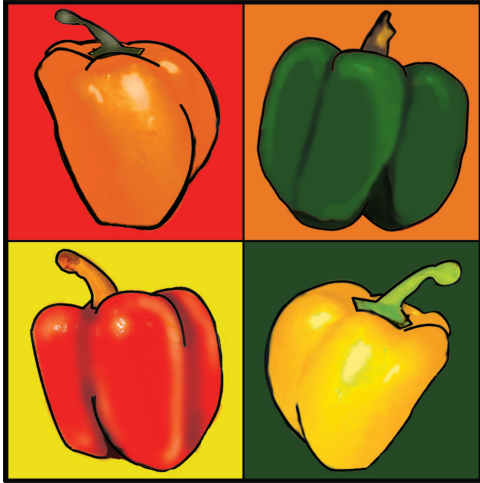


This is a lifestyle change. It's going to be drastic, but you are going to feel drastically different.  
 Creating Organic, Changing The Way You Eat

## CREATING ORGANIC'S HEALTHY MEAL SUGGESTIONS



Breakfast is your most important meal – load up  
**Suggestions:** Try to load up on fruits and fiber  
 Try to limit eating meat and whole eggs for breakfast  
 Do not cook with butter  
 Smoothies are an ideal way to boost your fiber – we suggest making yours contain mostly vegetables

**You like:** Omelets with cheese  
**We suggest:** cook up spinach, mushrooms and tomatoes with egg whites

**You like:** Cereal with milk  
**We suggest:** Oatmeal with fruit and nut butter for protein

Treat yourself once and a while with: whole grain breads or turkey bacon

\*whole milk is a controversial ingredient. Some suggest skim milk is better because of the fat content, but recent research shows whole milk to be most beneficial overall to the body

Good	Bad	Ugly
Bran or Flax Muffins	Banana (fruit) Muffins	Chocolate Chip Muffins
No Bacon	Turkey Bacon	Bacon
Egg whites	Whole eggs	Egg yolks
Oatmeal, Whole grain cereal	Cereal	Sugar cereals
Whole grain bread	Breads – white, no preservatives	GMO breads

**To keep in the pantry:** Flax seeds, hemp seeds, fiber  
 These can be added to smoothies, as toppings for salad or yogurt

### To keep in the fridge:

1. Pre cut vegetables such as cucumbers, carrots, raw peppers, and celery to snack on
2. Keep a vegetable juice stocked
3. Grilled Vegetables such as zucchini, peppers, mushrooms and eggplant add a huge variety of flavors to the fridge for the week and can easily be switched up
4. BBQ chicken breast is the easiest way to say full and healthy -BBQ a family/value pack to keep in the fridge for salads, wraps or main meals
5. Steam 4 – 6 sweet potatoes for the week

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6. Steam A LOT of greens to keep on-hand: Broccoli, Rapini, Spinach, asparagus
7. Prepare a couple of cups of quinoa – a little goes a long way and can be made into a delicious salad, side or topping. (mix with veg, sweet potatoes or throw in a salad for an added protein)
8. Whip up a couple cans of tuna (soaked in water not oil)  
Rather than mayo – use avocado for a healthy fat
9. Switch up soups for the season  
**AVOID:** bouillon cubes (Use natural flavours from vegetables)  
Butternut squash for fall  
Pea soup  
Mushroom barley  
Vegetable melody

**Snacking:** Here's where you get in extra whole grains, fiber and dried and dehydrated fruits for sweets

**Dinner ideas: CHOOSE 2 VEG AND A GRAIN & ADD**

- Lean chicken meatballs
- Lightly panko dusted chicken breast
- Shepherd's pie with lean ground turkey and no butter, mashed potatoes
- All Fish – white fish, cod, rainbow trout, salmon

**LIMITED TO NONE:**

- Saturated/trans fats
- Preservatives
- Red meats
- Deli meats
- Baked goods – treats

**BEVERAGES:**

- NO SOFT DRINKS!!!! "DIET" OR OTHERWISE
- Stick to natural fruit juices
- \*keep juice boxes in the fridge for a sugar boost (kiju has organic juice boxes that are usually on sale and yummy)

**IT IS ESSENTIAL:** to drink at least 8 large glasses of water every day  
I DON'T CARE HOW MUCH YOU HAVE TO PEE \*this is possibly the most important factor



**\*TIPS\***

The more variety of naturally coloured ingredients per meal, the better

Season your food with herbs and spices – to reduce sodium and oil

Start to read every food label – know what you're putting in your body

CHECK OUT [www.CreatingOrganic.com](http://www.CreatingOrganic.com) FOR RECIPES AND MORE!