

# THE HEALTHYHER GUIDE

A GUIDE TO BALANCED LIVING



YOUR ESSENTIAL GUIDE TO STOCKING A  
HEALTHY PANTRY LIKE A PRO, FEELING  
YOUR BEST AND LIVING A BALANCED  
LIFESTYLE.



# Hey you!



## WELCOME TO YOUR HEALTHYHER GUIDE!

WHEN IT COMES TO MAKING A HEALTHY CHANGE TO YOUR LIFESTYLE OR MAINTAINING HEALTHY HABITS, WHAT HAPPENS IN YOUR KITCHEN IS KEY. MAYBE YOUR GOAL IS TO EAT MORE WHOLE-FOODS OR LOSE SOME WEIGHT SO THAT YOU FEEL BETTER. WHATEVER YOUR REASON MIGHT BE, THE FIRST STEP IN REACHING THAT GOAL IS PREPARATION!

I'M THRILLED TO PROVIDE YOU WITH SOME HELPFUL TIPS AND TRICKS I HAVE LEARNED AS A CERTIFIED HEALTH COACH TO EMPOWER YOU TO MAKE BETTER CHOICES AND ACHIEVE YOUR GOALS.

*Love,  
Joan*

# Nutrition labels

THE FOOD INDUSTRY CAN OFTEN MARKET FOODS TO TRICK US INTO THINKING A FOOD IS HEALTHY SO IT'S VERY IMPORTANT TO READ YOUR LABELS!

I ALWAYS RECOMMEND LOOKING FOR PRODUCTS THAT HAVE 5 INGREDIENTS OR LESS WHICH YOU CAN PRONOUNCE, AND FILL YOUR CART MOSTLY WITH WHOLE FOODS (IE. FOODS FOUND IN THEIR NATURAL STATE) RATHER THAN PACKAGED FOODS. THIS SIMPLE GUIDE WILL HELP YOU MAKE SENSE OF A NUTRITION LABEL ON YOUR NEXT GROCERY TRIP:

NUTRITION INFORMATION		
Servings per can: 2		
Serving size: 210g		
	Average Quantity Per serving	Average Quantity Per 100g
ENERGY	895kJ	425kJ
PROTEIN	10.8g	5.1g
FAT: TOTAL	1.2g	0.6g
-SATURATED	0.2g	0.1g
CARBOHYDRATE	33.7g	16.1g
-SUGARS	15.5g	7.4g
DIETARY FIBRE	11.9g	5.7g
SODIUM	1300mg	620mg
POTASSIUM	650mg	310mg
IRON	2.7mg	1.3mg

**SERVING SIZE**  
USED IF CALCULATING HOW MUCH YOU'LL ACTUALLY EAT

**ENERGY** →  
AIM FOR LESS THAN 600KJ PER SERVE FOR A SNACK

**SATURATED FAT** →  
AIM FOR 2G/100G OR LESS

**FIBRE** →  
AIM FOR 5G/100G OR MORE

**QUANTITY PER 100G**  
USE THIS COLUMN TO COMPARE PRODUCTS AGAINST EACH OTHER

**TOTAL FAT** ←  
AIM FOR 10G/100G OR LESS

**SUGARS** ←  
AIM FOR 10G/100G OR LESS

**SODIUM (SALT)** ←  
AIM FOR 120G/100G OR LESS

## A FEW EXTRA NOTES TO REMEMBER:

- **QUANTITY PER SERVING:** IF YOU'RE TRYING TO FIGURE OUT HOW MUCH OF A NUTRIENT YOU'RE GOING TO CONSUME, USE THIS COLUMN.
- **SUGAR:** FOR PRODUCTS WITH FRUIT LISTED IN THE FIRST 3 INGREDIENTS, AIM FOR 20G/100G OR LESS
- **SODIUM:** PRODUCTS WITH LESS THAN 400MG/100G ARE GOOD BUT LESS THAN 120MG IS BEST.
- **REMEMBER - THIS TOOL IS JUST A SIMPLE GUIDE INTENDED TO PUT THE POWER OF INFORMATION BACK IN YOUR HANDS. NOT ALL PRODUCTS WILL TICK EVERY BOX ALL THE TIME BUT THAT DOESN'T MEAN IT ISN'T THE RIGHT CHOICE FOR YOU!**



