

GOING PALEO?

YOUR SURVIVAL KIT



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1. CRAVINGS SOS

It's bound to happen. Whether you're doing good for a day or for a week, that sneaky little voice inside your head is going to rear its ugly head at some point. It will say, "Eat me" as you stare down the office break room table full of homemade cookies. You can't predict when it will happen, but you can trust that it will. Let's get you armed with strategies to fight that little voice inside your head.



More often than not, our overwhelming desire to eat chocolate ice cream RIGHT NOW (and all of it...) is not actual hunger. But where does that little demon come from? Stress. Sleep. What you ate earlier. The brain and the body have a tendency to disconnect when these factors are neglected.

MAKING SENSE OF SUGAR CRAVINGS

Fatigue is a huge culprit. When we're tired, we seek immediate energy, and our bodies know that sugar and carbs can give us that. Furthermore, not getting enough sleep can make you less inhibited to make good choices. Think about ways to improve sleep. This won't fix the craving at present, but it will help to prevent them in the long-term. If your cravings hit around the same time as that afternoon nap-bug, take a breather and get a few minutes of shut-eye. Sugar is also a cause of fatigue, brain fog, and

overall sluggishness hence the term “sugar hangover”. Therefore, eating sugar now isn’t going to give you the boost of energy you’re seeking. Instead, it will start a vicious cycle of sleepiness and cravings.

Stress management is key. Sugar cravings can be attributed to a few stress-related issues. The term “comfort food” is a legitimate concept with science to back it up. When our brain is producing too much cortisol (the stress hormone), the foods we tend to reach for have a positive effect on reducing how strongly we feel these emotions. Obviously, the positive effects don’t outweigh the negative ones. Address the stress in ways that won’t negatively impact your health such as meditation, moderate exercise, and social activities.

Check your nutrition. Even if you believe you’re getting everything you need, deficiencies can happen, and they can cause cravings to bubble up. There are a few ways these “missing foods” can cause cravings. For example, we often crave foods that we’re allergic or sensitive to. Naturally, you should avoid these foods, but the body reaches out for them to reduce the “withdrawal” symptoms. Instead of reaching for the hyper-palatable foods, choose some greens, foods with probiotics, and sea vegetables, which contain concentrated amounts of nutrients, vitamins, and minerals your body might be missing out on.

Naturally sweet food like fruits (especially dried) and honey can also drive the need for MORE. If you’re reaching for these ‘healthy’ foods to subdue sugar cravings too frequently, you may notice that it’s only making things worse. Reaching for low-glycaemic fruits such as berries or apples in place of something like dates can make a world of difference. Dried fruits contain concentrated amounts of sugar that can cause your body to react in the same way it would to eating a cupcake.

Gender plays a role. Being a female when it comes to food cravings doesn’t quite work in your favour. Women tend to gravitate towards sweets while men are more inclined to indulge in savoury foods (think sushi, steak, potatoes). The common denominator is that these foods we crave are energy-dense. Women are also more likely to have hormonal imbalances that can cause cravings.



CRAVINGS SOS

- **Stop using food as a reward.** Our inner reward system is powerful, and it turns those potential moments of weakness into a logical excuse to dive right in. When we use phrases such as, “I’ve been good, I deserve this” or “I’ve had a bad day, this [food] will make it better”, we’re fostering a negative relationship with food. These emotional rationalisations completely miss the point of moving past our cravings and feeding our brain – not our bodies – in a different, more fulfilling way. We often aren’t even aware of these subconscious thoughts because we inherently seek pleasure in food. Think about your WHY.
- **Learn to embrace saying “no”.** Cravings can get the best of us due to social situations, pressure to eat with others, or the desire to “eat like a normal person”. Combined with the modern culture of saying, “Yes” to everything, we immediately rationalise straying from our eating plan to feel included or act polite. When you understand that you have the power and ability to say “No” whenever you want to, these situations become something YOU are in control of. Grant yourself that freedom.
- **Drink a tall glass of water.** We have a tendency to confuse our thirst for hunger. If you feel like candy directly after eating a balanced lunch with protein and fat, your might just be thirsty. Drinking will also give you some time to think why you have the craving. Before you give in, sip on something.
- **Fat is your friend.** Fat is the most satiating of the macronutrients (protein, carbs, and fat), so make sure you’re getting enough. In recent years, we’ve been taught that all fat is bad for us; but hopefully, you’re learning to accept that just isn’t the case! If you’re still skimping on healthy cooking oils, fatty fruits like avocado, oily fish, and the beloved bacon, consider taking it up a notch. If you’re not getting enough fat throughout your daily meals, you’re more likely to get hungry in between ‘em. Furthermore, you should pair starch and sugar with fat to lessen the effects on blood sugar; think of it as a buffer. If you’re feeling peckish, try downing a teaspoon of coconut oil instead.
- **Get spicy.** Spices in the food make them more satisfying, flavourful, and healthy. Certain spices – especially warm spices like cinnamon, nutmeg, and cardamom – add sweetness to the meal naturally while subduing cravings and helping to manage blood sugar.
- **L-glutamine.** This is a supplement that has been shown to lessen and reduce cravings for sugar. It’s also good for regulating digestion and improving the immune system, so it can’t hurt. The jury is still out, but the studies yield promising results.

TIPS FROM THE EXPERTS



Scott Gooding
Scott Gooding Project

Begin by reading food labels and understanding the different guises sugar comes in, as well as understanding serving sizes. Having a **visual representation of sugar** in a product will help to curb indulges too – knowing 4 grams of sugar equates to 1 tsp sugar is often a deterrent.



Larina Robinson
The Body Dietetics

Drink more water! Half the time, you're just thirsty when you go hunting for a snack. If regular water doesn't work, drink some soda water with a dash of fresh lime juice.



Lee Holmes
Supercharged Food

Look deeper at why you are having that craving and understand the emotional reason behind it.



Michelle Spring
Thriving On Paleo

When I'm trying to get over sugar and carb cravings, I let myself snack as much as I feel I need to – but only on protein and fat.



Jaclyn Harwell
The Family That Heals Together

My best tip for getting through sugar cravings is to allow yourself a little nibble of raw honey when the cravings get unbearable. **Just stick it out and don't cave**, or the cravings will just keep coming back.



Debra Dorn
The Saffron Girl

Part of how I achieved eliminating sugar was by **cleaning out my pantry first**. If I ever have an urge for something sweet, my only option is fruit.



Jo Romero
Comfort Bites

Follow the, **“No, not even JUST one” rule**. In the beginning, we’d go out and my husband would order some treats for himself and the children and say “Oh come on, just one won’t hurt”. So I ordered a wodge of Cookie Dough Cheesecake. And do you know what happened? I went home and ate chocolate, and then biscuits and then the next day it continued, until I had to stop and start the whole thing over again.



Nazanin Kovacs
Naz Kovacs

I would say my number one tip is to **start your day off with a meal based on protein and fat**. Also drinking some warm water with lemon/raw apple cider vinegar first thing. Sometimes cravings are more psychological. It’s important to really listen to your body and see if you actually really do want something sweet or you’re just conditioned to think that way. **Most importantly**, I would also say **ditch the guilt**.



Alexa Schirm
Simple Roots Wellness

Try **eating within a set period of time** during the day. Eat all of your food within a 12 hour span or less to ensure that your hormones are working with you keeping you in a fat-burning state.



