

# THE WHOLE FOOD LIFESTYLE

*Clean Eating For Ultimate Nutrition And  
Health And Wellness*



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Disclaimer:

This publication and the information in it is not intended to be medical advice, it is for informational purposes only. You should always seek the advice of a medical professional for any medical problems you may have.

## What Are Whole Foods

Whole foods are foods that are eaten in their natural state and are unprocessed and unrefined. They do not contain any additives, like, preservatives, chemicals, salt, sugar or fat.

Usually, the term whole foods mainly refers to vegetables, fruits, and whole grains, but, protein can be whole as long as it does not include any processing, for example, a plain chicken breast versus chicken nuggets, or grilled fish versus fish sticks.

The term whole foods should not be confused with organic, because while whole foods can be organic, they are not automatically so.

Processing typically removes all the vital nutrients from foods that they had in their original whole state and so they do not contribute to overall health and wellness as they would had they been eaten in their whole state.



A good example of this is white bread, rice, pasta and other refined grain foods. In processing the components of the whole grain that contain its most valuable nutrients, specifically fibre, are eliminated in milling when the bran and the coat of the grain are removed.

Another important distinction is the fact that processing also adds unnecessary ingredients, like, sugar and fat.

**Whole foods are nutrient dense, versus processed (refined) foods that are energy dense.**

What is the difference?

Nutrient dense foods provide vital nutrition the body needs, like vitamins, minerals, fibre and antioxidants without added sugar and fat, while energy dense foods are high in empty calories that provide little or no nutrition.

Ideally a whole food is one ingredient, for example, an apple, chicken breast, baked sweet potato wedges, cucumber, steel cut oatmeal.

While we may cook and combine these ingredients to make a multi ingredient dish, the foods themselves maintain their whole integrity because they are not altered.

**Example:** A grilled chicken breast eaten with baked sweet potato wedges on the side is a whole food meal, but, a fried chicken breast with a side of French fries is a processed meal.

**Another Example:** A baked potato is a whole food, potato chips is a processed food.

## **What Is Clean Eating**

Clean eating is a term that refers to maintaining a diet that is exclusively comprised of whole foods.

**When you eat clean your diet is filled with foods eaten in their natural state without added:** fats, sugars, high fructose corn syrup, preservatives, artificial flavours, colours, textures or any other chemicals.

Eating clean also means avoiding “fake foods” or those chemically created foods that have no real food in them, Twinkies are one good example, as are Pop Tarts.

## What Is Processing

In the times of early man and really before the industrial revolution processed foods did not exist. There were no aisles filled with Twinkies, apple pies or cookies. There were no drive thru where one can get French fries, chicken nuggets and chili cheese fries.

All food was obtained from natural sources, like the earth and hunting and the human diet was comprised of meat, fruit and vegetables, all eaten in their natural state, many times cooked over an open flame or an early version of the modern stove or oven which ran on wood.

While some processing is still involved in all foods we eat, unless we stick with a completely 100% raw food diet, for example, cooking is a form of processing or grinding steak into hamburger, that is not the definition of processing we refer to here.

**There is an inherent difference between mechanical and chemical processing.**

Chemical processing means that food has been altered from its original state and then becomes refined with additives, preservatives and other ingredients that make it “highly processed” and turn a one ingredient food item into a 3, 4 or more ingredient dish.

Refined is another term used for highly processed food.

**In summary, any food that is not eaten in its original “whole state” is then processed or refined.**

An apple is a whole food, apple pie is not.





## 40 Examples Of Whole Versus Processed Food

1. Strawberries versus strawberry pop tarts
2. Raspberries versus raspberry pop tarts
3. Fresh berries versus fruit filled Danish or jelly filled donuts
4. Whole fruit versus cereal bars
5. Butter versus margarine
6. Whole peaches versus peach cocktail
7. Brown or wild rice versus white rice
8. Pinto beans versus canned refried beans
9. Whole grain bread versus white bread
10. Whole fruit versus fruit wrap
11. Oranges or 100% pure orange juice versus Sunny Delight or orange squash
12. Grilled or raw onions versus prepared cooked onions
13. Tomatoes versus canned tomato soup
14. Corn on the cob versus corn chips or corn flakes
15. Baked potato versus potato chips
16. Baked potato versus French fries
17. Raw or grilled onions versus onion rings
18. Grilled fish fillet versus fish fingers
19. Grilled chicken breast versus chicken nuggets or coated fried chicken
20. Whole vegetables versus vegetable chips
21. Grilled pork chop versus bacon
22. Slice of roast beef or turkey right from the roast or bird versus spam, hot dogs and luncheonmeat
23. Raw almonds and other nuts versus chocolate covered, smoked or flavoured nut products
24. Grilled Prawns versus fried battered Prawns
25. Raw spinach versus cream of spinach
26. Corn on the cobb versus canned creamed corn
27. Grapes versus raisins
28. Whole berries versus preserves
29. Whole berries versus berry ice cream toppings
30. Bananas versus banana chips
31. Bananas versus frozen banana desserts
32. White tortillas versus whole grain
33. Whole wheat, barley, almond, rye or any whole grain flour versus white refined flour
34. 60% + cacao dark chocolate versus Snicker's, Kit Kat or other chocolate bars



35. Black coffee versus Starbucks Mocha Frappuccino
36. Food you can pronounce versus any food that is or has UN-pronounceable ingredients
37. Block of Mozzarella cheese versus Cheddar cheese slices, bagged grated cheese, or nacho cheese sauce.
38. Full fat yogurt, cottage cheese or sour cream versus nonfat or low fat (it takes processing to remove fat from these dairy products)
39. Plain yogurt versus flavoured or fruit at the bottom yogurt products
40. Non-homogenized milk and dairy versus their homogenized counterparts

# The Harm Of Processed Foods

## Artificial Ingredients And Additives

Many times a processed foods ingredient list will read like some kind of chemistry class lecture. With ingredients that no one can pronounce and added junk that the body does not need.

Think about it, in order for cake bars and crisps to have any kind of shelf life a preservative has to be used. Then comes the artificial flavour, because, unless the food is whole, and there are no cake bars in nature it has to get its flavour from somewhere, right?

These additive ingredients are **NOT REAL FOOD**, they are all chemicals or chemically created.

### Highly Processed Foods Contain These Extras:

Here are just a few of the added ingredients in processed foods.

- Colouring chemicals that give food a certain colour.
- Preservatives to extend shelf life.
- Artificial flavouring chemicals to add a certain flavour or a blend of flavours that can include a mix of many chemicals.
- Texturant chemicals that provide a certain type of texture.



