

MAKING REAL FOOD DIETS EASY & ACCESSIBLE TO THE BUSY FAMILY.

3 Simple Steps to a

Real Food

KITCHEN

Keys to banish boxed dinners & drive-through burgers



ANGIE JONES, HEALTH COACH



Words from **ANGIE**

Welcome! My intention for this guide is to give you simple tips you need to step away from processed foods and drive thru junk foods without stressing out and making life harder. Life is busy and stressful enough without adding food to the list. Food is a source of energy and enjoyment, and nourishing yourself and your family with real, whole foods will make your life better!

I'm Angie, a certified Holistic Health Coach, business owner, wife and mom to 6 year-old triplets. My former career was in Corporate America, and now as a business owner, I definitely understand the struggles of being a working parent. You are constantly on the go. There never seems to be enough time. But you want to feel good, to look good, to have confidence and energy, and to avoid disease. You want to give your children the best, to nourish their growing bodies so they thrive. Getting the junk out and embracing real food and healthy lifestyle habits is the way to achieve all of this and more. That's why I am passionate about real food and teaching my clients how to listen to their bodies and fuel themselves with goodness.

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ANGIE JONES
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Introduction to Real Foods

In addition to lack of time, I often hear my clients say that they are generally confused about what is good and healthy. Should I eat meat? What about grains? Do I need to buy organic . . . sometimes it's just out of my budget! Here's my take: we are all uniquely individual, which is wonderful and confusing at the same time. No one way of eating will work for everyone. Some people do well on a vegetarian or vegan diet, and some people need some grass-fed beef. Some people can tolerate dairy, others have remarkable improvements in their health when they cut it out. Bottom line, you need to experiment and see what works for you. A health coach can help you through that process. But everyone can benefit from cutting added sugars, artificial ingredients, preservatives, fillers, additives, and unhealthy oils from their diets.





And I am on a mission to make real food diets easy and accessible to the busy family!

Do you need to buy organic? For some things I would say yes. Try your best to buy organic produce on the [Dirty Dozen Plus list](#). Buying seasonally is going to help here. Organic strawberries are much cheaper in the middle of summer than in the middle winter.

All animal products should be organic and/or grass-fed and wild-caught when applicable. You don't want antibiotics, hormones or other additives in your meat and dairy. This is a big one and why some people avoid animal products all together. To make this more economical, embrace vegetarian proteins at least a couple times a week.

My take on GMO's (Genetically Modified Organisms) Avoid, avoid, avoid. Look for the non-GMO Project label on packaged foods. Corn, soy and wheat products are big offenders so watch those closely. There's a reason we are one of the only countries in the world that allows GMO's to be sold without package identification! Your body doesn't process a modified vegetable in the same way, and there are no long-term studies to show us they are safe. Best to avoid!

Can you REALLY stop buying so many packaged snacks, boxed dinners and frozen pizzas?

YES you can!

Follow these three simple steps and your body will thank you.

Set Up Your Kitchen For Success

Step
#1

There are some kitchen tools that are going to make your life so much easier when you cook real food. Here are a few of my favorites that I suggest you pick up as you can (if they are not already in your kitchen or storage space!). Of course, you'll need the basic tools, like a spatula, ladle, wooden spoon and masher, but hopefully these are already in your kitchen! Sometimes the more expensive models are really worth the investment. Other times, I get by perfectly fine with the less-expensive version so see my notes on specific recommendations.

1

HIGH-SPEED BLENDER OR FOOD PROCESSOR

My favorite is a Vitamix. I use it daily from smoothies and soups to oat flour and almond butter.

2

PRESSURE COOKER

Cook beans, grains and meat in a fraction of the time. Presto is great.

3

CROCK POT

Make meals while you're at work! I have a Rival that works just fine.

4

RICE COOKER

Cook grains without babysitting a pot. No need to go expensive. . my Aroma works great.

5

AVOID NON-STICK PANS

There are many price points on the market. I have Giada de Laurentis stainless steel pots and pans that I love and cook evenly.

6

LARGE COVERED SKILLET

Perfect for one-dish meals.

7

SOUP POT

For soup, of course, but popcorn too!

