



Approach of FRESH Start for Health Diet Plan

The approach here at FRESH Start for Health is one that is *whole-istic* and faith-based. Considering your whole being, **we seek to meet the needs you have for health and wellness through the most natural means.**

We are NOT a diet plan, fad weight loss idea, or promoters of any weight loss products – we just share easy, everyday ways to get healthier and **STAY THAT WAY** for you and your family! We don't focus on a big list of no-no's, but rather, on creating an individual plan just for you!

The food philosophies we live by in our own lives at FRESH Start, and share with those we are privileged to work with are:

- **Eat real foods** - this means NO processed, fast, junk, and most packaged foods. We eat **WHOLE** foods – plenty of fruits, vegetables, whole grains, plant oils, nuts, seeds, lean protein, natural flavorings like herbs and seasonings, and other bounties of nature (see the Mediterranean Pyramid for the whole picture.)
- **Cook/prepare your meals at home** – as much as possible. The more you cook and eat in your own kitchen, the more control you maintain over the food choices for your family.
- **Get educated** – learn what is healthy, learn to read nutrition labels, learn to look past marketing in the industry for food and “health” products.
- **Healthy food should be delicious, filling food** – long gone are the days of the endless salads, watery soups, and tasteless “diet” foods
- **Become more intentional in your activity** – If you shoot for at least 30 minutes of heart-pumping exercise every day, you'll be maintaining your current level of health. However, just 45 minutes to an hour 4-5 days a week will take you past maintenance and into goal-meeting mode!

Realizing and respecting that each person's unique situation affects their individual eating plan needs, we will always tailor coaching, materials and classes to meet those needs to the best of our ability.

For those looking for guidance, however, we generally support the Mediterranean-style of eating here at FRESH Start for Health. Over decades of research, observation, and studies, it has been discovered that the Mediterranean way of eating (natural, whole foods like fruits and veggies, lean proteins, plant oils, nuts, seeds, just to name a few basics on this plan) is a balanced, whole, and healthy way to eat for the long haul!

It is also **so important to keep family priorities in balance.** Nowadays, less and less families are eating together, playing together, praying together, and even exercising together. Priorities...they are unique to every family. One key principle is the same for us all...for a family to achieve healthy emotional and spiritual balance, **TIME** cannot be replaced with anything else.

FRESH Start Suggested Diet Plan



FRESH START CAN-EAT FOOD LIST

Foods with Fiber

FRESH or FROZEN VEGGIES:

Green Leafy Veggies
Broccoli, Cauliflower
Squash (All Kinds)
Potatoes (All Kinds)
Green Beans
Chickpeas, Beans & Legumes
Peppers (All Kinds)

FRUIT:

Berries (All Kinds)
Apples, Banana
Pineapple, Mango, Kiwi
Avocado, Tomatoes
Cucumber & Melons
Grapefruit, Oranges, Lemons, Limes

FRESH or DRIED HERBS:

Cilantro, Basil, Oregano, Mint

WHOLE GRAINS:

Oats, Barley, Farro, Quinoa, Brown Rice

SEEDS & NUTS:

Chia, Ground Flaxseed, Cashews,
Almonds, Walnuts

OTHER:

Ginger, Garlic, Mustard

Foods with Protein

MEAT & POULTRY:

With all meats & poultry, look for LEAN versions - if it's ground, 93/7 or 90/10 or 99/1 - if it's cut, look for: sirloin, organic, grass-fed, no antibiotics. Locally grown is best!

Turkey

(Whole or Ground)

Chicken

(Breasts, Thighs, Legs,
Ground, Sausage)

Beef

Lean Ground, Sirloin or Roast

Eggs

(Cage free or Free Range,
Organic, Grain-Fed)

SEAFOOD:

Salmon, Cod, Halibut, Pollock
(Any Wild Caught Cold Water Fish)
Shrimp (on occasion)

PLANT PROTEIN:

Nuts, Seeds, Nut Butter
Quinoa
Avocado
Beans & Legumes
Kale & Other Leafy Greens

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Foods with Healthy Fat

PLANT FATS:

Avocado

Seeds

Chia, Pumpkin (Pepitas), Sunflower,
Ground Flax seed, Hemp

Nuts

Whole or as Nut Butter

Nut Milk

(Almond, Cashew, Coconut)

OILS:

Olive Oil, Coconut Oil, Avocado Oil,
Walnut Oil

DAIRY:

Hard Cheese (Like Parmesan) or Soft,
Real Mozzarella
Goat Cheese, Feta
Cottage Cheese, Cream Cheese & Heavy
Creams (in moderation)
Unsalted Organic Butter or Ghee
Low-Sugar Greek Yogurt

The goal is to combine all 3 groups listed here as often as you can - that can be in a one-pan meal or as 3 different dishes. The body can "use" more of the nutrition in your food when you combine them!