**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, ONIONS\*, SALT, CONTAINS LESS THAN 2% OF HYDROLYZED SOY PROTEIN, YEAST, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, COOKED CHICKEN AND CHICKEN BROTH, CELERY\*, MONOSODIUM GLUTAMATE, PARSLEY\*, SPICE, MALTODEXTRIN, POTASSIUM CHLORIDE, SUGAR, TURMERIC, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVOR, WITH BHA, BHT, PROPYL GALLATE, AND CITRIC ACID AS PRESERVATIVES.

## High Unhealthy Fat Content

Processed foods typically contain high amounts of unhealthy fats.

One of the biggest problems is the inclusion of hydrogenated fats, like refined seed and vegetable oil in processed foods that makes them trans fats, the worst type of fat for the human body as it is a major culprit in increased risks for heart disease and high cholesterol.

On the flip side, healthy real fats, like butter, olive oil and coconut oil provide the body much needed healthy fats and are considered whole versus their evil processed brethren.



## High Sugar And High Fructose Corn Syrup Content

Many processed foods are full of added sugar and high fructose corn syrup that is oh so harmful for your health.

Sugar is highly addictive, it wreaks havoc on blood sugar levels and is an empty calorie food. When consumed in excess it can cause feelings of euphoria that mimic illegal drugs and so we become dependent on that “high” and over indulge. The empty calories from sugar also greatly contribute to weight gain and obesity because many studies have shown that sugar also wreaks havoc on metabolism.



Too much sugar can eventually lead to insulin resistance, high cholesterol and also increased fat accumulation in the liver and the belly and can lead to heart disease, and Type 2 Diabetes.

## Overindulgence And Addiction

Processed foods stimulate the pleasure centers in the brain and so we over eat them.

Doritos, doughnuts, sweets, French fries and pop, who can eat just one?

This is because they are engineered to be rewarding to the brain and bring us pleasure, versus natural whole foods that are intended for sustenance.

Once we are hooked on these foods as a result of their hyper-rewarding nature we crave them, need them and our appetites gravitate towards the sweet, fatty and salty concoctions that hold very little nutritional value.



Food addiction is a serious condition and can really have horrendous effects on people's health. Unfortunately no one becomes addicted to lettuce or apples. Food addiction always revolves around junk food, sweets and unhealthy fatty and salty foods because these foods activate pleasure and reward centers in the brain just like heroin and cocaine.

Processed foods typically tend to overpower any food source found in nature, but, one can always realign their habits and change their tastes.

## Lack Of Nutrients

We all know that lowering and regulating our caloric intake is the best way to healthy weight management, but, not all calories are the same.

Kale, chicken breasts and apples are all nutrient dense whole foods that provide a wallop of nutrition calorie for calorie. When we eat them our bodies use the nutrients to thrive and boost our health.

Processed foods lack nutrients and so they become empty calorie foods that the body just stores as fat, and they do not benefit us in any way.

They lack macronutrients, like protein, healthy fats and complex carbs, and they also lack micronutrients, like, vitamins, minerals and fibre.

Real, whole foods that come from plants and animals contain a large amount of trace nutrients, many of which we have yet to understand.

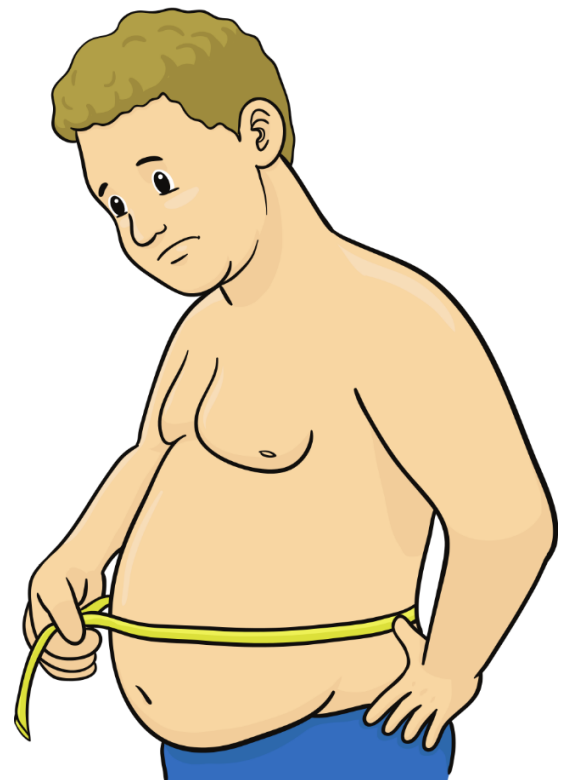
And, as of yet, there is no way to mimic that in a lab.

## **Reduced Thermic Effect Of Food**

The Thermic Effect of Food (TEF) is a term that measures the energy expenditure (metabolism) after eating particular foods, specifically it totals approximately 10% of the metabolic rate in the average person.

According to a study published on Food & Nutrition Research in 2010, the metabolic rate of 17 men and women was compared after they ate a processed meal and a whole food meal. Those who had a multi grain bread cheddar cheese sandwich burned twice as many calories as those who ate a white bread American cheese sandwich.

So, it seems that whole foods are burned more efficiently by the body, which supports the healthy weight management concept of “calories in and calories out.”



## Characteristics Of The Healthiest Foods



There are literally thousands of foods in existence. Most of these foods constitute a source of numerous nutrients that humans need to incorporate into their diet in order to be healthy. The world's healthiest foods have very particular characteristics.

### Nutrient Dense

The world's healthiest foods are sources of numerous nutrients that play an essential role in creating and preserving your health. These foods possess higher nutritional value than any other food.

Basically, they contain a very high proportion of nutrients and a very low proportion of calories. The world's healthiest foods provide you with all of the nutrients that you need in order to enjoy outstanding health. These nutrients are vitamins, minerals, antioxidants, protein, fibre, phytonutrients, fatty acids, and others along with the lowest possible amount of calories.

Whole foods are foods that contain all of the nutrients that they can possibly contain, they are unprocessed and they are free of artificial ingredients.

## **Easily Recognizable**

The world's healthiest foods are staples that everyone knows and can recognize. Fruits, vegetables, whole grains, meat and fish are all examples of the world's healthiest foods.

## **Easy To Get**

The world's healthiest foods can be found easily in any food market in any corner of the world.

