



# REAL FOOD RESET

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# Hi! I'm Sloane Simon,

mom of 4, and Certified Nutritional Therapy Practitioner. I help families overhaul their Standard American Diet to a real food lifestyle diet easy, realistic, and manageable steps. One of the very best ways to jumpstart your health journey is to implement a simple morning routine with a few easy and impactful steps to make the most of your day.







# Start here:

Let's talk about what you CAN have....**all real, whole, foods!!!**

*We are avoiding:*

- 🍓 All processed foods
- 🍓 Anything with more than one (1) ingredient unless otherwise approved by your NTP.
- 🍓 Anything that comes wrapped in a package, box, carton, or can including, but not limited to:

- Bars
- Cereals
- Pasta
- Bread
- Flour
- Candy
- Cookies
- Brownies
- Cakes
- Alcohol
- Dairy
- Grains
- Legumes
- Beans
- Rice
- Muffins
- Peanuts (unless soaked/sprouted)
- Sodas (Diet or regular)
- Any beverages with added sugars or artificial sweeteners

\*Exception: Single ingredient nut butters





## You get copious amounts of **VEGETABLES**

🍓 Try cooking fibrous vegetables as much as possible to help aid in digestion. 🍓

- Leafy greens
- Squash
- Broccoli
- Tomatoes
- Brussel sprouts
- Celery
- Cauliflower
- Garlic
- Potatoes
- Olives
- Cabbage
- Mushrooms
- Bell peppers
- Cabbage
- Carrots
- Beets
- Onions
- Eggplant





## and don't forget about the **FRUITS**

🍓 Berries are lower in sugar, 🍓  
so eat to satiety!

- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Cherries
- Avocado
- Coconut
- Peaches

🍓 Eat these in moderation due 🍓  
to sugar content:

- Apples
- Oranges
- Watermelon
- Bananas
- Mangos
- Pineapple
- Grapefruit
- Grapes





# MEAT, POULTRY, PORK, AND FISH

🍓 Aim for a weekly balance of lean and fattier meats 🍓

- Chicken breasts, thighs, drumsticks
- Ground beef, steak, fajitas
- Salmon, tuna, cod, shrimp, etc.
- Eggs (Pastured if you can swing it!)
- Pork loin, chops, bacon (quality brands like Applegate and Pederson Farms)

# FATS, NUTS, AND SEEDS

🍓 While higher in fat, nuts and seeds are low-carb and contain protein as well as vital nutrients and minerals.

🍓 Eat these in moderation unless soaked and sprouted to avoid strain on digestion.

- Raw almonds
- Cashews
- Brazil nuts
- Hazelnuts
- Pecans
- Walnuts
- Macadamia nuts
- Sunflower seeds







## SPICE IT UP

- 🍓 Make your food flavorful with yummy spices and seasoning that are simple and free of sugar and excess junk.
- 🍓 Below are just some of the spices you can use to make basic ingredients taste extraordinary:

- SEA SALT
- BLACK PEPPER
- GROUND CINNAMON
- GROUND NUTMEG
- GROUND SAGE
- GARLIC POWDER
- PAPRIKA
- GROUND CUMIN
- RED PEPPER FLAKES
- DRIED THYME
- DRIED OREGANO
- ONION POWDER
- DRIED SAGE
- DRIED BASIL
- CHILI POWDER
- FRESH CILANTRO
- PARSLEY
- LEMON JUICE
- CARRAWAY
- CORRIANDER
- GINGER
- TURMERIC
- SAFFRON
- ALLSPICE
- STAR ANISE
- POPPY SEED
- TAMARIND
- CARDAMOM
- DRIED DILL
- FENUGREEK
- ROSEMARY
- CLOVE
- FENNEL
- CAYENNE
- TARRAGON
- BAY LEAF

## QUICK RESET TIPS AND TRICKS



### TRY FERMENTED FOOD!

If you're feeling adventurous, these are wonderful for gut health:  
Sauerkraut • Fresh pickles • Kimchi



### HYDRATION IS KEY!

Remember to drink lots and lots of fresh, filtered water! Occasionally add a dash of mineral salt and lemon.