Sheila Walsh Dunton
Purple Beet Nutrition

My favourite tip is introducing people to **coconut butter**. Just a spoonful really satiates.



Erin Carter
Pure & Simple Nourishment

Sugar and carb cravings are often triggered by boredom or feelings of anxiety. Next time one hits, **go for a 10 minute walk** or find an activity to do and I bet those cravings will go away.

2. BREAKFAST SURVIVAL GUIDE

Breakfast. As they say – it's the most important meal of the day. First of all, it sets a tone. Eating a healthy breakfast is more likely to inspire you to continue making healthy choices throughout the day, especially for those of us who embrace the “all or nothing” mindset. For example, if we eat a muffin alongside a sugar-infused latte for “breakfast”, we are more likely to say, “Well, I've already messed up, might as well keep going” and start again tomorrow.



VS



On the other hand, if you begin your day on a positive note, you might feel more confident in making smarter choices by saying, “I made one good decision, why not make another?” It doesn't hurt if you choose a satiating breakfast combination of healthy fats, plenty of protein, and some vegetables. Unlike pastries, bagels, and cereal, a truly balanced breakfast with some protein won't cause that spike and drop in blood glucose levels, which contributes to you feeling hungry a couple hours before lunch rolls around, and will keep cravings at bay throughout the day.

TACKLING BREAKFAST

Adapting to a change in your diet is hard enough, and making those decisions first thing in the morning increases the difficulty of the challenge quite a bit. Since most of us are on the go in the morning, it's much easier to pop a piece of toast in the toaster or guzzle down a bowl of cereal and milk. Unfortunately, these things are not on the menu. From now on, forget everything you know about breakfast... besides bacon and eggs, which are totally acceptable. Here are a few tips:

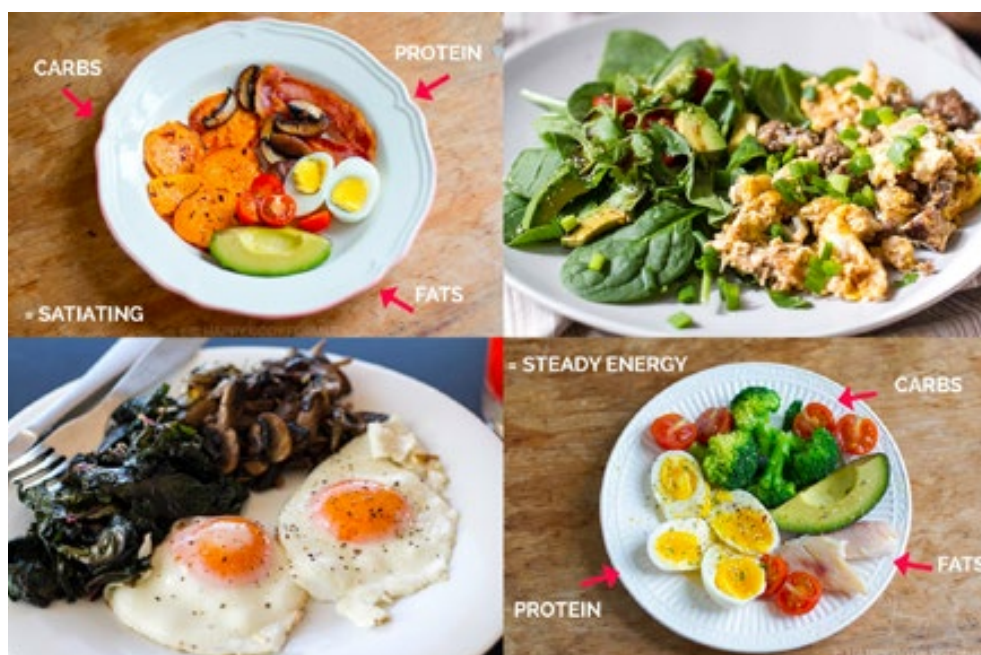
***Forget about the sweet stuff.** Breakfast is one of the only socially acceptable times to eat dessert in place of a meal. Unfortunately, this drives people's sugar addiction and fuels it first thing in the morning. Including fresh fruit alongside your breakfast isn't a problem, but loading up on sweet pancakes, oatmeal, and carb-heavy dishes loaded with added sugar is a big mistake. While it can be hard to transition from sweet to savoury, you'll find that the payoff is worth it. Again, this lessens the insulin spike and subsequent drop that throws your hunger cues and energy levels off balance.

***Don't skip the protein.** Unlike simple carbohydrates, protein fuels the body over time. Remember, your body will convert protein to glucose if it needs it. Having 10-20 grams of protein will make you feel full and energised for hours. Pairing protein with carbohydrates will also keep blood sugar levels stable. For example, if you want to have a green smoothie, make sure to add some protein on the side such as a boiled egg, cooked chicken or quality protein powder.



***Bring back the fat!** Whether you choose to add some bacon or smoked salmon to the plate, slice up half an avocado, or cook your greens in coconut oil, fat is fuel for the brain. Many people rely heavily on caffeine and a quick sugar fix to feel that morning jolt – only to find it wears off far too quickly. Having a serving of healthy fats will help you get more done by clearing up any brain fog and increasing your focus.

***Prep, prep, prep.** If you're busy in the mornings and waking up 20 minutes earlier each day to get cooking doesn't sound appealing, meal prep is your friend. Boil a dozen of eggs to grab and go, whip up a batch of coconut yoghurt to pair with healthy fats like nuts and seeds, purchase pre-cooked sausages that are simple to heat up, or triple-batch a breakfast hash or frittata full of veggies and some nice ham. Once you become more accustomed to eating savoury foods for breakfast, last night's dinner leftovers will be the easiest and tastiest option.



TURNING WORDS INTO ACTIONS

Building a balanced breakfast meal is actually quite easy if you have a format to work with. There are endless combinations you can work with to make your morning meal as satisfying as ever. Moreover, I'm going to talk about making this easy. Here are some tips and examples to keep in mind.

No Cook Breakfast Options. While you'll have to prepare most of these options the night before, these are foods that are portable, you can enjoy cold, and reheat in a pinch if desired. Some of these are mains while others are sides. Remember, balance should be the goal of every meal: protein, fat, veggies, and some starch if desired.



- Boiled eggs, egg cups or muffins, or frittata
- Savoury grain-free bread with avocado & tomato
- Pre-cooked sausage or bacon with some veggies
- Pre-made salad with added protein
- Dinner leftovers, vegetable hash
- Green smoothie with added protein, chia puddings, fruit and nut butter
- Canned seafood or beef jerky and some fruit and avocado



Egg-free breakfast? The same principle applies – fat, protein and some carbs. Go for a simple chia seed pudding with coconut milk, nuts, seeds and berries; a bowl of starchy vegetable and sausage hash; or some smoked salmon with sweet potato and salad. Hearty chicken stew or soup is great first thing in the morning.