## **Affordable**

The world's healthiest foods are inexpensive. They are cheapest if purchased locally and in season, and are also of the best quality when in season.

## **Delicious**

Thankfully, the world's healthiest foods are also the most delicious foods in the world, especially once you detox from the highly addictive processed foods that are loaded with sugar and unhealthy fats.

## **Improve Health**

Eating the world's healthiest foods leads to numerous health benefits. Ideally, you should eat them when they are fresh and organically grown in order to fully benefit from them.





## Prevent Disease

The healthiest foods, such as, whole foods that include, fruits, vegetables and whole grains contain essential disease preventing antioxidants. By consuming antioxidants, you will be decreasing your risk of developing cancer, chronic diseases, as well as aging healthily and enjoying high energy levels.

You will also be forestalling other illnesses, such as cardiovascular disease, arthritis, asthma and bronchitis.

Furthermore, eating healthy foods improves your vision. This is because antioxidants prevent you from developing cataracts. Cataracts consist in damaged vision, which is caused by the eye's lens being cloudy.

Consequently, by incorporating antioxidants in your diet, you are preserving your vision.



## Contain Phytoestrogens

Phytoestrogens exist in plant-based foods, such as soy beans, berries and flaxseeds. Research indicates that people who consume large amounts of phytoestrogens are less likely to suffer from breast cancer, ovarian cancer and endometrial cancer than people who do not consume them.

## Contain Dietary Fibre

Dietary fibre and resistant starches are to be found in whole grains. They improve digestion and strengthen the lining of the intestinal tract. Fibre also plays a key role in healthy weight management, prevention of heart disease and keeping vital organs healthy.

## 7 Benefits Of Whole Foods

The U.K. Department of Agriculture reports that as much as 1/3 of the population does not get enough essential nutrients in their diets including the all-important, antioxidants, vitamin C, vitamin A, magnesium and more than 90% of us do not get enough fibre and potassium in our diets.

And, according to the American Institute for Cancer Research (AICR) the nutrients we lack are some of the most important for heart health, and to prevent major chronic diseases, like, cancer, high blood pressure, and diabetes.

### The solution is really simple, Eat Whole Food!

And, take note that most experts agree that getting nutrition from food is far more efficient and of better quality than taking supplements.

The fact is that a balanced diet filled with plant food is the miracle that can ensure a long and healthy life, free of obesity and disease and filled with energy and vitality.

### Nutrients For Optimal Health

A diet that is filled whole foods, including, vegetables, fruits, whole grains, legumes, seeds and nuts supplies the human body with high concentrations of antioxidants, fibre and many important phytochemicals that can protect it from chronic diseases.

#### Whole Food Gives You:

- Complex micronutrients
- Crucial dietary fibre
- Essential antioxidants, including the all-important phytochemicals
- Natural synergy of all essential nutrients working together

#### Whole Food's Reduce Risks Of:

- Heart disease

- Various types of cancer
- Type 2 diabetes
- Many other chronic and acute conditions

## Antioxidants

Essential antioxidants play a major role in proliferating good health and preventing chronic disease. Numerous studies have shown that antioxidants, which, include, vitamin C, vitamin A, lycopene, phytochemicals, and carotenoids lower risks of developing various types of cancer and other chronic diseases.

Free radicals damage human cells through a process called oxidation and as a result can cause several chronic illnesses.

Antioxidants boost immunity, protect against free radicals, and lower risks of developing cancer and heart disease.

Largely plant based foods are those highest in essential antioxidants, this includes, all colours of fresh fruits and vegetables, nature's whole foods.

### Phytochemicals

Science has identified many biologically active components found in plant food called phytochemicals, including:

- Lycopene, which, is a red coloured carotenoid mainly found in tomatoes
- Anthocyanins that give blueberries their blue colour
- Pterostilbene that works to break down fat and cholesterol (mainly found in blueberries and dark purple grapes used in wines, like Pinot Noir)



These phytochemicals play a significant role in protecting the cells from damage and mutation as a result of environmental dangers and risk factors. And, the only way to get them into your body is to eat plant foods in whole form.

### **Carotenoids**

There are more than 600 antioxidants called carotenoids that are found in plant based foods, some of the more important ones are lycopene, lutein and beta-carotene that help to fight cell damage from free radicals and help reduce risks of:

- Prostate cancer
- Cancers of the stomach, mouth, colon, esophagus and rectum

Carotenoids also help reduce risks of cataracts of the eyes and another eye condition known as macular degeneration.

### **Foods High In Carotenoids:**

Carotenoids are found in orange, green and red vegetables, and they are what actually give them their bright colours:

- Carrots
- Pumpkins
- Butternut Squash
- Broccoli
- Orange and yellow peppers
- Sweet potatoes
- Green leafy vegetables
- Tomatoes

### **Beta-carotene**



Beta-carotene, like all carotenoids, is an antioxidant. Our body do not need beta-carotene specifically, but, what it does need is vitamin A and that is what beta-carotene converts to in the body.

#### **Benefits Of Vitamin A:**

- Healthy Skin
- Healthy mucus membranes
- Boosts immunity
- Facilitates eye health

#### **Foods High In Beta Carotene:**

- Apricots
- Kale
- Onions
- Peas
- Plums
- Pumpkin
- Spinach
- Asparagus
- Broccoli
- Carrots
- Chinese cabbage
- Chives
- Grapefruit
- Herbs/Spices (chili powder, paprika, parsley, oregano)
- Butternut Squash
- Sweet potatoes



## Vitamin C

Vitamin C is a water-soluble vitamin that is one of the most well-known antioxidants that plays a major role in good health. Vitamin C protects cells from damage, boosts immunity and helps the body to make collagen, which, is the connective tissue between bones and muscles. When vitamin C foods are eaten along with foods rich in iron, it also helps improve iron absorption in the body.

### Foods High In Vitamin C:

- Citrus fruits, including, oranges, lemons and grapefruits and tangerines
- Broccoli
- Potatoes
- Papaya
- Strawberries
- Sweet peppers
- Tomatoes
- Mangoes



## Good Fats

A diet that is made of whole foods allows us to get good fats and eliminate the bad ones that are major causes of high cholesterol and heart disease.

Processed foods are typically loaded with trans and saturated fats that clog heart arteries and play a major role in obesity.

On the other hand, whole foods provide good fats, like omega-3 fatty acids that are found in fish and nuts, and monounsaturated fat from various plant sources and also in nuts.