- 8 BAKING SHEETS**
From roasting vegetables to making granola.
- 9 MUFFIN TINS AND CAKE PANS**
Because when you eat real food, you often bake your own!
- 10 GOOD CHEF'S KNIFE**
Invest in a good one, a sharp knife makes prep quick and easy. I like my Wusthoff and Miyabi Japanese knives.
- 11 CUTTING BOARD**
Get a couple sizes and keep a separate one for meats.
- 12 MASON JARS**
Inexpensive glass storage containers great for smoothies, dressings and leftovers.
- 13 PARCHMENT PAPER**
Line baking sheets and clean-up will be a breeze!
- 14 GARLIC PRESS**
Keep your hands clean and save time, my Pampered Chef garlic press is a great one.
- 15 SALAD SPINNER**
Soggy leafy greens don't work well in salads or roast well ie. Kale Chips.
- 16 IMMERSION BLENDER**
Make blended soups and dressings in a snap. I like my Cuisinart.
- 17 FINE SIEVE**
Essential for rinsing and draining beans and grains.
- 18 KITCHEN TIMER**
Let's not rely on our memories when we're cooking (you know you're multi-tasking!)
- 19 THERMOMETER**
If you're cooking meat, why risk it? Make it easy on yourself and check the temperature for doneness.

20

VEGETABLE PEELER

Having a good one makes a huge difference in time and ease! I love my Kitchen Aid peeler.

Nice to haves.

Depending on your favorite dishes, these can make cooking easier, or they can end up collecting dust. You decide (but I love them!).

21

WOK

Doesn't need to be pricy, but it comes in handy for large stir-fry meals.

22

WAFFLE IRON

Again, you don't need to spend a lot of money, but if you like waffles, you'll want one. I have a Toastmaster that works well.

23

GRIDDLE

I love mine for pancakes and French toast. You can use a pan, but cooking goes so much faster when you can cook more at one time.

24

DUTCH OVEN

If you make roasts and similar dishes in the oven, these are great.

Stock Your Pantry, Refrigerator & Freezer with Real Goodness

You don't need to pick up all these ingredients at once. Buy them little by little, and soon you will have a kitchen stocked with quality ingredients you can use to pull together real food meals and snacks even when you are getting low on fresh foods.

**Although I do not list out 'organic' on each item, buy organic whenever you have the availability and budget to do so!

PANTRY:

- Dried beans and lentils
- Canned beans and tomatoes (BPA-free cans)
- Canned pumpkin (BPA-free can)
- Olive oil
- Coconut Oil
- Raisins and other no-sugar-added dried fruit
- Peanut butter almond butter and/or sunflower seed butter (stored in refrigerator after opening)
- Raw, unsalted nuts and seeds (may be stored in freezer for longer shelf-life)
- Pasta (brown rice, quinoa, black bean or whole wheat)
- Sea salt or Himalayan salt and black pepper
- Variety of dried herbs and spices (oregano, basil, cumin, chili powder, turmeric, rosemary, thyme, red pepper, etc.)
- Sweet potatoes, squash and other root vegetables
- Shelf-stable milk (almond, coconut, hemp, etc.)
- Low-sodium vegetable or chicken stock
- Onions and garlic
- Quinoa
- Brown Rice
- Oats (rolled or steel-cut)
- Popcorn kernels
- No sugar-added applesauce
- Raw honey

PANTRY, CONTINUED:

- 100% pure maple syrup
- 100% stevia
- Brown rice syrup or coconut palm nectar
- Coconut palm sugar
- Whole wheat pastry flour
- Almond or coconut flour
- Balsamic vinegar
- Raw apple cider vinegar
- Mirin (cooking wine)
- Cacao or cocoa powder
- Chia seeds
- Flax meal or flax seeds
- Non-dairy, non-soy protein powder
- Salsa (no sugar-added)
- High quality bakery bread (clean, real food ingredients; may be stored in freezer)
- High quality Brown rice or whole wheat crackers (clean, real food ingredients)

REFRIGERATOR LIST:

- Fresh fruits
- Fresh vegetables
- Tofu and tempeh
- Lean meat, seafood and chicken
- Eggs
- Cheese
- Prepared hummus
- Mustard
- Low-sodium tamari
- Olives
- Fresh ginger, or minced in a jar
- Pickles
- Medjool Dates
- Fruit-sweetened, no sugar-added jam or jelly
- High quality whole grain tortillas (clean, real food ingredients; may be stored in freezer)

FREEZER LIST:

- Fruits and vegetables
- Edamame
- Pre-cooked beans, lean meats and fish
- Home-made pancakes, muffins and waffles
- Home-made soups and casseroles



Make Planning A Habit

Step
#3

Planning can seem overwhelming so I'm going to break this down for you in 4 steps. Once you get the hang of it, weekly planning will go very quickly. You decide which meals you need to plan out ahead of time. For some it's just dinner. Others of us need breakfast, lunch, dinner and snacks predetermined or we will hit the drive thru's and vending machines.