### KNOW YOUR COOKING OILS!

When cooking your meat and vegetables, remembering the following:

High heat: Real butter (recommend Kerrygold brand), coconut oil, avocado oil, or ghee

Low Heat/ Dressings: Extra virgin olive oil, macadamia nut oil



# RESET WITH YOUR KIDS

There are so many ways to do a real food reset and it will look different for every family based on your goals and what you want to accomplish. Here are a few strategies of how to decide what will work for your family and how to go about it + some dialogue examples of how to talk to your kids about the reset!



**Evaluate where you currently are on your real food journey.** Are you eating out a lot? Are you struggling with allowing too many packaged snacks? Are you eating a real food diet but wanting to up your nutrient density?

Determine the main factor that you want to work on and make it your primary goal. Here are some examples:

- For (x amount of time) we're going to avoid all fast food
- For (x amount of time) we're going to stop eating packaged snacks
- For (x amount of time) we're going to eat primarily at home



**Talk to your partner about the reset.** It is much easier to take on a reset, no matter how big or small, if your partner is on board. Explain why you want to do the reset, what your goals are, and how you are going to accomplish it. Usually, if you have a plan with examples, it's easier for your partner to see how it will play out. Especially if you're focusing on one main objective (refer to #1 above) instead of just saying 'We're going to eat better' for X amount of time.

Sometimes your partner may not want to do the reset but if you still feel strongly about going ahead, then you need to discuss with them how they can still support you and your kids without doing the reset themselves.



**Plan ahead for possible conflicts.** Unless you're doing the reset for one day, it is inevitable that conflicts with your reset will arise. Take a look at your schedule and determine possible events and then think about how you can handle it while on the reset. Sometimes you might need to have a polite conversation with friends before a playdate or take a look at a menu before a date night.



**Remember to stay positive!** You're doing this to better yourself and your family and to set new, healthy habits. It's a good, positive thing. Not a burden. Keep that mindset!



# TALKING POINTS TO HELP YOUR KIDS UNDERSTAND THE REAL FOOD RESET:

**Let your kids know that a real food reset is coming their way and why.**

*“You know how we’ve been eating out a lot and eating more sugar than usual? It can be fun to eat those foods every now and then, but eating them too much can make our bodies feel icky. It’s time that we get back to our usual way of eating. So for now, we’re going to try and stick to the best quality foods that we can so that we can feel our best.”*

**Let them know what good quality food means.** *“We’re going to be eating lots of fresh and in season fruits and veggies, locally sourced meats, and healthy fats.”* Give them an example to help them visualize – *“So instead of donuts/frozen waffles/cereal for breakfast we’re going to do smoothies/yogurt with granola/egg scrambles.”* Stress the why again – *“We’re doing this because our bodies work better with real food. We’re giving our body what it needs to be strong and healthy.”*

**Validate their thoughts about the reset.** *“I know that this is hard and that you want the (insert food craving). We can still eat that in the future during special occasions. But for now, we’re going to give it a rest for a while.”* If your child has had a reaction with this specific food, now would be a great time to bring it up as an example.

Involve your kids in the preparation! Flip through cookbooks together and let them pick out some recipes to try. Take them grocery shopping and ask for their help in locating items on the list. Point out the fruits and veggies that are in season and let them help you pick some out. Give them small tasks during the cooking process.

Make the reset feel like it’s a fun challenge that you’re doing together as a family! Whatever you do, don’t treat it like it’s a chore – because treating your body properly is an honor! And we want our kids to feel that way about it too!







# CAN YOU EAT THE RAINBOW?

**Directions:** Add a color-coordinated sticker every time you eat a food from the rainbow. Can you eat the rainbow each week?

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

# Ready to take the next steps?

**Real Food + Real Families** is a five-week online course that gives parents the skills to succeed at feeding their families nourishing foods, creating peaceful mealtimes, eliminating processed foods, and feeling confident in the kitchen.

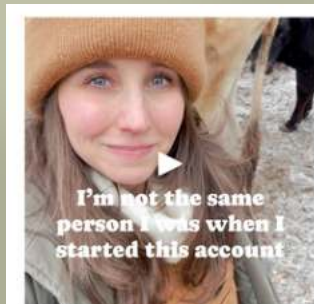


## What you'll learn:

- Module 1: Basics of Nutrition
- Module 2: Stocking your Pantry and Fridge
- Module 3: Tackling Picky Eating, Snacks, and Food Ruts
- Module 4: Eliminating Processed Foods
- Module 5: Incorporating Nutrient-Dense Foods

**Get instant access!**

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THANK YOU