## Fibre

Fibre is one of the important nutrients for the human body and helps with:

- Digestive health
- Weight loss (fills you up and keeps you satisfied longer)
- Prevention of heart disease
- Prevention of diabetes and stabilizing blood sugars

**Foods High In Fibre (highest amounts):**

- **Bran** (Oat, Wheat, Corn And Rice brans)
- **Beans** (Lima, Adzuki, Black, Chickpeas, Lentils, Cranberry beans, Kidney, Navy, White Beans, Mung, Yellow And Pinto)
- **All Berries** (Raspberries, Blueberries, Currants, Boysenberries, Gooseberries, Loganberries, Elderberries, and Blackberries)
- **Whole Grains** (Amaranth, Barley, Buckwheat, air popped popcorn and Bulgur)
- **Peas** (Blackeye, Split Peas, Green Peas and Pigeon Peas)
- **Dark Green Leafy Vegetables** (Spinach, All Greens, and Swiss Chard)
- **Brassica Vegetables** (Kale, Cauliflower, Kohlrabi, Brussels Sprouts, and Broccoli)
- **Nuts And Seeds** (Almonds, Pine Nuts, Flaxseed, Sesame Seeds, Sunflower Seeds and Pumpkin Seeds)
- **Sweet Potatoes**
- **Edamame** (Green soybeans)



- **Fruits** (Apples, Guava, Pears, Sharon Fruit, Avocado, Prunes, Oranges and Figs have the highest counts)

## Omega-3 Fatty Acids

It is well known that omega 3 fatty acids help to prevent heart disease, contribute to brain health, assist with blood clot formation and can prevent stroke.

Omega-3 fatty acids are polyunsaturated fats that are not produced naturally by the body, but, can only be obtained from food.

### Foods Rich In Omega-3 Fatty Acids:

- All cold-water fish, with salmon having the most, along with albacore tuna, mackerel, sardines and herring
- Chia seeds
- Green Soybean
- Flaxseed Oil
- Walnuts
- Flaxseeds
- Free Range Chicken Eggs





## Value Of Whole Grains

A major part of clean eating is whole grains. While the fibre value of whole grains is well known, what you may not know is that they provide so much more.

According to, Dr. Simin Liu, a researcher and professor of epidemiology at the University of California-Los Angeles, whole grains contain a plethora of vitamins, minerals and phytochemicals that offer significant health benefits that go way beyond that of dietary fibre.

### These Include:

- Lowering the risk of Type 2 Diabetes and lowering blood glucose levels and insulin after meals.
- Improving cholesterol levels.
- Reducing visceral adipose tissue, which, is a type of an especially unhealthy fat that's deposited between the body's major organs and the abdominal muscles, aka belly fat. A recent study showed that excess belly fat is especially dangerous and can significantly shorten life spans of both men and women.



## No Additives

One of the biggest disadvantages of processed foods is not only what is not included, meaning essential nutrients, but, also the hazard of what is.

The refinement process leads to many additives, in the form of preservatives, colouring, and artificial flavours that are chemically created. Many of these ingredients are impossible to even

pronounce. But, while many are concerned about ingesting these chemical additives, of more impact to human health are the other additives, such as, salt, trans and saturated fat and sugar. Many medical professionals are concerned about the high consumption of salt in our diets that can lead to high blood pressure and numerous other health problems.

And, the added fat and sugar in processed foods increases calories in food exponentially, which, leads to obesity and being overweight, which in turn leads to major health problems and higher rates of often fatal lifestyle related chronic diseases, like, heart disease, and Type 2 diabetes.

On the flip side, clean eating where a diet is filled with whole foods allows us to get nutrient dense calories that serve the body and facilitate healthy weight management.

High fibre vegetables and fruits fill you up without the added calories and weight gain.



**A diet rich in whole foods that includes, fresh fish, lean proteins, green and coloured vegetables, whole grains, seeds, nuts, soy protein, natural organic dairy and healthy fats, like olive oil, is your best option in not only preventing chronic disease, but, for feeling and looking your absolute best.**

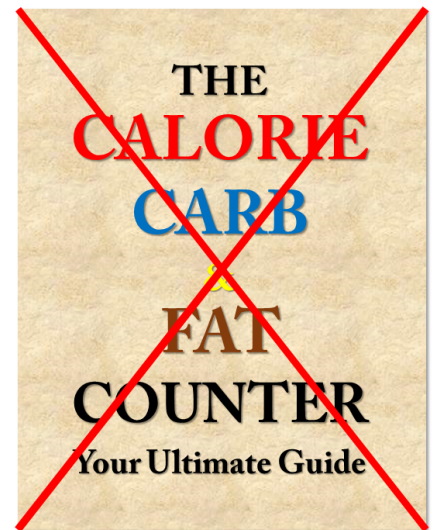
## No Counting Required

One of the greatest benefits of clean eating is that you never have to worry about counting anything, including, calories, carbs, fat or sodium intake.

You don't need gadgets, complicated meal plans or supplements.

There is no need to buy books, join online weight loss programs or deal with infuriating diet restrictions.

**You just eat real food, period. It's that simple.**



## Weight Control

One of the greatest perks to clean eating is healthy weight management, and such that requires no costly diets, special food or planning of complex meals.

By simply eating food in its natural state you can lose weight and maintain it for life.

According to Texas Tech University Health Sciences Center, eating clean also has special benefits for the obese, and those who have high blood pressure, high cholesterol and glucose intolerance.

The reality is that whole food is real food, and because it is naturally nutrient dense the calories do not turn to fat like the case with processed junk that is full of empty calories, and typically quite a lot of them, here are just three examples:

- Eating a medium plain baked potato instead of a medium size French fries from a fast food restaurant saves 215 calories!



- Eating 1 cup of plain yogurt with 1 cup of fresh strawberries instead of a strawberry ice cream Sunday saves 219 calories!
- 1 ounce of corn instead of 1 ounce of corn chips saves 73 calories and 6 grams of fat!

Over the long term these amounts can really add up, and even on a day by day basis clean eating can yield quite a bit of calorie savings, which, leads to considerable weight loss.

### **Stay Full Longer**

Whole foods, such as whole grains, fruits and vegetables, are also high dietary fibre that fills you up and keeps you full longer so you eat less and lose weight.

### **Ditch The Cravings**

Another interesting fact about eating clean is that you will notice and fairly quickly that your out of control cravings will disappear. The ones that urge you to go grab a doughnut, the intense need for biscuits or chips will go away.