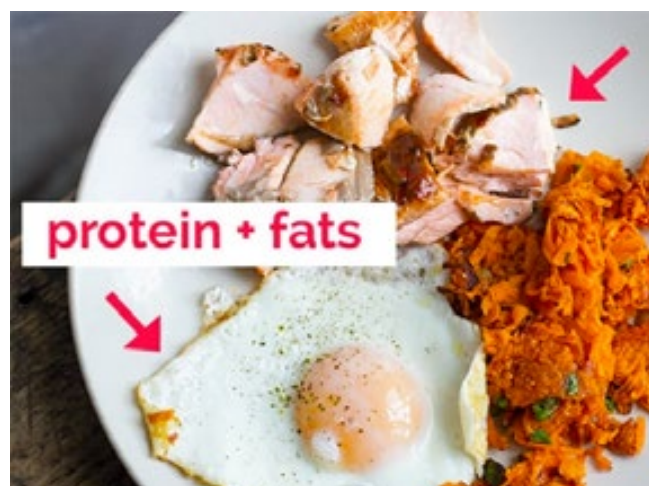
It's all about you! You're setting a tone for the day with this first plate of food, and it will reflect how you feel through the morning and hours after. Experiment with different foods, macronutrient (fats, protein, carbs) ratios, and meal timing. What makes you feel best? What gives you the most long-lasting energy? What food combinations are both physically and emotionally satisfying? If you work out in the morning, do you like eating your larger meal before or after? Diet is a highly individual experience, which is something that should be emphasised whilst discussing changes – only you can determine what works best for you.

LET'S SIMPLIFY THINGS

We often don't prioritise breakfast (who does when they're groggy out of bed?), and it can certainly take time to get used to cooking more in the morning, but it does get easier once you develop your own system. Let's look at how to build the ultimate morning fuel.

Include a palm-sized (approximate) portion of protein. Some examples include:

- 2-3 eggs (depending on appetite)
- 100-200 g / 4-6 oz. leftover chicken or turkey
- 120 g / 4 oz. leftover beef or other red meat
- 120 g / 4 oz. breakfast sausage
- 1-2 links pre-cooked chicken sausage (GF)
- 100 g / 3-4 oz. fish such as smoked salmon or mackerel
- 1-2 slices of free-range bacon





Some healthy fats. Here a few ideas for you:

- ½ avocado
- 1 tablespoon coconut oil, olive oil, ghee, or avocado oil for cooking
- dollop of homemade mayonnaise
- ¼ cup nuts or seeds
- eggs, meat and fish mentioned above will also provide fats

Add some non-starchy veggies. Some ideas include:

- steamed or sautéed greens (spinach, collards, kale)
- steamed or roasted cruciferous veggies (Brussels sprouts, cauliflower, broccoli)
- sautéed mushrooms or steamed or sautéed green beans
- steamed or sautéed snow peas/sugar snap peas
- grilled eggplant
- tomatoes and onions
- steamed or roasted carrots or celery
- spaghetti squash or roasted or spiralized zucchini/courgette
- slices cucumber, tomatoes, red peppers or radish



DON'T FORGET TO SHARE YOUR MEAL PICS WITH US ON FACEBOOK OR INSTAGRAM. MAKE SURE TO USE #EATDRINKPALEO



And a little bit of starchy vegetable and/ or fruit, if you want. This group should comprise about ¼ of your plate. Some examples include:

- small apple, pear, peach, nectarine, or kiwifruit or half a banana
- ½ cup pomegranate arils
- 2-4 pieces of dried fruit
- ¼ cup dried and unsweetened raisins, cranberries, blueberries
- butternut squash/pumpkin or other squash (roasted, boiled, or pureed)
- sweet potato (whole roasted, mashed, pan-fried)
- potato (hash, mashed)
- celeriac root (hash, mashed)
- rutabaga/swede or parsnip (hash, mashed)
- beetroot slices
- ½- 1 cup berries

Put an egg on it! Meatloaf for breakfast? Chicken and broccoli? A good ol' fashioned stir-fry? If these foods don't quite sound like "breakfast" to you, put an egg on it. Heck, toss some bacon bits in the pan and fry up your leftovers in the smoky goodness. If leftovers aren't your cup of tea, take some initiative to spice things up. There are very few foods that don't pair well with a poached egg.



Image courtesy of The Delicious Life

3. LUNCH SURVIVAL GUIDE

Have you mastered breakfast yet? Hopefully, that mentality can seamlessly extend into the lunch hour. For many people, lunch isn't eaten at home. That also means you may have fallen prey to spending many afternoons debating what to order for takeout or spending your lunch break in the drive-through.

Despite any efforts to make healthy choices, ordering from a less-than-stellar menu over time leads to some subpar choices and often the temptation to stray. With that said, I want you to make a plan and stick to it. Learn how to make meals ahead of time, figure out some easy lunch time staples, and use that food for fuel; you need the energy mid-day to tackle the rest of the afternoon's tasks, not sit in a sugar slump.



HOW TO PREP

Some people are disciplined enough to wake up early, prep breakfast, and pack a lunch all at once. For most of us, this just isn't in the cards every single day. Solution? Think about what you need to have a homemade lunch 7 days a week. Here are a few tips that will help you cut down on time and maximize your success.



PICK TWO TYPES OF PROTEIN

Leftover chicken breast

Poultry goes with everything. Chicken is inexpensive and easy to portion out for the week. Make your favourite recipe using whole roaster chickens or frozen bags of thighs for the best deal. Add to soups, salads, or pair with roasted veggies. Sprinkle with some curry powder and a drizzle of coconut milk and lime juice for a quick, spiced-up chicken meal.

Canned fish

Enjoying a can of sardines, tuna, or salmon eliminates the need to prepare your protein option at all. Having these on hand for unexpected lunches on the go or nights when you just can't get meal prep together is invaluable. You can easily turn them into lettuce wraps or mix them into a big salad. Try a 5-minute shaved zucchini and lemon juice salad with sliced roasted peppers, sardines and pumpkin seeds.

Boiled eggs

Throwing a dozen eggs into the pot or pressure cooker at the beginning of the week takes no time. These are an easy grab-and-go source of nutrition for any meal or snack of the day. You can use these as your main source of protein or add one to a salad with meat. Mix with a little mayo and curry powder, spring onion, diced celery and radish for a quick lunch salad.

Shredded pork or beef

Cheap cuts of pork and beef come to life in the slow cooker or when slow-roasted in the oven. Large cuts will yield tons of leftovers. You can easily add these to lettuce wraps, cauliflower rice dishes, stir-fries, or salads. They're versatile and taste delicious.

Deli slices

Find a brand that doesn't use sugar or preservatives, and stock up. Having lunch meat on hand makes it easy to grab quick, clean protein when you need it. It makes a nice addition to both salads and wraps. In fact, you can use it as the wrap itself.

SORT OUT YOUR VEGGIES

You should take some time to prepare your favourite raw and cooked veggies. This way, you'll have containers that are "throw-in-a-Tupperware-salad" ready with no fuss. Having to cut and pre-cook produce daily is time-consuming, and dirties up dishes. For extra freshness, do this twice a week and pack them away in prepared salads or individual containers to ensure that they end up in every meal.



Leafy greens

Ideally, leafy greens will be an addition to all of your meals. At lunch, this is easiest in their raw form. You can choose to wrap up protein in romaine leaves or prepare a bowl of mixed greens for a salad. Dress them just before eating so you can avoid them getting soggy. Try these paleo salads in a jar.

Crudités & salad crunchies

Raw vegetables that you can use to dip into a homemade dressing or simply snack on are a great no-cook option to have on hand. Chop carrots, celery, broccoli, cauliflower, and cucumbers at the beginning of the week so you can easily toss a variety into whatever you pack for lunch. Radishes, cucumber, cherry tomatoes, fennel, and peppers are all great in salads, so have them ready to go.

