

Healthy Daily Routines:

Here is a list of foods, spices, and nutrients that are great to add into your daily routines while you are on your journey towards better health. Find ways of incorporating these items into your meals by either sprinkling it over the top, cooking with it or including it into an actual recipe. By adding these things into your life on a daily basis it will provide the nourishment your body craves which will help reduce the desire for more processed, fat-laden snacks in a day.

Foods:

- Nuts, pick a variety daily: (unroasted) (walnuts, pecans, almonds, brazil nuts, etc.) (at least an ounce)
- Seeds, pick a variety daily: (hemp seed, flaxseed, chia seed, sunflower seeds, sesame seeds, pumpkin seeds, etc.) (Omega 3) At least 2 TBSP day add it to your food or smoothie.
- Raw and Cooked Vegetables (at least one large serving (1 cup) of each daily.
- Cruciferous vegetables lead the pack when it comes to nutrient density.
- Legumes (lentils, black beans, kidney, garbanzo, pinto, etc.) at least a ½ cup a day
- Smoothie with greens, green powder or can add vegan protein powder (Garden of Life)
- Gluten-free grains (oats, brown rice, millet, quinoa) Best if sprouted or soaked first
- Have a salad every day (spinach, romaine, kale, etc) even if it is a small one (incorporate nuts, seeds, veggies, sprinkle with flax add nutritional yeast for added vitamins and nutrients) Think of a salad as a platform to add nutrients into your day.
- You can even use olive oil and apple cider vinegar for dressing.
- Mushrooms (several times a week)
- Lime or Lemon in hot or cold water or squeezed on a salad or in water daily (Ph balance)
- Fresh fruits and berries of all varieties (preferably eat before rather than after meals for better digestion) at least 3 fresh daily servings and several handfuls of berries.

Supplements/Spices:

- Unsulfured Blackstrap Molasses (Iron, Vitamins, Minerals) 1 TBSP a day
- Kelp (natural iodine) 6 capsules a day or add the powder to a smoothie or sprinkle on salad (just use a little in powder form until you get used to it. It can have a pretty strong fishy smell and flavor at first)
- Apple Cider Vinegar (1-3 TBSP daily)
- Nutritional Yeast (B12) at least 1-2 TBSP daily sprinkle of salads, mix in meals to add “cheesy flavor” while adding nutrients.
- Cayenne (helps with circulation, digestion, etc) ¼ to ½ tsp in water 2-3 times a day

- Garlic/Onions (3 fresh cloves a day or ½ cup chopped onion raw in cooking or in other foods)
- Turmeric (½ tsp day) reduces inflammation
- Organic Olive Oil cook with it, use it as a salad dressing, etc (1 TBSP a day or 1 avocado)

Other:

- Distilled Water (pulls inorganic minerals and salts out of the body without touching the organic plant minerals) at least ½ your body weight in ounces

Tips:

The items mentioned above don't need to be taken individually but can be combined to get them into your daily routine. Many of these things can be combined in a smoothie in the morning, can be put ontop a salad for lunch and the rest can be incorporated into your evening meals.