### **Why?**

Because whole foods balances blood sugars, unlike insulin trigger foods, typically sweets, which, cause spikes in blood sugars and subsequent out of control cravings.

It may take time to get used to eating clean and only reaching for whole foods, but, you will get used to, and it will likely become the most important habit you ever develop.

### **Cost Effective**

Another great bonus to clean eating and eating whole foods is that it is cheaper than filling your shopping trolley with processed foods. In general, the more processed the food, the more it costs.

## **Taste**

Last, but, never least, fresh whole food just plain tastes good. Canned, and frozen meals, vegetables, beans, and other products never taste as good as something made fresh with whole ingredients.

Those preservatives, and chemicals that are needed to extend shelf life affect taste, and so does the freshness factor.

### **Real food tastes good!**

It is nourishing and so it leaves the body feeling good and energized unlike, sugary fat filled dishes and products that spike blood sugars and cause you to crash and burn, make you feel weighed down, bloated and guilty after eating them.



## What You Can Eat

What can you eat with a whole food lifestyle?

Any food that is a product of nature, and not of a factory.

Just imagine that the year is 1800 and you can't drive to The local Pizza restaurant for dinner, what would your options for food be?

### All Fresh Fruits

- Organic is best because it is grown without chemicals and pesticides.
- Naturally dried fruit is okay, but, keep in mind that it has much higher concentrations of sugar than whole fruit.



### All Fresh Vegetables

- Again, organic is best because it is grown without chemicals and pesticides. For weight control watch intake of starchy vegetables, including, carrots, potatoes and corn.



## Dairy And Eggs:

Some whole food enthusiasts shun dairy, but, remember that dairy products are your main sources of calcium, and are especially important for women's bone health to prevent osteoporosis later in life.

- Raw cow's milk, which, is non-homogenized, is 100% whole, and grass fed is best, though harder to get in some areas.
- Plain unsweetened yogurt: grass fed and/or organic is best
- Eggs, free range eggs are best.
- Cheese: whole block – not shredded, white cheeses have no colouring, yellow cheeses do. Organic or grass fed is best if you can get it.



## 100% Whole Grains

- Millet
- Oats
- Quinoa
- Corn and air popped popcorn (not microwave products)
- Rye
- Whole wheat
- Barley
- Brown rice
- Buckwheat
- Wild Rice



## Poultry & Meats

Grass fed and pasture raised is best, here are just a few examples.

- Beef
- Chicken
- Lamb
- Turkey
- Organ meat



## Fish & Seafood

Wild caught is better than farm raised.

- All fish
- Crab
- Prawns
- Lobster
- Clams
- Oysters
- Mussels
- Etc...





## Fats and Oils

- Clarified butter
- Ghee
- Coconut oil
- Extra virgin olive oil
- Avocado
- Coconut butter
- Coconut milk
- Olives
- Nut and seed butters, including, peanut, sunflower seed and almond, 100% pure without added sugar.



## Beans

Fresh dried beans are best, they come straight from the earth.

**Canned products can be bad news, check the label and look out for nasty ingredients that turn the original whole food into a processed nightmare, including:** Cane syrup, salt, high fructose corn syrup (really bad news), calcium chloride (firming agent), disodium EDTA that is used to retain colour.

- Adzuki Beans
- Black Beans/Black Turtle Beans
- Black-Eyed Peas
- Butter Beans
- Christmas Lima Bean/Chestnut Lima
- Fava Beans/Broad Beans
- Flageolet Beans
- Garbanzo Beans/Chickpeas



- Kidney Beans
- Lentils - Green, Red, Yellow, Brown, Other
- Lima Beans/Butter Beans
- Navy Beans
- Pigeon Pea
- Pinto Beans
- Red Beans/Small Red Beans
- Scarlet Runner Beans
- Soybean/Soya Bean
- Split Peas - Green, Yellow

### All Nuts

Raw or roasted and eaten in their natural state without any flavouring or coatings.

- Almonds
- Walnuts
- Macadamia
- Pecans
- Cashews
- Peanuts
- Hazelnuts
- Brazil nuts
- And others...



### Seeds

- Pumpkin
- Sunflower
- Chia
- Flax seeds



- Sesame seeds

## Herbs & Spices

Fresh organic herbs are always best.

- Basil
- Cumin seeds
- Garlic
- Dill
- Mint
- Marjoram
- Ginger
- Mustard seeds
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric
- Black pepper
- Chili pepper, dried
- Cilantro / Coriander seeds
- Cinnamon, ground
- Cloves



## Beverages

- Water
- Milk
- 100% pure fruit juice, including Aloe Vera juice
- 100% pure vegetable juice
- Plain coffee
- Plain no sugar or flavouring added tea
- Green tea (fresh brewed at home, or 100% pure, nothing added, bottled versions)



## Sweeteners and Flavours (in moderation)

- Raw organic honey
- 100% maple syrup
- Fruit juice concentrates
- Raw cacao nibs
- Raw cocoa powder



## How To Change To A Clean Diet

For many of us changing to a clean diet can truly be a life changing event. Keep in mind that this is a process, specifically it is changing one's taste to real food that many of us have forgotten.

It may take time, and dedication, but, remember the payoffs are huge, and especially, as we age because the effects of unhealthy lifestyles often manifest themselves in our 40's and beyond and the regrets can be overwhelming.

**But, it is never too late to start and make changes that will greatly improve our health, wellness and overall wellbeing!**

One of the biggest questions is how to start. If you have the mindset and gumption you can go all out and give up all the junk that you have been eating all at once and start on a whole food lifestyle, though, this can prove difficult for some. The other option is to start small and build up. You know yourself best and have to decide.



The most important thing that can also be the hardest is to get started. Make the decision, solidify the commitment and do it. As you get used to it, it will get easier each and every day.

For those of us that need more help, here are some suggestions.

### Build Up

Making small gradual changes is a way to ease into clean eating. Make substitutions on a regular basis. Focusing on small, but, achievable results that result in changes over time can go a long way to changing habits that have been with us since childhood.

This method is also effective because easing into it will eliminate huge bouts of frustration or burnout that can cause some to give it up altogether.

## Where To Start

You can choose to begin by eliminating one or two unhealthy items from your diet every week. Then keep adding more weekly.

Notice the changes in how you feel, weight you lost and in new found energy that you may experience.

Build on that.

Before you know it you will be living the whole food lifestyle and enjoying all the benefits clean eating brings.



