour). It's a great treat after he finishes his veggies, protein, and fat! Yum!!!

Please see a physician before making any medical or lifestyle changes.



GET READY TO FEEL GREAT!

FOR ADDITIONAL RESOURCES & SUPPORT

MY WEBSITE & BLOG

www.HolisticMomMD.com

MY BOOK

*The Holistic Rx: Your Guide to Healing Chronic
Inflammation and Disease*

CHILDREN'S BOOK

*My Healing Day: Your Child's Lil' Guide to
Healing Sickness and Staying Healthy*



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