

# BROOKE THOMAS 360 YOUR LIFE

Live Healthy! Love life! Be Whole!



## BROOKE'S TOP TIPS ON GROCERY SHOPPING Helping You Discover Aisles of Healthy Choices

With over 46,000 foods in the supermarket today, grocery shopping can be overwhelming and confusing.

*To live a healthy life and reach your optimum health potential, eating a clean and whole food diet full of real foods will get you there! Foods have extreme benefits to your body when you choose the ones we were designed to eat. Start today! Our cells regenerate every single day from the foods we choose to eat. So, we truly ARE what we eat! Remember, LIVE FOOD BRINGS LIFE to your body and your cells and dead, processed foods do the opposite. Follow these simple tips during your next trip to the grocery store to help you make healthier choices.*

### 1. Plan Ahead For Success

Walking into a grocery store without a plan is an easy way to wreck a healthy diet. Before you know it, your cart is filled with prepared foods, junk food and other unhealthy items. Before you go shopping, use our "HEALTHY FAMILY SHOPPING GUIDE" to help plan your visit. Plan your weekly meals, add to our list if you need to and only shop from this list. If you have children, involve them in creating this list and selecting recipes so they are prepared too! Remember - stay clear of foods with cartoons on the labels that target children. Talk to your children before you go shopping and tell them that you won't be purchasing these foods. If you don't want your kids eating junk foods, don't have them in the house. Have your plan and stick to it! Don't deviate from the list. You will walk away with a cart full of healthy groceries and time and money saved!

### 2. Shop The Perimeter Of The Store

The perimeter of the store is where you'll find the freshest and healthiest foods such as fruits, veggies, dairy, meat and fish, and you'll be avoiding highly processed and packaged foods. Avoid the center aisles if possible where junk food lurks. If you are shopping at a health food grocery store, also pay attention to the "bulk food" section for a wonderful assortment of seeds, nuts and other beneficial healthy flour and oats. Appreciate the produce section and spend most of your time there. Choose a rainbow of colorful fruits and vegetables. The colors reflect the different vitamin, mineral and phytonutrient content of each fruit and vegetable.

*"My passion and desire is to help individuals and families make changes that will impact their health and life for generations to come. Use my Top Tips to Healthy Grocery Shopping to jump start your journey to a happier and healthier you today!" – Brooke Thomas*

*“Foods can be so healing to our bodies.  
Let’s start learning more about our foods,  
how they are defined and how we can benefit  
from them. Let food be thy medicine and  
medicine be thy food.”*

*– Hippocrates, father of medicine, 431 B.C.*



### 3. Buy Whole, Real, Raw And Fresh Food First

My rule is to always buy as close to “real” and “whole” foods as possible first. A great example is the Apple before the Apple juice. Try to remember that the more altered the foods have become from the real, whole food, the harder for your body to recognize and digest. Anything RAW and FRESH is better than boxed and processed because it will be more nutrient-dense and you will get more for your (calorie) buck. Don’t write off frozen produce either. If frozen just after harvest, the nutrients are locked in and freezing provides a longer shelf life to these fruits and veggies. Choose lean organic, grass-fed meats and wild fish that don’t contain hormones.

### 4. Shop On A Full Stomach (Don’t Shop Hungry)

It’s never good to shop on an empty stomach. You will end up with a cart full of unhealthy food catered to your cravings. Even worse, you will end up buying something to eat right away from the deli or bakery. Try to fill up on healthy foods before hitting the grocery store and your wallet and body will thank you later!

### 5. Read Your Ingredients And Labels (Know What You Are Putting In To Your Body)

So many people are consumed with reading calories, fats, carbs and protein on the back of their food instead of reading what is IN their food. Don’t be fooled by claims such as low-carb, fewer calories, and sugar free which can be misleading. The most important thing you can do is know what makes up the food you are purchasing. There are 100 calories in a Twinkie and 100 calories in a handful of almonds. KNOW YOUR INGREDIENTS, buy foods with as few ingredients and additives as possible. Stay away from foods with high fructose corn syrup, nitrates, artificial flavors and sweeteners, colors and dyes hydrogenated oils, stabilizers and refined sugar to name a few. If you are going to buy prepared foods go for the cleanest option available. A good rule is to avoid foods that contain ingredients you can’t pronounce.

# Healthy Definitions – A KEY TO KNOWING YOUR HEALTH FACTS

## What are Superfoods?

These are nutrient-dense, whole foods that contain a high concentration of phytonutrients, long chain carbohydrates and omega 3s. In order for a food to be labeled a Superfood, it must offer specific health benefits above and beyond its normal nutritional value. Superfoods work together synergistically with your body systems, nourishing you at the cellular level for optimal health benefits. Adding Superfoods to your diet is a smart (and yummy) way to optimize your health. There are so many Superfoods out there. My top 10 favorites are Garlic, Blueberries, Flaxseed, Beans, Avocados, Spinach, Pistachio, Dark Chocolate, Bell Peppers and Pumpkin.

## What is Organic?

Organic standards = Nothing artificial. Current USDA regulations allow food products that contain 95-100% certified organic ingredients to use the USDA Organic Seal.

### These regulations:

- Prohibit the use of chemical fertilizers, various synthetic substances, irradiation, sewage sludge or genetically modified organisms (GMOs) in organic production.
- Prohibit antibiotic and synthetic hormone use in organic meat and poultry.
- Require 100% organic feed for organic livestock, when the product is labeled “100% organic”. If the label just says “made with organic ingredients”, then even the non-organic ingredients cannot be produced with GMOs. For example, products labeled as “made with organic ingredients” only require 70% of the ingredients to be organic, but 100% of the ingredients must be non-GMO.