## Fizzy And Other Unhealthy Drinks

- Swap the fizzy drinks for mineral water, plain pure green tea or fresh brewed ice tea. Look into starting juicing at home, where you can juice vegetables and fruits as healthier options to pop.
- If you typically drink Frappuccino drinks at your favorite coffee house, swap for plain coffee with a splash of real cream.

## Evaluate Your Snacks

Snacks are a typical culprit of processed junk food, so, evaluate your snack collection and swap for healthier options.

- If you eat chips, choose plain nuts instead, they will still satisfy the crunch cravings.
- Swap the dips with crisps and sweets with fresh fruit.

## Ditch The Sweets

This one is a toughie for most because we are addicted to sugary fatty foods, but, it needs to be addressed and probably more than anything else.

- Begin small by substituting at least 3 sweets per week with fruit and keep increasing the numbers of substitutions weekly. Notice that fruits are a natural sugar food, they are sweet, and they can satisfy that sweet tooth in much healthier ways than biscuits, doughnuts, Danish pastry and cake.
- 100% cacao nibs are a good option as they are whole, and unprocessed unlike your Snickers and Chocolate bars.



## Eating Out

Eating out at restaurants and certain fast food joints is often bad news. When you eat out you cannot control the ingredients that have gone into your food or the preparation of it. Plus, fast food places are loaded with processed foods that are not conducive to clean eating.

But, there are smart choices at fast food too, so, if you can stand the temptation and avoid ordering junk, then even McDonalds has fresh salads. Places offer fresh grilled chicken and fresh tomato salsa as an alternative. Restaurants offer fresh grilled fish and chicken and steamed plain vegetables.

It really depends on what you order and the questions you ask.

When you first start on the road to clean eating, you have to learn to make the right choices, but, if the burger and fries is calling your name and is too hard to resist then just stay away.

## Cook At Home

When you cook and prepare food at home you control the ingredients, and with the whole food lifestyle this is critical.





# A Day In The Life Of A Whole Food Diet

## Breakfast

Breakfast could take different forms.

### Quick Breakfast

If you are pressed for time, the easiest thing to do is to eat full-fat plain yogurt with fresh fruit. It is important to ensure that the yogurt is plain and contains no added sugar or fats, get organic yogurt if you can.

### Alternative Breakfasts

You could eat a bowl of natural oats with fresh, semi-skimmed milk, unsweetened, fresh fruit, such as, fruits of the forest (berries), raw honey and walnuts.

Alternatively, if you have a bit more time to prepare your breakfast, you could eat a cooked breakfast.

Make an omelet out of free-range eggs, whole cheese and vegetables. You can add fresh parmesan or feta cheese and broccoli, mushrooms, onions, tomatoes, spinach or zucchini to make your delicious whole food omelet.

A simpler breakfast can include, eggs and whole grain toast with organic butter. Another option is a whole grain cereal (check ingredients), Grape Nuts are a good choice, with whole milk and berries on top.



## Lunch

Be sure to include vegetables, proteins and a healthy source of fat in your lunches and dinners.

### Chicken Salad

You could make a large green salad with fresh lettuce and any of these vegetables: sliced cherry tomatoes, avocado, green onions, carrots, celery, green beans, water cress and cucumbers.



Season with a hint of olive oil and combine it with an organic, roasted chicken breast, and it will constitute your wonderfully light whole meal lunch.

If you wish to add even more flavour to your meal, you can make a salad dressing with orange juice, olive oil, red wine vinegar and a hint of soy sauce.

### Grilled Fish

You could make a stir-fry using bean sprouts, carrots, cauliflower and soy sauce. Serve with a filet of fish, such as cod, haddock, salmon, tuna or trout on the side.

Should you still feel hungry, you can complement either of these lunches with a healthy soup made of broccoli, carrots, potatoes and cilantro/coriander.



## Whole Grain Chicken Pita

Stuff a whole grain pita with fresh raw tomatoes, cucumbers, lettuce, onion, broccoli, spinach, or any vegetables you love and grilled chicken breast. An apple makes for a delicious dessert.

Another option is whole grain pasta drizzled with extra virgin olive oil tossed with cherry tomatoes, fresh garlic and herbs and shaved parmesan cheese on top. Add grilled prawns to make it extra hearty.

The many available Quinoa salad recipes make for a great whole lunch as well.

An unprocessed turkey (not luncheon meat) sandwich on whole grain bread with lots of vegetables is another great option for a healthy whole food lunch.

## Dinner

Why not enjoy steamed wild salmon with a side of oven-roasted asparagus, seasoned with olive oil, lemon juice and fresh dill or garlic? Add a 1 cup serving of a whole grain, like brown rice, lentils or a whole grain roll. If you prefer, you could replace the salmon with cod, catfish, scallops, prawns or chicken.

You can also eat a grilled lean steak with a side of steamed vegetables and quinoa or brown rice. Roasted sweet potatoes and black beans make a great side dishes as well.

A grilled turkey breast with a side of mushrooms grilled with fresh butter and garlic and a vegetable/barley pilaf makes a great dinner.

## Snacks

- Dairy products, such as, feta cheese, parmesan cheese and plain, natural yogurt can be enjoyed as whole food snacks.



- You could also make your own guacamole or hummus (chickpea spread) and dip carrots, celery or cucumbers.
- Plain boiled eggs
- Nuts
- Fruits and vegetables also make up healthy whole food snacks
- Fruits and vegetables, like celery and apples with 100% nut butters, like, almond or peanut butter on top.
- Smoothies out of pureed, fresh fruit, plain yogurt and whole raw milk.

## 45 Whole Food Substitutions For Processed Favorites

It is possible to substitute certain unhealthy, processed foods with whole foods.

1. Grilled chicken breast instead of chicken nuggets.
2. A baked potato with chopped spring onions and sour cream instead of a bag of sour cream and onion potato chips.
3. Fresh strawberries with plain organic yogurt instead of a strawberry sundae.
4. Fresh fruit and plain organic yogurt smoothie instead of an ice cream shake.
5. Thinly sliced home cooked roasts, hams and meats instead of luncheon meat and cold cuts that contain nitrates, preservatives and additives to extend shelf life, and high fructose corn syrup.
6. Butter instead of margarine.
7. Whole grain pasta or spaghetti squash instead of white pasta.
8. Brown rice instead of white rice.
9. Celtic or Himalayan sea salt instead of iodized commercial table salt that contains sugar fillers and chemicals.
10. Soaked whole wheat flour, spelt flour or sprouted grain flour instead of white flour that is devoid of any nutrients and made from wheat that has been sprayed heavily with pesticides and insecticides.
11. Apple slices sprinkled with fresh cinnamon instead of cinnamon pop tarts.
12. Raw organic honey instead of white sugar.
13. Whole oranges or 100% pure orange juice instead of orange drinks.
14. Fresh whole strawberries (or any fruit) instead of strawberry Jelly.
15. Fresh vegetables instead of canned varieties.
16. Fresh whole blueberries with raw (unpasteurized) cream instead of blueberry pop tarts.
17. Dried beans (black, red, kidney, etc.) prepared at home versus canned beans.