Roasted roots

Many people's idea of lunch includes a

little starch, whether it's rice in Chinese takeout or something stuck between two buns. It's easy to miss those staples, so I suggest adding carbohydrates to lunch for satiety and quick energy to pull you through the afternoon slump. Try roasting up a mixture of beetroots, sweet potatoes and/or white potatoes, parsnips, rutabaga/swede, and celery root. It's up to you! This will be great eaten in salads, heated up alongside protein, or used in mashes. Season your roast with neutral spices so you can mix and match them with any meal or dressing.

Zoodles

Spiralizing some courgette is an easy and fun meal-prep technique. You can eat them raw for a unique salad. Dress and season them as you'd like and top with desired protein. It will fill the void that you might feel while abstaining from hearty, carb-heavy pasta dishes. the oven. Large cuts will yield tons of leftovers. You can easily add these to lettuce wraps, cau-

HEALTHY FATS ON THE GO



Get saucy

Make homemade dressings and sauces and condiments to help the same meals stand out from one another. The same grilled chicken salad can be served with Italian herb & balsamic dressing one day, and a fiery aioli the next. You can make a healthy version of most dressings and vinaigrettes with an olive oil base, in place of store-bought alternatives which generally use refined vegetable oils.

Avocado

100% portable and no prep required, this is the real food darling of healthy fats. Slice it in half and slice or scoop it onto anything. It pairs well with nearly every protein, vegetable, and flavour profile. Consider making small batches of guacamole or blending it into smoothies.

Homemade mayo

This will change your life. You can have it plain and make chicken or tuna salads with it or you can make an aioli – the fancy name for flavoured mayonnaise. Consider a spicy kick with Sriracha or a milder profile with some fresh garlic and lemon.

Nuts or nut butter

Add a handful to a salad, pack a portioned bag as a mid-afternoon snack, use it as a side for fruit or a sweet potato, or make a nut butter-based dressing for salad and protein.

Bacon

It's no secret that bacon goes with everything. One to two slices (depending on thickness) will give you the fat boost you need. Cook roasted veggies in the remaining grease, top your salad with real bacon bits, or make a BLT wrap using lettuce as the bread. Try the BLT salad with prawns & avocado from Eat Drink Paleo blog.

MEAL IDEAS

Soups, stews and curries

Soup is easy to cook in large batches at the beginning of the week. You can begin with a base of homemade or store-bought broth and add in whatever you'd like. It's a simple way to use up leftover produce. You can make a vegetable base and add protein throughout the week for variety. Alternatively, make two bases such as chicken broth and curry (coconut milk base) to keep things interesting. Since most of the work is in the simmering or slow-cooking, this is one of the most time-efficient dishes to cook in bulk. Besides, it freezes well so that no leftovers will go to waste.



Salads

Salad is merely a blank canvas for a satisfying and nourishing lunch. Pile the bowl with your favourite greens, add some starchy roasted or raw veggies on top, pair with a healthy fat, and add a portion of protein. Food with both flavour and volume will help you feel both emotionally and physically satisfied. Things you can prepare ahead of time include diced raw vegetables, washed and dried salad leaves, salad dressing, roasted or cooked starchy vegetables, grilled meats, boiled eggs, cooked prawns, tinned fish. Mason jars are great for portioning some of the ingredients or for putting together quickly in the evening. They're easy to grab in the morning as you head out the door. Store the dressing separately to avoid soggy greens.



Wraps & rolls

Another classic lunch staple is the sandwich. It makes a lot of sense: they're easy, portable, and pack everything into one handheld vessel. Just because you've eliminated wheat products, including most wraps and breads, doesn't mean this convenience isn't available to you.

You can choose to purchase Paleo wraps made of coconut meat or make your own. Leafy greens such as romaine, iceberg lettuce, and collard greens have large enough leaves to load with protein, healthy fats, and additional veggies. Alternatively, you can use starches like plantains and sweet potatoes to make tortilla-type wraps, which will store well in the freezer. Egg crepes are easy to roll as well. Try egg and smoked salmon roll with a little aioli and rocket.



THE KID'S MENU

In an ideal world, you have kids who aren't too picky and who are willing to eat nearly everything that you do. For most parents, this simply isn't the case. This is especially true if you're transitioning to eating healthier with young kids. In many people's cases, the children don't take to changes as willingly as the adult who's in charge of the decision does. Don't worry: I have a few tips on packing up healthy lunches including many of the same foods that you do. Here are some suggestions for kid-friendly meals, and tips for getting them to be more open-minded with new foods.

Continue on next page...



Recipe ideas for kids

- Add vegetables to eggs to make them more appealing. Blend greens into egg scrambles, pack veggies into egg and bacon cups, or make veggie fritters using egg as a binder.
- Try making mashes so the food is easier to eat and more appealing.
- Turn roots into fries so vegetables look familiar and comforting.
- Pack fresh fruit in lunches in place of fruit snacks or other dried fruit products.
- Bring dried fruit and nut bars to satisfy snack cravings or for quick energy during sports events.
- Take time to find gluten-free bread with healthy ingredients to pack sandwiches in their lunches.
- Make homemade dressings that appeal to their tastes for dipping veggies and dressing salads.
- Replace processed dairy with raw, local cheese if the kids enjoy eating dairy and can tolerate it.
- Make egg and chicken salad with homemade mayo, and add vegetables and/or fruit for a complete kid-friendly meal.
- Make pureed soups with “hidden veggies” and a stand-out flavour that appeals to the kids’ tastes. Meatballs and chicken nuggets are also great for hiding vegetables.

General advice for kids' lunches

- **Consistency.** Often, exposure works best in getting the kids to try new foods and enjoy them. If they don't enjoy it the first time, try preparing it in a different way that looks more appealing. Remember: kids eat with their eyes. If it doesn't look good or familiar, they're more likely to be apprehensive about it. Keep on trying.
- **Lead by example.** If your children look up to you, they'll be more likely to try the same things that you do.
- **Knowledge is power.** If you teach the kids about fruits, vegetables, and healthy eating, they may be more receptive to eating the foods you give them. Learning new things can help both children and adults grasp reasons to eat well outside of stomaching food they wouldn't generally eat. Try creating games, charts, and other learning tools to expand their knowledge and palate.
- **Pay attention.** If you notice that the broccoli is getting eaten up while the yams don't get the time of day, serve them seconds. Getting in sufficient vegetables is hard enough. Even if they only enjoy certain varieties, it's worth working with their needs to make sure they're receiving optimal nutrition.
- **Let them help.** Even if it makes cooking a longer process, it's good to let the kids get in on the action. Allowing them to work through preparation will not only teach them how to cook, it will also hopefully get them excited to eat what they made; not what you want them to eat.
- **Don't police them.** Work with them. I'm not telling you what to do; I'm just helping you to feel good about making those decisions for yourself. Let the kids do the same! Be their coach, not their boss.

**SHARE YOUR LUNCH PICS WITH US ON FACEBOOK
OR INSTAGRAM. MAKE SURE TO USE #EATDRINKPALEO**

4. EATING OUT & TAKEAWAY SURVIVAL GUIDE

Eating out is a little controversial when you have a laundry list of foods you're trying to avoid. While it's easy enough to say, "No, thanks" to things like dairy and grains, it's more difficult to navigate hidden sources of wheat, sauces, and cooking oils.

Fortunately, enjoying the occasional meal in a restaurant doesn't have to be avoided entirely. Where there's a will, there's a way. Additionally, more restaurants are keen to cater for food allergies and intolerances, and are working to make their menus reader-friendly with labels for dishes that are gluten-free, dairy-free, etc.

