

Guide To The Grocery Store

Wednesday
July 20th
6:00pm

@ Revolution Wellness
Center



- * Learn how to shop Organic & on the Healing Diet
- * Dr. Meghan will walk you through the grocery store from the comfort of Revolution.
- * Space is limited. Reserve your spot today!
- * FREE

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8509 Jefferson Ln N.
Maple Grove, MN 55445
763.425.4577

Food For Life Brown Rice Tortillas



Brown Rice: Gluten-Free
So yummy with peanut butter and raw honey in the morning

Yogurt



Dairy-Free
Goat Yogurt

Yogurt: Perfect for breakfast with a scoop of protein powder and toppings
Berries, Nuts, Coconut, Peanut Butter, Fruit
MAKE SURE IT IS FULL FAT and PLAIN!

Butter



Make sure butter is organic
Just like other animal products, can be full of hormones and toxins

Coconut Milk



Must use Organic... check for NO sugar
Also, you want to buy whole fat, no light
Use in smoothies, baking, and my fav: coconut milk ice cream

Coconut Oil



One of our kitchen staples
Use for any kind of cooking: stovetop or oven
Sold at Rev
Also great on your skin

Milk Alternatives



Can use in replacement of cows milk
Get UNSWEETENED
Also comes in chocolate

If you can find raw milk, you can use that if you're body is ok with dairy

Nut Butter



Peanut butter is a good fat
Valencia peanut butter is the best
Always buy organic
Other Options: Almond, Cashew, Sunflower Butters

Almond Flour/ Meal



Perfect for grain free baking... muffins, cake, breads.
Can also bake with Stevia or Agave and have it be Advanced Plan
approved

Cream of Mushroom Soup



Pacific Natural Foods: Also in Cream of Chicken
No MSG, Gluten, Neurotoxins in this brand
Works in replacement of toxic condensed soups in casseroles and
chicken

Coconut Ice Cream



Healthy Ice Cream Alternative
Made with Agave
Filled with lots of good fat

If you have an ice cream maker, you can
make your own just like this!



Crackers



Gluten-Free Crackers
Nut-Thins have 6 flavors

Apple Cider Vinegar



Best brand!

Raw, unrefined, unfiltered, organic
Contains the mother of vinegar (Enzymes)

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Boar's Head Deli Meat



Boar's Head

Nitrate/ Nitrite Preservative-Free

No Fillers

No Preservatives

Stay away from the Ham (Pork)

Always been gluten-free

Quinoa



Best to buy in Bulk (\$)
Made the same way as Rice
Almost a complete protein
Gluten-Free

Stevia



Stevita Stevia (plain) is best for baking/ plain sweetener
Sweet Leaf (English Toffee) is best for coffee/ tea
Stevita Flavors is good for water instead of Crystal Lite



Vegenaise Grapeseed Oil



In place of Regular Mayo (full of canola oil)
There are many kinds of Vegenaise... make sure it's
grapeseed!

Bragg's Dressing



NO Canola Oil
Just Olive Oil

Balsamic Vinaigrette and
Asian flavors



Ketchup/ BBQ Sauce



OrganicVille is made with Agave
and not any other sweetener/
sugar
Gluten-Free

Our all time Favorite Ketchup!



Organic Grass-Fed Hot Dogs



Always buy organic and grass-fed
Otherwise it is a very TOXIC food

Co-ops are the best place to get these

Zevia

Stevia/Xylitol sweetened soda
NO sugar, NO artificial
sweetener
Great for a nice treat!!



Salad Bar



Great option for lunches on the go

At a co-op or Lunds/ Byerly's
(Organic vs. Not Organic)

You can build your own and
choose healthy options!!

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Rice Noodles



Rice Noodles (Gluten-Free)
Many different kinds of noodles
Use Sparingly... not on the advanced plan!

Organic Frozen Green Beans



Easiest vegetable to make quick
Just steam and coat with butter and S&P
We ALWAYS have a bag in our freezer

Bulk Nuts

The cheapest and best way to buy nuts
Raw is best, then unsalted.
Don't buy salted

My Favorite: Mixing and matching different
varieties and different trail mixes

Trader Joe's also has some healthy
choices!!





Ezekiel Brand Products



Sprouted Grain: NOT Gluten-Free
Tortillas, Bread, Cereal, and Noodles
If you can have wheat, this is a good option!!

Sweet Potato Fries

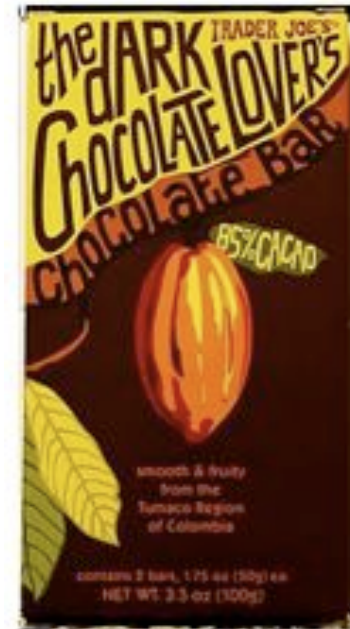


Fast, good treat
Not a perfectly pure food, but
natural
Core plan, but not advanced
They say they are gluten-free



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Dark Chocolate



Here is a good variety ☺
I LOVE dark chocolate, the perfect treat
Always get 80% or darker for less sugar

Misc Items 😊



Wheat-Free Tamari Soy Sauce
This is the only soy sauce ANY of
us should be using!



Chicken Broth/ Chicken
Stock
Make sure it's Free-Range!

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DIRTY DOZEN™

Buy These Organic

- WORST**
- 1 Celery
 - 2 Peaches
 - 3 Strawberries
 - 4 Apples
 - 5 Blueberries
 - 6 Nectarines
 - 7 Bell Peppers
 - 8 Spinach
 - 9 Cherries
 - 10 Kale/Collard Greens
 - 11 Potatoes
 - 12 Grapes (Imported)

CLEAN 15™

Lowest in Pesticides

- BEST**
- 1 Onions
 - 2 Avocado
 - 3 Sweet Corn
 - 4 Pineapple
 - 5 Mangos
 - 6 Sweet Peas
 - 7 Asparagus
 - 8 Kiwi
 - 9 Cabbage
 - 10 Eggplant
 - 11 Cantaloupe
 - 12 Watermelon
 - 13 Grapefruit
 - 14 Sweet Potato
 - 15 Honeydew Melon



ENVIRONMENTAL WORKING GROUP

www.foodnews.org

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**Key Concept:
Food is too weak to replete
depleted cells and bodies**

Advances in Therapy, Volume 24, Number 5, September 2007

“Only supplementation was able to significantly boost nutrient levels... and are advisable for everyone”

From Advances in Therapy September 2007



- The USDA recommends 13 servings of fruits and veggies/day
- 50% of American's diet is made up of processed foods
- Most man, woman, and child is nutritionally deficient in the US (malnourished)



- Grocery Shopping is an Art
- Learn smart shopping techniques
 - Compare Prices
 - Plan, Plan, Plan (Lists and Meal Plans)
 - Go to multiple locations
 - Change our mind on how we shop
- Remember: People who spend the most for groceries spend the least in health care costs
- Where do you want your money going?



Questions?