# Pantry staples

## HERBS AND SPICES

- BASIL
- BLACK PEPPER
- CAYENNE PEPPER
- CHILLI POWDER
- CHILLI FLAKES
- CHIVES
- CINNAMON
- CORIANDER
- CURRY POWDER
- GARLIC POWDER
- GINGER POWDER
- MINT
- NUTMEG
- PAPRIKA
- ROSEMARY
- SEA SALT
- THYME
- TURMERIC

## FATS AND OILS

- COCONUT OIL
- AVOCADO OIL
- OLIVE OIL
- UNSALTED BUTTER
- SESAME OIL

## DRIED GOODS

- HIGH-FIBRE CEREAL
- STEEL CUT/ROLLED OATS
- GRAIN FREE TORTILLA WRAPS
- CHICKPEA PASTA
- PROTEIN POWDER
- BULGUR WHEAT
- BROWN RICE

## CANNED AND JARS

- TOMATO PASTE
- DICES TOMATOES
- TOMATO SAUCE
- CHICKEN/BEEF STOCK
- CANNED VEGETABLES
- CANNED TUNA
- CANNED SALMON
- OLIVES
- CHICKPEAS

## FLOURS AND BAKING

- DESICCATED COCONUT
- NUT FLOURS
- BAKING SODA
- BAKING POWDER
- CACAO
- VANILLA EXTRACT
- GOJI BERRIES

## NUTS AND SEEDS

- ALMONDS
- CASHEWS
- PISTACHIOS
- WALNUTS
- CHIA SEEDS

## SWEETENERS AND SNACKS

- COCONUT SUGAR
- HONEY
- MAPLE SYRUP
- DARK CHOCOLATE
- POPCORN
- HUMMUS
- RAW FOOD BARS

# Fridge staples

## FRESH VEGETABLES

- BUTTERNUT SQUASH
- SPAGHETTI SQUASH
- ASPARAGUS
- GREEN BEANS
- BROCCOLI
- CAULIFLOWER
- CARROTS
- CABBAGE
- ONIONS
- GARLIC
- BELL PEPPERS
- CUCUMBER
- EGGPLANT
- LETTUCE
- KALE
- SPINACH
- TOMATOES
- SWEET POTATOES

## FRESH FRUIT

- APPLES
- AVOCADO
- BLUEBERRIES
- RASPBERRIES
- LEMON
- ORANGES
- BANANAS
- PEARS
- GRAPES

## NON-DAIRY

- ALMOND MILK
- OAT MILK

## PROTEIN

- CHICKEN
- TURKEY
- GROUND BEEF
- BACON
- COD
- SALMON
- SARDINES
- SEA BASS
- SHRIMP
- TOFU
- EGGS

## SAUCES AND CONDIMENTS

- DIJON MUSTARD
- KETCHUP
- BALSAMIC VINEGAR
- COCONUT AMINOS
- SALAD DRESSING
- HUMMUS
- NUT BUTTER
- PESTO

## BEVERAGES

- COCONUT WATER
- COFFEE
- HERBAL TEA

## DAIRY

- FETA CHEESE
- PARMESAN CHEESE
- GREEK YOGHURT
- COTTAGE CHEESE



# Healthy food swaps



WHEN IT COMES TO SHOPPING FOR HEALTHY FOOD, MY RECOMMENDATION IS THINK CLEAN AND SIMPLE! OUR BODIES THRIVE MOST ON WHOLE FOODS, DIRECTLY FROM NATURE AND NOT ON CHEMICALS OR PREPACKAGED FOODS.

BELOW ARE SOME SIMPLE SWAPS YOU CAN MAKE IN ORDER TO INCREASE THE NUTRIENT DENSITY OF YOUR MEALS, FEEL YOUR BEST AND INSPIRE YOUR NEXT GROCERY TRIP!