I'm going to cover some rules of thumb, menu reading tips, and navigate some of the most common menus together.



Try to avoid

- Bread, rolls, buns, and any forms of wheat
- Rice and pseudo-grains - at least during the reset plan (quinoa, oatmeal, millet, buck-wheat)
- Wheat and gluten (pasta, cakes, croutons etc.)
- Breaded or battered meats and appetizers
- Dressings that contain excessive amounts of refined sugar
- Foods containing MSG (mainly Chinese restaurant sauces)
- Soy sauce and soy products such as tofu
- Fried foods or tempura at Japanese restaurants
- Corn and corn tortillas at Mexican restaurants
- Beware: Honey-roasted or caramelized food items (excess sugar)
- Beware: Balsamic reduction (often made with sugar)

ASK QUESTIONS

Even if the menu looks well labelled and non-threatening, you can always ask questions. Inquiring about the food should be commonplace, and the person serving you can always redirect your concern if they don't have a concrete answer.



Good questions to ask:

- How is this food prepared?
- What type of oil is the food cooked in?
- Can you prepare my food with [olive oil] instead?
- Does this food contain gluten?
- Does this dish contain dairy?
- Does the sauce contain sugar or sweetener?
- Is the meat battered in flour?

Since you will likely have to skip out on parts of the dish such as pasta, legumes, or other grains, you can decide to make substitutions. Some menus clearly state that they do not offer substitutions, but it's worth communicating what you would prefer in case they are willing to accommodate you. Think of compliant foods that fit into the same food group to replace with; for example: "Can I replace cheese with avocado?" While not all restaurants offer avocado, it's a nice addition to a salad without any of the dairy, and it will provide you with the satiety factor from the healthy fats.

How to substitute:

- Can I replace [rice, noodles, bread] with more vegetables?
- Can I receive oil and vinegar in place of the dressing options?
- Can I have a side salad instead of bread?
- Can you substitute the [sandwich] bun with lettuce leaves?
- Can I replace [beans] with extra protein?
- Can I replace cheese with avocado? (if offered) Is the meat battered in flour?

If you ask the right questions, you can be positive that you're ordering what YOU expect. Remember, it's okay to be picky. The restaurant staff are there to make sure that your meal is satisfactory and up to par.

GENERAL EATING TIPS

- Don't go out to dinner starving. You're more likely to make bad choices when your brain is filled with hunger fog. Grab an apple or a protein shake before you go.
- Ask the service staff not to bring the bread basket to the table as soon as you sit down.
- Avoid alcohol – offer to be the designated driver! Enjoy a bottle of sparkling water with some fresh lime. You'll save money too. Otherwise, ask for a wine menu and pick a glass of a lovely red.
- You can order two starters instead of a starter and a main dish.
- Choose barbecued, grilled and steamed over fried foods.
- Instead of ordering dessert, ask for a plate of sliced fresh fruit. Most restaurants and cafes will have some sort of fruit available. Alternatively, just say no to the dessert menu. Don't even look at it!

TRADE OFFS

It's not always possible to tailor the menu dishes exactly as you want. Most of us feel awkward asking for too many modifications and we don't want to come across as a pain in the you-know-what. During the plan I want you to be stricter with your choices; but once you graduate into the next phase and back into your every-day life, there are some general compromises I'm happy to accept.



Cooking fats and oils

Here is the harsh truth. Unless you go to a specialty health food café or restaurant, most places use polyunsaturated oils in cooking – especially for deep frying. Our rule of thumb – avoid deep-fried foods as much as you can, but don't sweat it if your omelette or steak were cooked in a bit of canola oil. If like us you mostly cook at home, then once in awhile exposure to these fats and oils won't be undoing all your good work.

Salad dressings

Most places use olive oil in salad dressings, unless they are cheap fast food joints that are looking to cut costs by using vegetable or sunflower oil instead. Feel free to check what's in the salad dressing; but instead of freaking out about every single ingredient, have it on the side so you only drizzle a little bit as you go along. Again, in such a small amount, you won't be consuming as much of the oil or the possible added sugar as you would if the salad was drenched in the dressing.

Dairy

Goat's or sheep's milk cheese, as well as some aged cheeses, are not the worst options if you can tolerate some dairy. Allowing a little dairy opens up your choices to include things like Eggplant Parmigiana or tomato and mozzarella salad. Cheese platter is a great alternative to dessert, or as a bar snack instead of chips or bread and dips. Skip the crackers! Plain Greek yogurt and fruit can then also be enjoyed for breakfast or brunch.

Sauces

As with the salad dressings and cooking oils, you will never really know every single ingredient in the sauce. Neither will the wait staff until they ask the chef for more details. If dairy is an issue, stay away from creamy sauces and opt for a simple red wine gravy or jus with your steak; or some Béarnaise sauce, which is essentially an egg and tarragon based sauce, like the Hollandaise. Otherwise, don't worry too much and just ask for the sauce on the side so you can eat a little bit.

Desserts

Crème brûlée, panna cotta, chocolate mousse, and gelato are all grain- and gluten-free dessert options you can enjoy on a special occasion. They are still full of sugar, however – so share with a friend.

Grains

White rice, quinoa and buckwheat are okay in small amounts once you start reintroductions.

Choose dishes that use small amounts of these foods or have them as a small side dish.

When in doubt, always look for **the best of the worst menu items**.

GENERAL MENU TIPS

Cafe breakfast

- Pick any of the cooked, egg-based breakfasts from the menu and modify. Ask for no toast but extra avocado or a salad on the side. Look at the available sides and build your own breakfast plate. Wilted spinach – great! Grilled mushrooms – fantastic! Side of fruit salad – surely they can do that.
- If ordering a smoothie or a freshly squeezed juice, don't be afraid to ask for something custom. 'Could you do me your green smoothie without milk and only two pieces of fruit?'
- Scrambled eggs or an omelette can have added milk or cream. Ask the staff.



Pub grub

- Steak and salad or cooked vegetables instead of chips is always a good choice. Ask for some horseradish and hot mustard on the side. Otherwise, grilled fish of the day is usually available with potatoes and greens. Beef, lamb or pork stew with a side of vegetables is another option.
- Pub salads are generally good; just check about the dressing and omit any bread croutons or other grain/legume-based ingredients.
- Beef or chicken burger with no bun but with a side of bacon, avocado and beetroot. You can even put an egg on top!



Thai cuisine

- Palm sugar (not coconut palm sugar) is added to nearly everything – sauces and curries in particular. Panang and Massaman curries are especially sweet. Go for Jungle or Green curry as they tend to have less sugar.
- Avoid satay sauce, sweet chilli sauce, and peanut sauce if you are avoiding sugar and/or peanuts.
- Opt for salads if you want a hearty vegetable and protein dish (e.g. Thai beef salad, green papaya salad, chicken larb salad).
- Ask for curries and Thai stews with extra vegetables in place of rice.
- Stir-fry is a good choice. Pay attention to the sauce. Cashew nut chicken is much sweeter than garlic and pepper or oyster sauce based stir-fries.
- Choose plain tea over Thai iced tea or coffee, which are made with sweetened condensed milk.



Indian

- Chutney sauces and “lassi” drinks generally contain loads of sugar.
- Avoid the side of naan bread (despite how tasty it is).
- Ask for curries with extra vegetables in place of rice.
- Tandoori meats are generally a safe choice with a side of vegetables.