18. Fresh whole fruit instead of fruit cups or fruit cocktail products.
19. Fresh figs instead of fig roll biscuits.
20. 70% cocoa dark chocolate with no sugar added 100% pure peanut or almond butter instead of peanut butter
21. Fresh corn instead of corn chips or corn flakes.
22. Fresh spinach instead of frozen creamed spinach products.
23. Fresh whole garlic instead of readymade jarred minced garlic or bottled garlic marinades.
24. Fresh homemade soups instead of canned varieties.
25. Grass fed beef instead of grain/corn fed beef.
26. Free range eggs instead of barn eggs or battery chicken eggs.
27. Fresh raw cream instead of flavoured coffee creamers and fat free half and half.
28. Plain low-fat or nonfat yogurt instead of flavoured yogurts and yogurt drinks.
29. Whole peanuts and 100% nothing added peanut butter instead of peanut butter products.
30. Whole green soybean instead of store bought soy burgers.
31. Tomatoes crushed/pureed at home instead of ketchup.
32. Rolled oats instead of instant oatmeal products.
33. Thinly sliced and crisped in oven potato slices instead of potato chips.
34. Homemade ice cream with raw cream and fresh fruit instead of store bought ice cream.
35. Whole grain crust pizza with grass fed raw milk mozzarella cheese, fresh crushed tomato sauce and fresh vegetables instead of "regular" pizza.
36. Baked sweet potato slices instead of French fries.
37. Fruit flavoured water 'flavoured at home' or plain mineral water with fresh lime or lemon instead of pop.
38. Baked whole apple with raisins and cinnamon instead of apple pie.

39. Grass fed beef or turkey burger with raw vegetables wrapped in lettuce or on a whole grain bun instead of a regular burger.
40. Raisins or dried fruit instead of sweets.
41. Organic stove topped popcorn that contains no added chemicals or preservatives instead of bagged microwave popcorn products.
42. Organic probiotic plain yogurt with fresh berries instead of ice-cream.
43. Homemade crushed ice and fresh fruit smoothies instead of ice lollies.
44. Onions grilled in canola or coconut oil instead of onion rings.
45. Make buckwheat pancakes instead of white flour pancakes.



## 36 Whole Food Cooking And Eating Tips

Clean eating is really simple once you understand food and its origins. Instead of focusing on counting and micro managing food choices, simply, cook with and eat more foods in their natural state instead of their processed counterparts and be mindful of the pathway between a food's origin and your plate.

**So just how do you go about getting more whole foods in your diet? It's not as hard as you think.**

**Here are 37 tips:**

1. Homemade is the easiest way to ensure a healthy whole food diet. Premade products are convenient, but, they always contain additives, preservatives, sugar, added salt and other unnecessary ingredients. Many packaged foods are not "real" food.
2. Whole food cooking takes more prep time than buying readymade processed products, so, prep and plan ahead for the week and have everything ready in advanced. You can chop up vegetables, put them into freezer bags, and freeze to use throughout the week.
3. Farmer's markets are the best places to find locally grown organic produce, along with organic meats, fresh nuts and even natural dairy products.
4. When cooking whole food, the goal is to maintain its integrity as much as possible, for example, grilling chicken breasts in their natural state without coating them in breadcrumbs.
5. Steaming and poaching are some of the best options for whole food cooking for fish, poultry and vegetables in terms of preserving nutritional value and keeping the food's natural integrity.
6. Freezing is a great way to have ready made on hand whole food meals ready and waiting during busy work days.
7. Eat and cook with a variety of foods to get the most nutritional value.
8. If you really hate eating whole vegetables, juice them and add sweetness with low sugar fruits, like lemons, limes, apples and even ginger.
9. Buy in season fruits and vegetables to save money.
10. Eat food in its raw state as much as possible, this means fresh fruits, vegetables and nuts.
11. Traditional breakfast is loaded with processed foods, instead make fresh vegetable omelets with organic or free range eggs, natural whole yogurt with fresh fruit, rolled oats oatmeal with fresh fruit. Substitute hash browns with roasted sweet potatoes.

12. Choose a rainbow of colours in vegetables, this ensures you get all the nutrients you need.
13. Shop the periphery of the supermarket only, this is where all the whole foods are, all the inside aisles house mostly processed foods.
14. Prep fresh vegetables on the weekend and save them in well-sealed freezer bags for use during busy work days.
15. Almond flour is a great substitute for unhealthy white flour in muffins, and there lots of recipes online.
16. The crockpot (slow cooker) is a whole food diet's best friend. Simply add in fresh herbs, vegetables, an organic beef joint, turkey legs or a whole organic chicken on top. Then add some water, fresh tomatoes and garlic cloves. Turn it on before you leave for work and get home to a fabulous meal. There are hundreds of crock pot whole food dishes ready to be savored. And, you can prepare all the ingredients for individual recipes and place them into freezer bags to have on hand for the week.
17. Replace white flour with whole-wheat or other whole grain flour.
18. Use whole grain pasta, brown rice and quinoa in all your recipes and for side dishes.
19. Make whole grain crust for homemade pizza.
20. Steam fresh vegetables for your meals instead of using canned products.
21. Use butter for cooking instead of processed products like lard and margarine.
22. Make homemade soups with all natural ingredients instead of using canned varieties. Soup can be made in bulk and frozen for fast access to wholesome goodness.
23. Use a food processor to make your own ketchup with fresh tomatoes and without added sugar and preservatives.
24. Store bought readymade side dishes, like pasta, rice and potato products are all processed and loaded with additives, preservatives and other unwanted junk. Make homemade instead, potatoes au gratin, rice with broccoli and cheese and pastas can all be made at home with whole ingredients and without additives.
25. Use fresh chicken, turkey and beef instead of buying readymade products, like, chicken nuggets and beef burgers.
26. Crush fresh berries and spread onto whole grain toast instead of using preserves (jam).
27. Make fresh marinara sauce at home instead of buying canned products that have preservatives, too much sodium, sugar and other unnecessary ingredients.
28. Make healthy biscuits with rolled oats, raisins and stevia instead of refined sugar.
29. Grill chicken and fish without adding coating or bread crumbs. Fish fingers and chicken nuggets are more junk than fish or chicken.
30. Make homemade ice cream using raw cream and fresh fruits instead of buying processed ice cream products that are loaded with extra junk.
31. Blend fresh fruit and organic yogurt in a blender to make healthier shake varieties.
32. Ice lollies are loaded with sugar, instead, blend fresh fruit in a blender and freeze in your ice trays to make healthy fruit lollies for kids.