## SWAP

- CEREALS
- BUTTER FOR COOKING
- SODAS AND ENERGY DRINKS
- SWEETENED YOGURT
- SALAD DRESSINGS
- WHITE RICE
- TORTILLA WRAPS
- CREAM CHEESE
- WHITE PASTA
- POTATO CRISPS
- MILK CHOCOLATE
- WHITE SUGAR

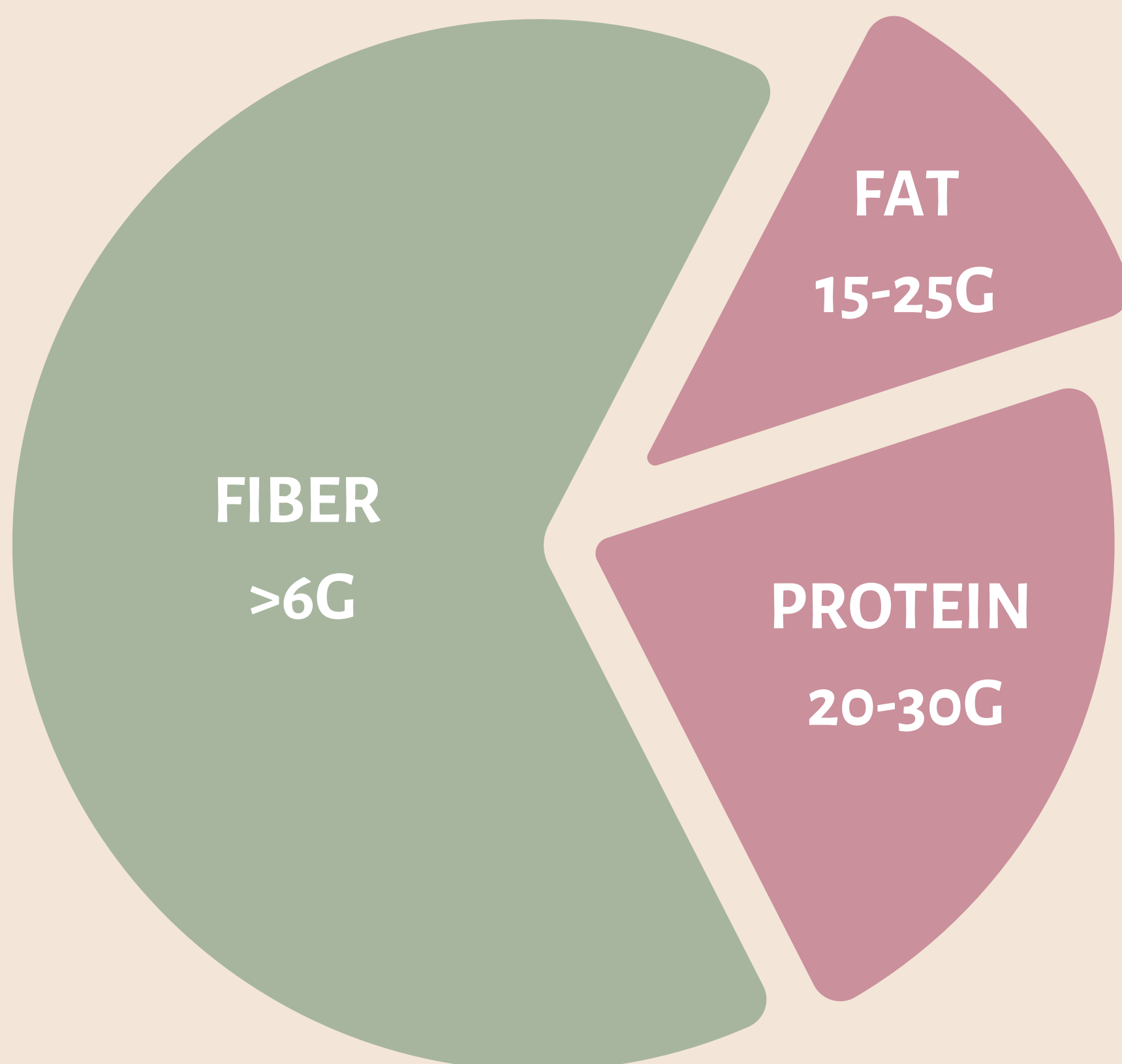
## FOR

- HOMEMADE GRANOLA
- AVOCADO OIL
- WATER, MATCHA TEA, KOMBUCHA
- GREEK YOGURT
- HOMEMADE DRESSINGS, OLIVE OIL
- WILD RICE, QUINOA, BULGUR
- CHIA SEED WRAPS
- ALMOND MILK CHEESE
- CHICKPEA PASTA
- QUINOA CRISPS
- DARK CHOCOLATE
- COCONUT SUGAR