STEP
1

GATHER YOUR FAVORITE REAL FOOD RECIPES

There are so many great recipes online! Try a new one each week to add to your repertoire. Keep an electronic folder or binder of printed recipes to refer to. Organize by season!

STEP
2

LOOK AT YOUR SCHEDULE FOR THE WEEK

Which nights are cooking nights? Which nights are filled with activities or dinners out?

STEP
3

CREATE YOUR WEEKLY PLAN USING THE GRID

The Family Plan is great to use for packing separate lunches and snacks for the kids. ([Download a sample meal planner here.](#))

STEP
4

CREATE YOUR SHOPPING LIST FOR THE WEEK AND GET STARTED!

Relax! If meal planning is new to you, the process might seem overwhelming. But I assure you it will go quickly once you get in the habit. And remember, you are not starting from scratch at every meal or even every week.

Bonus

My 5 Favorite Quick Meal Ideas When Life Doesn't Go According To Plan

Large Salad. Use a mix of raw and cooked veggies, leftovers work great! Get creative with proteins like leftover meat, beans, edamame or tofu. Don't forget about grains like quinoa or brown rice, and healthy fats like avocado and walnuts. Keep dressings simple with balsamic or apple cider vinegars, lemon and olive oil.

Stir Fry. Start with garlic and chopped onion in a wok or large sauté pan, chop and drop additional vegetables of choice, proteins like chicken, tofu or beans, and add tamari, ginger or spices of choice and dinner is done! You can even utilize frozen vegetables if needed.

Breakfast-For-Dinner. Eggs with veggies or Oatmeal with fruit and nuts are so quick and easy but filling and delicious too!

Pasta. Whole grain or gluten-free pasta is okay once in a while! Add veggies (frozen veggies or canned tomatoes are okay in a pinch!), lemon, olive oil and pre-cooked chicken or beans if desired, and a delicious dinner is done. If you are avoiding grains, try zucchini noodles made with a spiralizer or vegetable peeler.

Smoothie. When all else fails, make a smoothie! Leafy greens, fruit and nut butter makes a complete meal that tastes like dessert! 2 cups of berries and 2 cups of leafy greens like spinach, kale or romaine is a good rule of thumb. Adding a medjool date or frozen banana in place of some of the fruit will up the sweetness factor. Add a high-quality vegan, non-soy protein powder if desired. Extras like flax and chia seeds will add bonus nutrition.

Relax! If meal planning is new to you, the process might seem overwhelming. But I assure you it will go quickly once you get in the habit. And remember, you are not starting from scratch at every meal or even every week. Always cook more than your family needs and you will have already-prepared foods in your freezer and fridge. These will also come in handy when life doesn't go according to plan!

My Clients Success Stories



“

EATING HEALTHY DOES NOT MEAN DEPRIVING ONESELF

Angie was extremely knowledgeable and helpful in coaching me to fully embrace a healthy eating lifestyle. She provided me with tools and resources which ultimately led me to be more confident about maintaining this lifestyle and realizing that eating healthy does not mean depriving oneself.

Sandy S.

“

ANGIE INTRODUCES YOU TO DELICIOUS RECIPES

Angie's cooking classes are a fun social event with friends, but also extremely informative as Angie introduces you to delicious recipes and educates you at the same time with her abundant knowledge of health topics. I've used a couple recipes since the class and have had multiple comments on how delicious the food was..

Angie P.

“

I HIGHLY RECOMMEND ANGIE

Angie's sensitive curiosity and deep concern for my well being enabled me to break through a dilemma that I had been struggling with for months. I would heartily recommend Angie to anyone who wanted help navigating through life's tough issues.

Daniel M.

Recommended Next Steps

**WHY AREN'T YOU WHERE YOU WANT
TO BE, TODAY?**

**CONTACT ME FOR A FREE 30 MINUTE HEALTHY
STRATEGY SESSION**

You will walk away with clarity around why you're stuck and how to get unstuck.

The purpose of the Strategy Session is to determine if I am the right coach to help you achieve your goals, and if so, which program will get you there.

In Health and Happiness,

Angie

>> **SCHEDULE YOUR FREE SESSION TODAY!**