Vietnamese cuisine

- Unlike Thai, Vietnamese food is usually less sweet; however, palm sugar and other types of sugar are still used in certain dishes. Avoid or use less dipping sauces and dressings since they're often loaded with sugar. Go for a simple chilli or bring your own gluten-free soy sauce.
- Beef or chicken Pho soup is fantastic, and you can ask for extra vegetables and no or less rice noodles.
- Stir-fries and curries tend to have less added sugar than their Thai counterparts. Grilled or steamed fish dish with a side of vegetable stir-fry is a great way to go. Vietnamese-style omelette pancake with prawns and chicken is a good choice, as are salads and shaking beef stir-fries.
- Fresh Vietnamese spring rolls are a good trade-off dish, especially during the reintroductions.



Turkish/Lebanese

- Grilled meats such as lamb kebab or chicken or Adana sausage are all great options.
- Turkish salads are fabulous; just ask for no bread or feta cheese.
- Vegetables cooked in tomatoes and olive oil is always a great option.
- Ask for a kebab without the wrap but a salad base instead. Top with some chilli and baba ganoush.



Japanese

- Splurge on a sashimi plate with just raw fish varieties if you are avoiding rice.
- Sushi rice is often sweetened, so it's best to avoid large quantities of rice. If available, go for hand rolls (Tamaki sushi) instead of regular rolls. They typically have better protein and vegetables to rice ratio.
- Bring your own gluten-free soy sauce or soy sauce alternative for dipping. If you're avoiding soy, skip out on edamame and miso soup. Otherwise, they make a good starter.
- Choose hibachi and yakitori (grilled meats and veggies) or ask for steamed sides to avoid refined oils.
- Wakame seaweed salad is a great addition to the meal.



Italian

- Avoid pasta and bread, and ask for vegetable sides in place of them.
- Choose an antipasto dish (olive oil marinated mushrooms, olives, artichokes, cold meats etc.).
- Opt for fresh grilled meat and vegetable dishes (e.g. grilled octopus or squid salad, mussels in tomato sauce, fish of the day, Italian stews). If rice and dairy don't bother you after the reintroductions, enjoy a risotto once in a while.



Greek

- Avoid tabbouleh and hummus as they contain either grains or legumes.
- Opt for baba ghanoush – eggplant, olive oil, and tahini – in place of hummus or tzatziki and taramasalata dips (unless you're okay with dairy).
- Order gyro/grilled meats without the grains – ask for a base of salad and some garlic mashed potatoes. Greek menus always have fantastic fish and seafood dishes.
- Greek cuisine uses lots of olive oil and honey, so both cooking oils and sweeteners are coming from good sources. Skip heavy desserts and opt for coconut date rolls (two ingredients!) or a few pieces of dried fruit instead.



Find Quick Menu guides to U.S, Australia and UK in your downloads.

5. FOOD & YOUR EMOTIONS – HOW TO STAY ON TRACK

As you get through the the plans, it's important to **remember WHY you started** in the first place. Keeping up the enthusiasm you at the beginning is not an easy task. It's easy to slip here and there. A sneaky piece of cheese, a little sip of wine – we've all been there. Don't let these incidents deviate you from the right path or cause feelings of guilt and distress. My goal is for you to have a positive relationship with food and to not get dogmatic or obsessed with what you're eating. In this Q&A, our nutritional expert **Jad Patrick** shares a few tips and insights on emotional eating and staying motivated.



When it comes to diet plans, it can be challenging to stay on track and keep motivated. What are your top tips?

Keep a written copy of **your goals and values**, and a description of the feelings and experiences you want to have more of once the plan is completed. Pin it above your desk, keep it in the notes on your phone, send it to yourself as an email – basically, have it around you often. Whenever you experience a craving or feel like giving up on the challenge, press the 'pause button' on your thoughts and read over WHY you want to complete the plan.

Willpower weakens throughout the day, especially when the blood glucose levels are low and when we are tired or hungry. Therefore, make life easier for yourself by planning ahead, and **having back-up meals and snacks ready** for times when you feel too tired or busy to cook.

When you complete something you find difficult, such as a challenging workout or sticking to your eating plan, then reward yourself. **Rewards reinforce habits**. Many people use food as a reward, but consider other pleasurable options such as getting a massage, watching a fun movie or buying yourself something special.

Also, use your own **intrinsic reward system** – your thoughts! Encourage yourself rather than beat yourself up. Think of a person you love, or someone who inspires you, and imagine what encouraging words they might use to get you motivated. When we put ourselves down we make ourselves feel like crap, and that leads to cravings for an antidote to that pain such as alcohol or sugar. By showing yourself love and compassion, you reinforce good behaviours.



A lot of people suffer from emotional eating. How does that manifest itself? How can we change these habits?

We all engage in emotional eating from time to time. Food is associated with many wonderful emotional experiences such as celebrations, birthdays and festivals. Food is associated with the comfort and love we experience growing up. Food evokes memories, piques our curiosity and connects us with people. So more often than not, food is associated with emotions.

There is nothing bad about this. What can become a problem, though, is when people experience painful or uncomfortable emotions and automatically and habitually try to soothe or hide those painful emotions using food. This may be a problem for two reasons. One: by avoiding and trying to fight uncomfortable emotions and thoughts, we set up an unhealthy relationship with our internal experiences. And two: we may overeat or binge eat with unhealthy foods.

So, to tackle emotional eating we need to address two areas – the emotion that triggers the behaviour, and then the behaviour itself. Start by first noticing the emotion that precedes the eating.

- What would you name the emotion?
- How do you know in your body that you are experiencing the emotion?
- What were the thoughts that occurred or the situation you were in when the emotion arose?
- Can you change the situation that triggered it (by removing yourself from a stressful situation, for example)?
- Can you change the thinking behind the emotion? For example instead of using harsh words towards yourself, could you instead show yourself some compassion and kindness?

When an unpleasant emotion shows up, our natural reaction is to fight it, or to avoid it. Eating food can provide pleasure that helps us avoid the unpleasant experience we have with a particular emotion. The problem is that it doesn't always make the pain go away; and like a drug, sometimes we require more and more to try and hide or mask the pain.



An alternative way to deal with painful emotions is to explore them with **curiosity and compassion**. Take a few deep breaths and explore where in your body the emotion feels strongest. Allow the feeling to be there. Take a few more deep slow breaths and notice how the emotion changes or stays the same.

- Does it increase or decrease in intensity?
- If it were a colour, what colour would it be?
- What shape would it be in your body?
- Again, breathe and allow the emotion to be there.
- What thoughts start popping up as you let this emotion appear?

Again, try not to force them away or struggle with these thoughts and feelings; just allow them to be there as they are.

Place your hand over where you experience the emotion most strongly and imagine what a loved one would say to you if they saw how you were feeling. Can you allow yourself to feel the warmth of their kind words?

Sometimes we do need to soothe painful emotions. This doesn't have to take the form of food, though. By pausing and paying close attention to our emotions we can then choose how we wish to act on them. We can choose to let the feeling to just be there and carry on with our day, knowing full well that all emotions come and go.

We can choose to soothe ourselves in some way – that can be by treating ourselves to a massage, engaging in a hobby, or having a relaxing bath. We can also choose food; but we can choose to do that intentionally and mindfully and really focus on nourishing ourselves.

If emotional eating is something you are really struggling with, it might be worth speaking to a counsellor or psychologist who has experience working with these issues too. Just like we sometimes need a personal trainer to help with our exercise habits, sometimes we also need a counsellor or psychologist to help us with our emotional and cognitive habits.