## Buying locally... And supporting community!

A commitment to choosing locally produced foods is also at the heart of the organic movement. In addition to fresher foods and reduced fossil fuel consumption, the dollars you spend at the farmer’s market are much more likely to find their way back in to the community. Local growers thrive and you thrive on more nutritious and better tasting food! You can find a local farm by searching [www.eatwild.com](http://www.eatwild.com).

## What is GMO?

A genetically modified organism (GMO) or genetically engineered organism (GEO) is an organism whose genetic material has been altered using genetic engineering techniques. These techniques, generally known as recombinant DNA technology, use DNA molecules from different sources which are combined in to one molecule to create a new set of genes. This DNA is then transferred into an organism, giving it modified or novel genes. Transgenic organisms, a subset of GMOs, are organisms that have inserted DNA from different species. GMOs are the constituents of genetically modified foods.

## Non-GMO Project Seals

Products that carry the Non-GMO Project Seal are independently verified to be in compliance with North America’s only third party standard for GMO avoidance, including testing of at-risk ingredients, The Non-GMO Project is a non-profit organization committed to providing consumers with clearly labeled and independently verified Non-GMO choices. Look for dairy products labeled “No rBGH or rBST”, or “artificial hormone-free”.

## At-Risk Ingredients

If it’s not labeled organic or verified Non-GMO: Avoid products made with ingredients that might be derived from GMOs (see list). The eight GM food crops are Corn, Soybeans, Canola, Cottonseed, Sugar Beets, Hawaiian Papaya (most) and a small amount of Zucchini and Yellow Squash. If a non-organic product made in North America lists “sugar” as an ingredient (and NOT pure sugar cane), then it is almost certainly a combination of sugar from both sugar cane and GM sugar beets. Dairy products may be from cows injected with GM bovine growth hormone. Look for labels stating NO rBGH, rBST, or artificial hormones.

*Using the Non-GMO Shopping Guide makes it easy to find Organic (Non-GMO) products in our store! <http://www.nongmoshopping.com/>*

*When you use the online or printed version of the Non-GMO Shopping Guide when you shop, you are a part of the next big consumer tidal wave rising to protect our nation’s food supply. Your purchasing power, combined with the purchasing power of the tens of millions of other health-conscious shoppers, has a powerful and positive influence in shaping our choices in the consumer marketplace.*

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## Sweeteners

- Stevia**  
Natural, no calories (NuNaturals brand is non-bitter and the best tasting). Comes in powder and liquid form.
- Xylitol**  
Great for baking.
- Agave and Honey**  
Great sweeteners, choose raw.
- Fruit**  
A natural sweetener.  
*Stevia and Xylitol are found in the vitamin or baking aisle.*

## Nuts and Seeds

- Almonds
- Cashews
- Chai Seeds
- Flax Seeds
- Macadamia
- Pecans
- Pistachios
- Pumpkin Seeds
- Sunflower Seeds

*Choose RAW, avoid salted, toasted and roasted. Buy them in bulk, they are fresher and less expensive. They offer lots of protein, a great energy snack. Add them to your salad to keep you full and satisfied.*

## Oils

- Coconut (cook with coconut oil)
- Extra Virgin Olive Oil  
EVOO (extra virgin olive oil). Olive oil is good for drizzling on your salad with some balsamic vinegar. Traditional salad dressing is usually loaded with saturated fats and extra sugars.

### UNHEALTHY OILS:

*Trans Fats, Hydrogenated Vegetable Oil, Partially Hydrogenated Oils, Vegetable Oil, Shortening*

## Dressings

- Salsa
- Dijon Mustard (organic, no sugar)
- Tahini (ground sesame)
- Vinegar (balsamic or apple cider)

## Spices/Herbs

Use natural seasonings like salt, garlic, lemon and vanilla.

*Herbs such as rosemary, oregano, cilantro, thyme, basil, parsley, peppermint, and sage all help to protect against cancer and heart disease.*

*Spices such as ginger, cinnamon, saffron, tumeric, red chili and chili peppers can be very healing for the body.*

## Dairy

- Butter  
Always real or raw and organic.
- Cheese  
Look for "Cheese" instead if the word "Cheeses" on the label, organic is best.
- Eggs  
Cage free eggs, organic is best.
- Ice Cream  
Try any flavor with a coconut base.
- Milk  
Best to drink milk substitutes such as coconut and almond milk, then rice and soy but they must be organic.
- Yogurt  
In moderation, buy plain organic, sweeten with fruit.

*It is crucial to choose organic dairy products. Milk can harbor traces of hormones given to cows. Make sure when choosing milk, it is free from the rBGH (Bovine Growth Hormone).*

### Brooke's Original Creamy Cado Dressing:

Avocado, EVOO, garlic powder, lemon, cayenne, salt, pepper and goat cheese.

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# Brooke's Weekly Meal Planner

PLAN YOUR WEEKLY MEALS



Week of: \_\_\_\_\_

Monday

breakfast \_\_\_\_\_  
lunch \_\_\_\_\_  
snack \_\_\_\_\_  
dinner \_\_\_\_\_

Tuesday

breakfast \_\_\_\_\_  
lunch \_\_\_\_\_  
snack \_\_\_\_\_  
dinner \_\_\_\_\_

Wednesday

breakfast \_\_\_\_\_  
lunch \_\_\_\_\_  
snack \_\_\_\_\_  
dinner \_\_\_\_\_

Thursday

breakfast \_\_\_\_\_  
lunch \_\_\_\_\_  
snack \_\_\_\_\_  
dinner \_\_\_\_\_

Friday

breakfast \_\_\_\_\_  
lunch \_\_\_\_\_  
snack \_\_\_\_\_  
dinner \_\_\_\_\_

Notes

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