



Healthful Living **guide**

SHOPPING LISTS AND TIPS TO
INJECT YOUR LIFE WITH HEALTH.

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Rockin' a Healthful Life

Injecting your life with health and happiness will be the best thing you will ever do for yourself.

Love for your gifts, talents and your body will become commonplace.

Feeling great will be a regular thing.

Maintaining an ideal weight will be easy.

Knowing what healthy *feels* like will get you one step closer to Food Freedom - **where your struggles, restrictions and deprivations are replaced with kindness, radiance and pleasure**. Once you get a taste, you'll crave it, you'll need it and you'll make it a priority.

This guide is designed to help fuel your healthful journey.

Whether you're hoping to free yourself from your emotional connection to food, liberate your food restrictions, celebrate your food allergies, or you just love healthy recipes, I'm hoping that the information I'm sharing with you here will help you to create a solid foundation that you can continue to build on for years to come.

Read it, suck it all in, and pick away at it. Subtle transformation is the best kind.

Take your time.

Be kind to yourself.

And smile. You'll live longer and digest better ;)



Hot Shops

I'm not big on recommending health food stores, specialty shops and expensive boutiques. Nope, not this gal. Local grocers, markets, bulk stores and wholesale powerhouses is where it's at.

Here are a couple of tips on where to find the best food, and what options are out there. Try out each; if you can, and see what option fits you best!

Local Farms

What type of products grow naturally in your area? Google it, contact the farms, and find a couple of great spots to pick up huge (and inexpensive) batches of grains, proteins, nuts, beans... you name it.

CSA

Short for community shared agriculture. Basically, you pay a farmer a certain amount of money at the beginning of the farming season. He uses this money to plant and take care of his crops, then organizes meet-ups around 2-4 times a month and gives you a share of the crops he has created.

Mom and Pop Shops

You'd be amazed at how diverse some of their products are. Look around and find a couple in your area. You may be surprised at what they have in stock!

Large Chain Stores

Look for a chain of stores that have a "natural foods" isles. Many of them are jumping on the healthy living train. Loblaws (also known as Superstore) is my grocery store of choice.

Wholesale

Costco. Get yourself a membership and challenge yourself to buy here and only here. It will change the way you do groceries.

Health Food Stores

You've probably heard of places like Whole Foods, Trader Joe's and the like. While they're great, they're pretty expensive! I avoid them. \$6.00 cup of yogurt? I think not.

Ethnic Stores

If you're interested in trying out different cuisines from around the world, try stopping by an ethnic store to see what treasures you can find.

Fun Activity!

Choose a week where you buy all of your groceries at an ethnic store. Pick up a couple of new; never heard of before, meats and beans and get creative!



How to Save Cash

You don't have to spend a ton of money on healthy eating. In fact, I urge you not to! For our little household of two, we've become very good at setting a budget of \$100 per week on groceries and pride ourselves in eating outrageously healthy.

How? The less processed we buy, the less expensive everything is. If it comes out of a box, we don't want it.

Here are some other tricks you can use to save dolla, dolla bills, y'all.

Fun Activity!

Select 1 week per month where you don't go grocery shopping. Instead, use random items from the pantry, freezer, fridge and get creative. The extra cash looks nice sitting in a vacation fund!

If your spice drawer needs some sprucing, try buying 1 new spice every time you're at the grocery store. That way you're not spending loads of money on a whole collection, but picking away at it.

Buy in bulk. Load up on 1 new grain a week. Buying in bulk will save you money and buying a different type every time will increase the variety of foods in your kitchen.

Make a grocery list and stick to it! Don't go into the store without a plan.

Keep yourself on the perimeter of the store. The boxed products in the middle isles will risk your health and your budget.

Save massive amounts of cashola by cook your own beans and lentils. There are loads of guides out there that will show you how to do it in a pressure cooker, regular pot, rice cooker or slow cooker.

Make your own nut or seeds milks using [this guide](#).



Shopping List

To take the guesswork out of it all, I've underlined and linked several of the ingredients below to their corresponding Amazon® product pages. When clicked, you will be directed to the Amazon product page for the ingredient. The purpose of this is so that you can familiarize yourself with what the product looks like and look for it next time you're at your local grocery store!