During the plan, I want to help my participants build a healthy relationship with food. What are the most common signs that someone has an unhealthy relationship with food?

Eating disorders are an under-recognised health condition around the world. Up to 9% of the population in Australia, for example, will be suffering from an eating disorder at any one time. Oddly enough, losing weight can sometimes be the trigger for disordered eating. The reasons are complex; however, there are signs that when some people lose weight too quickly, if they have the genetic tendency towards an eating disorder, this seems to activate those genes. So it is important, when making dietary changes, to be aware of this possibility. Some of the signs that might suggest you MIGHT have an unhealthy relationship with food are if:

- You spend more of the day worrying about food or your weight than you would like.
- You are avoiding important social or cultural experiences in your life for fear of eating the 'wrong' foods.
- You experience intense uncontrollable emotions around food at times.
- You experience intense, uncontrollable cravings or binge eat on certain foods, causing you distress.
- You reach your desired weight loss or muscle gain target and still feel unsatisfied, and re-set the goal posts.
- You are classified as underweight.
- You regularly use laxatives or slimming pills or purgatives to control your weight.
- You worry so much about eating the right healthy foods that you have stopped enjoying eating.
- You have noticed whenever something unpleasant happens in your life, you go on another diet, health kick, or exercise regime that might be too extreme.
- Friends or family have expressed genuine concern about your relationship with food.
- A health professional has expressed concerns about your relationship with food
- You regularly (weekly or daily) experience guilt or remorse around eating.
- You are avoiding experiences or activities in life because of worries around your weight or eating.

If you are experiencing a few of these signs, or even one of these signs very strongly, it may be worth chatting to an eating disorder specialist about how you can better manage your relationship with food. Recognise you are not alone, and that support is out there.

What are your tips on building a long-lasting, healthy relationship with food?

Remember that food is one small – albeit important – part of living a healthy, happy and meaningful life. Food provides nutrition and nourishment, but we must also never forget that food links us to our culture, our history, our families and celebrations.

These are all deeply nourishing reasons to eat food as well. Food also provides pleasure, and entertainment. These are wonderful aspects of eating and should be enjoyed without guilt or remorse. Be honest with yourself about food. If it is causing you a lot of guilt and distress, see a professional. Otherwise, enjoy the pleasures of providing your body with nourishing whole foods that sustain you and leave you feeling healthy.



6. AVOIDING & GETTING OUT OF COMMON TRAPS

No matter what we do, we all end up in a sticky place at one time or another. It's not your fault. While we can't always avoid these traps, we can talk about the best ways to navigate unfortunate situations - whether it's before you give in or after you've been defeated. The most important thing to remember is this: these situations happen to the best of us. They don't reflect upon YOU and your decisions most of the time. Treat these mistakes as a learning experience and educate yourself with what you can do next time.

Friends encouraging you to cheat

We've all been in a place where our friends try to sabotage us with the seemingly innocent "C'mon, just one bite won't hurt". The fact of the matter is that one bite CAN hurt. First of all, know that YOU come first. Eating a slice of birthday cake isn't doing your friend a favour, and you aren't being impolite by denying it. Don't let their words overrule your internal voice of reason. There is a time and place for a slice, of course, but keep that for a special occasion rather than your friend's weekly catch up.

Craving junk when hungover

Easiest way to avoid this trap? Not drinking! While having a glass or two of wine won't leave you feeling terribly miserable the next morning, drinking to excess depletes and dehydrates the body. In conjunction with tiredness and lethargy, you'll probably be craving salt and sugar the next morning. Giving into those cravings will lead to feeling worse, so nourish your body properly and avoid hangovers in the first place. Load up on antioxidant-rich fruit and veggies, coconut water and a hearty protein dish.

Guilt traps

This trap is unique because as much as it's something we're conditioned to do, it mostly involves you. Our group isn't going to encourage you to feel guilty for falling off track; rather, you believe that you ought to feel guilty. No matter what the situation or circumstances are, you do NOT have to feel guilty. There is no situation that you can add guilt to that won't make it worse. Kick guilt to the curb and replace it with gentle self-love and care. Guilt perpetuates negative self-talk, exacerbates emotional reactions, and diminishes self-esteem and self-worth.

Social pressures

Company dinners, birthday parties, weddings, and social gatherings at bars... we are all pressured in the name of spending time with friends and being social. Again; it is not impolite to decline foods by saying, "I don't eat that". Avoid using the phrase, "I can't," and grant yourself the freedom of choice. A friend who respects you will respect your decisions as well.

Getting over relapses/falling off the wagon

The best time to start over? Your next meal. Nobody is perfect, and often, relapses aren't limited to one meal or day. Whether you've sabotaged breakfast or the whole week, you CAN get back on track the same way you did in the first place. Remember: this is not a race, it's a journey. You will face as many setbacks as you do successes. The difference lies in the way you approach these setbacks. I usually encourage the avoidance of phrases like 'falling off the wagon' or 'failure' and instead simply call them **speed bumps**.

Answering prickly questions about your new diet

Talking about your new diet might be exciting for you. It's great to share your successes with others, but those claims will likely inspire some inquisitive responses from other people. Some people might be 100% encouraging, while others can come back at you with condescending remarks and questions. Simply answer those people the best you can and don't let their opinions sway what you enjoy doing. Your diet and lifestyle are for you and nobody else.

Sound familiar? These situations bubble up in all of our lives at one point or another. The further down the road you get, the easier these things will be to navigate. The most important takeaway is that your lifestyle should cater to you first and foremost. Don't let social pressures, guilt, and cravings bring you down.

7. EAT THIS, NOT THAT - FOOD SWAPS

Surely we're all on the same page when it comes to the fact that life is too short not to have dessert every once in awhile. After all, it's what you do most of the time that counts. Besides, indulgence is a great way to foster balance in your life while indulging our joy. Comfort food gets a bad rap, but every so often, it's just necessary.

Sometimes, the real deal is 100% acceptable. Special occasions call for breaking the rules, and that's okay. But what about the rest of the time? You know, like watching a movie on the couch when the craving for something salty comes on? Instead of reaching for a bag of potato chips or polishing off bags of gummy bears, think outside of the box.

Sure, maybe kale chips are just a novelty to you. You might be asking, "Who in the world thinks they can pass off kale as a potato?" Don't knock it 'til ya try it. These healthy food swaps are surprisingly similar to the real thing, and at least you can feel a bit generous with yourself while not throwing all your best efforts out the window.

Potato Chips vs. Kale Chips

Potato chips are only as good as the ingredients they're made out of, and when you're hitting up the gas station for a quick fix, those ingredients aren't so wholesome. Non-organic potatoes, refined oil, and artificial flavours galore, we want to steer away from. Kale chips aren't just a trendy food item these days. Grab a bunch, toss it in olive oil and salt, and bake. These crispy, leafy greens pack loads of vitamin A and C while satisfying your need to crunch down on something. Besides, you can pretty much get away with eating the entire batch for far less calories.

Find a recipe for spicy kale chips here: <http://eatdrinkpaleo.com.au/spicy-kale-chips/>



Mac & Cheese vs. Cauliflower Bake

Before you deem these two dishes as nothing alike, I want to let you in on a little secret: cauliflower can be almost anything you'd like it to be. While it's certainly not pasta (and there's no denying it), you can take on the flavours that a baked macaroni dish encompasses with chopped cauliflower and a creamy coconut-milk and veggie sauce. For a cheesy taste, consider using nutritional yeast. This is the ultimate comfort food classic with some serious produce power.