33. Make your own peanut butter without additives or added sugar. Chop up 2 cups of raw or roasted peanuts in a food processor, then slowly blend in 1 and 1/2 teaspoons of vegetable or canola oil until you get the consistency you desire, either smooth or chunky.
34. Use fresh herbs, and flavours, like garlic, basil and parsley in all your recipes.
35. Store bought juice drinks are full of sugar and little nutrition, make your own juice at home using vegetables and low sugar fruits, like granny smith apples, lemons, limes and grapefruits.
36. Homemade bread is a wonderful way to ensure that only natural ingredients go in and allow you to use the best whole grain flours.

## 3 High Fibre Whole Food Recipes

### Baked Chickpea

Serves: 2

#### Ingredients

- 1 (400g) can chickpea, (rinsed and drained)
- 4 tbsp. fresh parsley (chopped)
- 1 tsp. ground cumin
- 3 cloves garlic (minced)
- 1/4 tsp. ground coriander
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 4 tbsp. onion (chopped) (grated)
- 1 tbsp. plain flour
- 1 egg (beaten)
- 2 tsp. olive oil



#### Instructions

1. Preheat oven to 390 F.
2. Into a food processor, combine chickpeas, cumin, coriander, parsley, garlic, baking soda and salt. Process until pureed.
3. Transfer mixture into a bowl; add grated onions and mix to blend.
4. Mix in flour and egg, mix until well incorporated.
5. Form patties, 3 inch in diameter. Set aside for 12 minutes
6. Heat oil over a medium flame in a large, oven-safe frying pan.
7. Fry patties for about 3 minutes per side or until golden brown. Transfer into oven and heat for about 10 minutes.
8. Serve with whole grain pita bread.

## Mixed Vegetables And Quinoa Stuffed Peppers

Makes 6 servings

### Ingredients

- 1 cup Quinoa
- 2 cups vegetable stock
- 6 red and green bell peppers, (halved and seeded)
- 4 tbsp. coconut oil
- Salt and freshly ground black pepper (to taste)
- 4 cloves garlic (thinly sliced)
- 1 small to medium firm courgette (seeded and chopped)
- 1 small firm aubergine (trimmed, chopped)
- 1 red onion (chopped)
- 1 fresh chili pepper (thinly sliced)
- 2 plum tomatoes (chopped)
- 1/2 cup fresh flat-leaf parsley leaves (chopped)
- 1/4 cup fresh mint leaves (chopped)
- 2 tbsp. olive oil
- 1 cup feta cheese (crumbled for topping)



### Instructions

Preheat oven to 450 °F.

1. Prepare Quinoa in a pot with vegetable stock (or chicken stock) for about 15 minutes or until it's tender and fluffy.
2. Lower oven temperature to 374 °F.
3. Brush bell peppers with oil and season with salt and pepper. Place on a baking tray, uncut sides up and roast for about 20 minutes or until tender and skins start to darken.
4. Cool on wire rack.

5. Meantime, heat 3 tbsp. oil on a saucepan over a medium-high flame and cook garlic. Mix in onions, courgette, aubergine, and chili peppers. Cook for about 10 minutes or until tender.
6. Add cooked quinoa, and the rest of the ingredients.
7. Season with salt and pepper.
8. Stuff peppers with the mixture, drizzle with olive oil and heat inside oven for several minutes until heated through.
9. Top with cheese and serve.

## Courgette Pasta

### Ingredients

- 2 large courgette (shredded into spirals, use a food processor or a handy gadget, like the Spiralife Vegetable Spiralizer that turns courgettes into pasta shaped spirals)
- 2 tbsp. of extra virgin olive oil
- 1/2 medium red onion (chopped)
- 1/2 celery stalk (diced)
- 1/2 carrot (diced)
- 1 tsp. of red hot pepper flakes
- 2 medium cloves of garlic (minced)
- 2 cups of fresh crushed tomatoes
- 3/4 tbsp. of tomato paste
- Salt and pepper to taste
- 1/4 cup of organic chicken broth (optional)
- 1/3 cup of fresh basil (chopped)



- 1 tbsp. of fresh or flaked oregano
- 1/2 lb. of ground turkey
- Fresh whole shredded parmesan cheese (don't use prepared products)

### Instructions

1. Into a food processor, combine carrots and celery; pulse until almost pureed with some chunky bits, put aside.
2. Into a large pan, heat oil over medium heat; season with salt and pepper and sauté garlic for about 30 sec. or until browned.
3. Mix in pepper flakes, sauté for 30 sec. then stir in onions. Sauté for another 2 min. or until translucent.
4. Combine in blended carrot-celery mixture and cook for about 1 min.
5. Set veggies on the sides of the pan and put turkey in the center of the pan. Cook by loosening the chunks, add a pinch of oregano flakes and cook further until light brown.
6. Mix the veggies with the turkey, add a little more of oregano flakes, pour in broth (if used, if not go to 7) and continue cooking until most of the water evaporates.
7. Put in tomatoes, tomato paste and remaining oregano flakes. Bring to a boil and simmer over lower heat for about 15 min. or until sauce is reduced.
8. Season with salt and pepper, and then add the basil leaves.
9. Mix in the courgette pasta and stir thoroughly to combine.
10. Plate and garnish with Parmesan cheese before serving.

karen  
blake  
alive, vibrant & free

## Final Thoughts

The whole food lifestyle encourages good health and sound nutrition that makes sure to have your body running at its best for years to come.

Clean eating is an age old concept that has become lost in our high tech world where food is manufactured.

**Is it not time that we get back to eating food nature intended?**

With all the benefits it affords us, including, good health, disease prevention, weight control, not ingesting chemicals and preservatives, better taste and it being easy on our wallets, there is no good reason NOT TO begin a whole food lifestyle.

**Eat Real Food. Eat Clean. Reap The Benefits!**

**Whole food is simply a better way of life, get started today!**