Grains

Amaranth

Brown rice
Buckwheat
Millet
Quinoa

Quinoa flakes

Uncontaminated oats
Wild rice

Fruit & Veggies

Apples
Bananas
Berries
Carrots
Celery
Chard
Cucumbers
Field greens
Fresh herbs
Kale
Lemon and lime
Spinach

Dried Fruit

Apricots
Medjool dates
Prunes
Raisins

Proteins

Black beans
Brown lentils
Chickpeas/Garbanzo beans
Green lentils
Kidney beans
Lean ground beef or bison
Lean ground turkey or chicken
Pinto beans
Pre-cooked shrimp
Red lentils
Salmon filets
Tempeh
White fish: talapia, sole or haddock
Yellow split peas

Nuts and Seeds

Almonds
Cashews
Chia seeds
Coconut
Flax seeds
Hemp seeds
Pecans
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Baking Supplies

Arrowroot starch

Baking powder & soda
Cacao powder

Coconut nectar

Coconut sugar

Gluten-free flours:
sorghum, brown rice, white rice, sweet rice
Grain-free flours: almond, coconut, chickpea
Maple syrup
Milks: hemp, rice, soy, coconut, almond
Molasses
Oils: coconut, grape seed, extra-virgin olive
Unpasteurized honey
Vanilla extract

Condiments

Bouillon cubes: chicken, beef, vegetable, onion
Coconut aminos
Eggs
Flax oil
Miso
Nutritional yeast
Pumpkin seed oil
Vinegars: balsamic and apple cider



Favorite Gadgets & Gizmos

As a little bonus, I've included a couple of my favorite kitchen gadgets. I use these items on a daily basis and can personally vouch for their reliability, versatility, value and quality.

Juicer

We run quarterly cleanses on the blog and if you're interested in joining in on the juicing action, I highly recommend you get yourself one of these. I've used my [Breville Juice Fountain](#) about 4 times a week since that very first day I bought it 7 years ago and have never had issues with it. It's not the best juicer out there, but it's a good price and does the job well.

Nut milk bag

Guaranteed, you'll be curious to try your hand at making your very own nut milk. I can pretty much bet on it! When you do, you can get nut milk bags at a pretty decent cost. [This one](#); that I bought over 2 years ago, has held up very, very well!

Spice grinder

Having a spice grinder handy makes grinding spices, chia seeds and flax a breeze! Many of the recipes on my blog call for ground items and; if you buy them store bought, they're a bit more expensive. I've had my [KRUPS Coffee Grinder](#) for 4 years and it's faired really well. I've pushed it to it's max!

Spiralizer

This gadget is a must have in my kitchen and for anyone else that gets bored of plain old veggies. [This spiralizer](#) allows you to make noodles out of just about anything... zucchini, carrots, cucumber. It's fun.

Cheaper Option!

I've heard that the [Nutri Bullet System](#) is a great alternative to the Vitamix. It's definitely not as high powered, but it does fairly well. I have not tried this product.

Vitamix blender

Yes, it's expensive... but it lasts a long time. I've had my [Vitamix blender](#) for over 5 years and have never had an issue with it. I use it multiple times a day and don't regret paying the price one little, itty, bitty bit.



Must Makes

I bet you're pretty excited to get into the kitchen and make things. Here are a couple of awfully popular recipes to get your started. Clickity click on the pictures below, strap on your apron and begin!

Breakfasts



Lunches & Dinners



Snacks and Desserts



About Leanne Vogel



I want to live in a world where everyone is able to nourish themselves based on the intuitive cues their body provides. **Where struggles, restrictions and deprivations are replaced with kindness, radiance and pleasure.**

I live a life of balance - I laugh a lot, cry a lot and I dream a lot. I order large plates of fries, make a mean mega salad and sun bathe every once in awhile. I practice a butt load of yoga, and treat myself to Sunday pajama days cuddled up on the couch watching reruns of Felicity. I have good days and bad. Just like you.

I'm a holistic nutritionist - because I vibrate with love when I help others.

Basically...

I've spent over a decade creating a life of abundance, joy and celebration with the goal of revolutionizing my perception of food and wellness and I want to share it with you.



Hungry for More?

If you loved the outrageously healthy nuggets of goodness I shared in this guide, there's plenty more where that came from.

Two things you can do, next:

1

Head to the Web

Slide over to [MY WEBSITE](#) & explore all of my tantalizingly simple allergen-free recipes, easy to follow health guides and inner musings about life, goal setting, self-acceptance and self-love.

2

Meal Planning

Register for [REAL MEALS MEAL PLANNING](#) - a 7 day meal plan delivered to your inbox weekly that'll infuse your life with health without cutting into your precious time. It'll save you money, too.

AND!

If this guide — or any of my other creations — has triggered some crazy awesome happenings in your life, helped catapult you forward, or kick-started your awesome health journey, [tell me about it](#).

Now, it's time to inject your life with health, kick your restrictions to the curb and celebrate good food!

Thanks for visiting my little corner of cyberspace and joining me in this crazily rewarding ride.

See you around!

Leanne