Try this baked "cheesy" cauliflower from The Healthy Maven: <http://bit.ly/2dShvCZ>



Donuts vs. Bliss Balls

Donuts... you can't eat just one, if only for the variety to be had! Cream-filled, bursting with jelly, coated with powdered sugar, or just plain glazed, a dozen of these bad boys does NOT constitute a healthy breakfast or snack. While this is some people's chosen treat of choice, I've got something more suitable for an everyday occasion. Bliss balls are often made of dried fruit like dates, nuts, seeds, powders, and spices. You can generally make them taste however you like with your favourite additions. These are the perfect bite-sized snacks for that on-the-go coffee sidekick.

Get fancy with these apricot and lavender energy balls: <http://bit.ly/2dF0SXC>



Zoodles vs. Noodles

If you don't have a spiralizer, you ought to get one. From zoodles to sweet potato noodles, you can basically turn anything you'd like into pasta. This means alfredo dishes, easy bolognese, fun additions to salads, stir-fry, and noodle soups without limits. You're cutting down on calories while stacking up the nutrients. Plus, this simple kitchen investment will keep things interesting for meals to come.

Top yours with chipotle meatballs: <http://bit.ly/2dAap2L>



Tortilla Chips vs. Sweet Potato Chips

Tortilla chips aren't the worst offender when made from organic corn, but sit in front of an endless bowl of chips and salsa at a Mexican restaurant and... well, you can't stop at one! Making homemade sweet potato chips at home ramps up the nutritional value while allowing you to implement some portion control. They make the perfect vessel for scooping up some pico or guac.

These nachos are the perfect party dish: <http://bit.ly/WZ3hlz>



Butternut Squash Fries vs. French Fries

Much like potato chips, fries are as good as the ingredients are. It goes without saying that fast food fries aren't exactly what one might consider "healthy," but the need for that salty, fatty, potato-ey goodness just hits us sometimes. Butternut squash can be peeled, seeded, and cut into fries perfect for dipping and curbing your craving. Bake 'em instead of frying 'em and you've got a much better-for-you treat. You can do the same with sweet potato and zucchini.



Ice Cream vs. Banana Ice Cream

Banana ice cream, otherwise known as "nice cream" is all the rage these days. In fact, you can buy a kitchen appliance designed specifically for making it. Rest assured, though, you don't need to dish out big bucks. If you've got a food processor or high speed blender, you've got squeaky clean ice cream coming your way. Simply blend frozen bananas alone or with additional flavourings like frozen berries for sorbet or cocoa powder for a chocolate fix.

This is a handy dandy list of guilt-free blender ice cream: <http://bit.ly/26xfD4I>



Riced Cauliflower vs. Rice

Once again, cauliflower stands in as the superior choice here. After all, curry just isn't the same without rice, and giving that up would be unfair. With a head of cauliflower and a food processor, you've got a bed of "rice" to serve up any tasty Asian or Thai-inspired protein and soak up yummy sauces.

Get creative with this prawn and chorizo "paella": <http://bit.ly/1sVQv0v>



Fruit & Nut Bars vs. Granola Bars

Granola bars are often sold and touted in packaging with health claims and whole grains, but we know better than that. Hiding out in between the oats and nuts are up to three different types of sugar. Yikes! Instead, you can opt for an au natural approach to quick energy and snacking on the go by processing dried fruit and nuts and forming them into bars.

Check out these DIY Lara Bars: <http://bit.ly/2dy4hsR>



Chickpea Hummus vs. Cauliflower Hummus

Now, little garbanzo beans aren't enemy #1, but many people don't tolerate legumes as well as they think they do. When improperly prepared, these little buggers are known for their anti-nutrient content and causing digestive issues. Whizzing up some cauliflower, tahini, olive oil, and spices can recreate that Mediterranean appetizer without the negative side effects.

Here's an adaptation using roasted cauliflower for the dip: <http://bit.ly/2dZihO6>



Pizza vs. Eggplant Pizzettes

There's nothing quite like ordering delivery and awaiting a glorious, piping hot, cheesy pizza on your doorstep. It's the ultimate convenience, and it's not necessarily notorious for being a healthy habit of ours. When it comes down to it, pizza is all about quality toppings and explosive flavour. Using eggplant rounds as the base, you can top it off with the seasonings, sauce, and cheese you love so much.

Here's an easy peasy recipe for your pizza fix: <http://bit.ly/2dZjUeX>



Tuna Sandwich vs. Tuna Salad

Tuna salad is a humble lunch staple that we often encounter at the deli. In this case, it's almost always served on bread. Even worse, it's generally doused in heavy mayo made with refined oils. Otherwise, this food has so much potential to be a protein-packed lunch full of healthy fats! Serving it in lettuce cups or on top of a salad is the healthy choice.

These endive boats will make you forget all about the bread: <http://bit.ly/2dZjeWl>



Fried Breaded Chicken vs. Baked Chicken Wings

Fried chicken is definitely not known for being healthy. Alas, it is known for being really freaking good. And, well, it is. Unfortunately, indulging in this picnic food often isn't going to be doing you any favours. Opt for the grill or the oven instead when it comes to wings and forgo the breading for a sticky glaze, a good brine, or a succulent dry rub.

Try these sticky Portuguese chicken wings: <http://bit.ly/10WqdEg>



Burger Buns vs. Lettuce Wraps

Burgers are generally pretty healthy. We've got some meat stacked with veggies, condiments, and maybe some cheese. If you're making it at home, you can ensure quality ingredients go into the burger. The bun is the problem here. Before you deem lettuce boring, remember how many varieties you can choose from. Get creative with collard greens and cabbage leaves, too.

Grab some burger inspiration here for your next wrap: <http://bit.ly/PBccol>



Eggs, Baked Beans & Toast vs. Breakfast Hash

I'm going to assume you've got a healthier choice with this one. Forgo the grains and the sweet baked beans for sweet potatoes and warm roots, bacon or sausage, and whatever veggies you'd like. A quick breakfast hash makes great use of leftovers for staying on track throughout the week, and it's easily customized. Just put an egg on it!

This sweet potato chorizo hash has all you need and more: <http://bit.ly/2dZks4k>



Peanut Butter Sandwich vs. – Apple Slice with Almond Butter

Peanut butter and jelly sandwiches are a lunchbox treat, and they're not just for kids. This combination is a comfort food for adults, too. Whether you're treating the little ones or yourself, opt for a grain-free option and sandwich almond butter or cashew butter in between two apple slices. Add some honey if you're feeling sweet. You can also pile it into celery sticks and top with raisins.

These paleo apple almond butter nachos are the ultimate snack: <http://bit.ly/2d8MUOI>



Lasagne vs. Layered Veggie Bolognese Bake

Lasagne is the deep dish I love second best, next to pizza. The soft layers of noodles, ricotta cheese, meat, and sauce come together to make this dinner the meal you're always asking for seconds from. Unfortunately, this recipe is quite heavy, and all of the dairy and grains make it not the best choice. Layering up veggies in a homemade meat and tomato sauce can give you something heartier, cosier, and healthier than traditional lasagne.



There you have it! You don't have to miss out on much just because you're missing certain foods. These healthy swaps are bound to get you through the worst of cravings while truly enjoying delicious and nutritious foods.