



# HOLISTIC Dad

## **How to use this workbook**

Making big changes to our diet and lifestyle can seem daunting, and changing habits isn't an overnight process. We've created this short workbook to help steer you in the right direction towards living a more holistic, healthier lifestyle!

Our eating habits and choices are personal, and therefore everyone has a different path to follow.

***This guide will help you to find out your own specific needs and make changes accordingly.***

For best results, go over it for a few minutes every day to keep yourself focused and motivated!

For additional resources and tips, visit our blog <http://www.holisticdad.net>

**Healthy Changes Pledge: I devote this week to making small but powerful changes to my diet and lifestyle. I will let my family and friends know of my decision and ask them for support. I will not judge myself if I do not reach all of my goals, instead I will focus on my achievements and continue taking each day at a time.**

Signed \_\_\_\_\_

### **Step 1: Assessment**

Spend the next few days making a list of all the food and supplement items in your house. Include in your list notes about favorite items, or food that you consume the most (such as why you like it, how much it costs, the ingredients, etc)

#### **Some Ingredients to be wary of:**

##### **Genetically modified Organisms (GMOS)**

*-most soy and corn products used in the US are genetically modified. (See resources)*

##### **Transfats**

*-Created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Otherwise known "partially hydrogenated oils." Typically found in processed and junk foods.*

##### **High Fructose Corn Syrup**

##### **Aspartame (E951)**

*-Nutrasweet and Equal. Found in many diet or sugar free products, toothpaste, and baking goods.*

##### **Artificial Food Dyes**

*-Blue #1 and Blue #2 (E133), Red dye # 3 (also Red #40) (E124) Yellow #6 (E110) and Yellow Tartrazine (E102) Banned in several countries.*

##### **Monosodium Glutamate (MSG)**

*-a flavor enhancer frequently found in seasonings and soups*

#### *Resources:*

*Unintended GMO Health Risks [http://www.organicconsumers.org/articles/article\\_11361.cfm](http://www.organicconsumers.org/articles/article_11361.cfm)*

*Top 10 food additives to avoid <http://foodmatters.tv/articles-1/top-10-food-additives-to-avoid>*

## **Step 2: Research**

Look over your list of household food items and products and note which should be replaced with healthier, more natural alternatives.

Write down on a notepad or in this workbook your monthly food budget. Next, visit your local health food store or farmers market and research healthier options that are within your personal monthly budget.

For individuals on a budget, consider the following suggestions for your shopping trip:

- Check the bulk section of your health food store for saving on items bought in large quantities, such as rice, legumes, quinoa, etc
- Look into possibly joining an organic delivery service ( see resources)
- Save leftovers!
- Grow your own veg whenever possible. Many individuals, even in large cities, are creating communal gardens.

Resources:

<http://www.localharvest.org/>

### **Step 3: Invest In Yourself**

With the internet offering us free or inexpensive classes, videos, courses, books, and other educational material, improving in various aspects of our lives has never been easier. If you happen to feel intimidated with cooking and purchase fast food as a faster alternative, consider enhancing your cooking skills. If you want to save money and a trip to the doctors by learning more about herbalism and natural remedies, you can find loads of resources online.

Here are a few of my favorite sites:

<http://tv.naturalnews.com/> Health and wellness related videos

[Mountain Rose Herbs Channel](#)

[Herbalism Basics series](#)

[Super Veggie Delight Youtube series](#)

<http://www.udemy.com>

*-affordable classes from experts around the world. Their wellness section is slowly growing but there are a number of yoga and wellness courses available.*

#### Step 4: Experimentation

Trying healthy ingredients that you've never tasted or tried before can turn you on to new flavors, as well as health benefits. Experiment with new spices such as turmeric, and try adding seeds to your everyday meals.

Here are a few things to try:

- Replace butter with organic coconut oil when sautéing or baking.*
- Try using Flax or hemp oil on your salads*
- Mix turmeric (an inexpensive spice popular in Indian cuisine) into salad dressings and soups*
- Add flax seeds to your homemade pancakes, bread, and cookies
- Consider making a seed jar: mix pumpkin, flax, sesame, and sunflower seeds into a jar. Shake until well mixed. Add a spoonful each day to yogurt or oatmeal
- Add green tea (such as matcha) to baked goods to give them not only colour but lots of flavor!
- Replace sodas and store bought juice with herbal teas such as Longevity Tea, rooibos, etc
- Replace coffee with yerba mate

Resources:

Check out our [Recommended Resources](#) page for more info on Longevity tea and other products



**List of Our Household Food Supply**

**Items To Omit From Future Shopping Trips**

**Monthly Grocery Budget:**

**Healthy Substitutions That Fit Our Budget and Needs:**

**Health Stores Closest To Us:**

**Organic Vegetable Delivery Info:**

**Helpful Sites:**

**New Things To Try This Week:**

We hope you enjoy doing the steps in this workbook!

For free health and wellness updates, subscribe to our blog <http://www.holisticdad.net>