

Label-free (I don't like to be defined by any one term. I am flexible in the way I eat.)

Whole foods, plant-based

Some meat, fish, eggs (sustainable, free range, cruelty free)

Mostly dairy-free

Support Local Farmers

Mainly organic, when possible

Incorporate both raw and cooked foods at each meal

Consciously choose each meal you eat

Vegetables, Fruit, Whole Grains, Nuts, Seeds, Superfoods

Nourish and take care of your body - it's your job!

Hydrate, hydrate, hydrate - lots of clean, filtered, water

Get passionate and excited about healthy, colorful, whole foods

Listen to your body, and it's many signs and signals to you

Feed your cells the good stuff - they're working hard!

Eat balanced meals

Everything in moderation

Eat the rainbow - the more colors from nature, the better

Be mindful

You have the choice to feed disease or fight it - Feed your good health!

Guilt-free eating - Indulging once in awhile is ok! Do it with a smile on your face

Be thankful

Make your meals with loads of love in your heart

Use food as your medicine, not your poison

Stay away from refined foods (sugar, grains, etc.)

Stay away from processed foods

Even if you're preparing a meal only for yourself, make it *Beautiful*. When food is prepared and presented in a beautiful way, you will be happier and more excited to eat it. Make it a special event every time. Maybe light a candle. Create an atmosphere of comforting, positive energy.