# Weekly meal planner

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	OATMEAL AND YOGURT	SOURDOUGH AVOCADO TOAST	SALMON WITH BROWN RICE AND SPINACH	APPLE AND ALMOND BUTTER
TUESDAY	GREEK YOGURT WITH BERRIES	PASTA WITH SALMON AND ROCKET SALAD	VEGGIE BURGER AND CORN ON THE COB	CARROTS AND HUMMUS, CHEESE AND AN APPLE
WEDNESDAY	POACHED EGGS ON TOAST	COUS COUS LENTIL SALAD	TURKEY STIR-FRY WITH QUINOA	MANGO, COTTAGE CHEESE AND YOGURT
THURSDAY	VEGAN BLUEBERRY SUPER SMOOTHIE	TUNA AND BULGUR SALAD	CREAMY STUFFED BAKED POTATO	RICE CAKES, BANANA AND ALMOND BUTTER
FRIDAY	OVERNIGHT OATS	TUNA PASTA SALAD	STEAK, SWEET POTATO AND VEGGIES	YOGURT, STRAWBERRIES AND GRANOLA
SATURDAY	FIBRE CEREAL WITH BLUEBERRIES	TURKEY AND AVOCADO ROLL	CHICKEN AND BEET SALAD	CHOCOLATE CHIP BANANA BREAD AND HALO TOP ICE CREAM
SUNDAY	SCRAMBLED EGGS WITH MUSHROOMS AND TURKEY BACON	BROCCOLI-CHEESE BAKED POTATO	SEA BASS WITH PASTA AND GREEN BEANS	COCONUT & GOJI BERRY BLISS BALLS

# Building a healthy plate



USE THIS CHART TO VISUALISE YOUR PLATE WHEN YOU'RE READY TO PREPARE YOUR MEALS. 1/2 OF IT SHOULD BE FILLED WITH FIBRE (IE. MOSTLY VEGGIES), 2/3 OF THE OTHER HALF IS PROTEIN (IE. MEATS, FISH OR EGGS) AND THE FINAL 1/3 IS MADE UP OF FAT (NUTS, BUTTER, CHEESE, OIL, AVOCADO ETC).

REMEMBER THAT THE FORMULA ABOVE IS FOR FAT LOSS. YOU CAN ABSOLUTELY ADD IN 1-2 SERVINGS PER DAY OF SLOW-DIGESTING CARBS IF YOU HAVE ROOM AND BASED ON YOUR ACTIVITY LEVEL. THIS SIMPLE STRATEGY WILL ENSURE THAT YOU STAY FULL FOR 3-4 HOURS AND WILL KEEP YOUR METABOLISM TICKING ALONG NICELY.

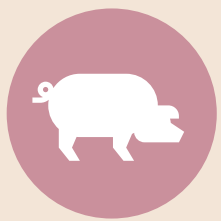
**PRO TIP:** PRINT OUT AND KEEP A COPY ON YOUR FRIDGE AND TAKE OUT ALL THE GUESSWORK WHEN IT'S TIME TO MEAL PREP!



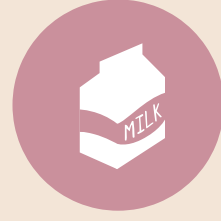
# Healthy shopping list



**FRUITS AND  
VEGGIES:**



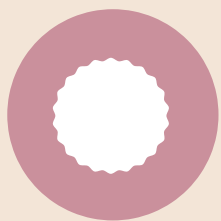
**PROTEINS:**



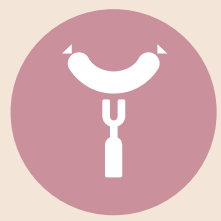
**DAIRY:**



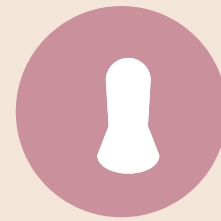
**CONDIMENTS:**



**CANNED GOODS:**



**SNACKS:**



**DRIED GOODS:**



**BEVERAGES:**

THE FIRST STEP TO COOKING HEALTHFULLY IS TO STOCK YOUR KITCHEN WITH A VARIETY OF NUTRITIOUS FOODS. USE THIS CHART TO HELP PLAN YOUR SHOPPING TRIPS. FILL IN THE BOXES WITH A VARIETY OF FOODS FROM THE PANTRY AND FRIDGE STAPLES LIST. KEEP A COPY ON YOUR FRIDGE TO PLAN YOUR GROCERY LIST, AND MAKE YOUR SHOPPING TRIPS QUICK AND EASY!