

Prepare & Nourish
preparing wholesome foods to nourish your life

60 DAYS
TO A MORE
NOURISHED
DIET



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Hi friend!

This guide was born out of a desire to make real food approachable and sustainable for the busy cook. So often we delve into a trendy diet only to learn it's not realistic and our well-intentioned plans fail.

That's why I'm happy to tell you that eating traditionally prepared foods is not a trend. It's not going away. It has been the way of eating for many many generations. This is how your great great grandparents ate. And it's naturally nourishing for the body.

At Prepare & Nourish, I don't subscribe to any one particular food movement. I do have many recipes that are naturally Whole30, Paleo, GAPS, etc.. and those are a wonderful short term solution for healing. But they are not meant to be a lifestyle.

Traditional foods, however, is. You can read more about traditional foods at www.westonaprice.org. There is a science to the nutrition aspect, but at the end of the day, just remember this: eat real, whole, unadulterated foods and you'll be good!

I hope you find this guide helpful. More than that, I hope you nourish your body well. Go at your own pace or take it all in at once. It's here to help YOU.

*be nourished,
Anya*

DAY 1 Learn how to read labels and stick to processed foods with 5 ingredients or less. You should be able to pronounce these ingredients.

Check for the non-GMO verified label and ask the farmers if they use non-GMO seeds only for their crops.

DAY 2

DAY 3 Swap sea salt for iodized table salt. Sea Salt is rich in nutrients and minerals and your adrenals will thank you.

Buy seasonal produce at farmer's markets. Don't buy anything off-season as it will lack in both flavor and price.

DAY 4

DAY 5 Switch from conventional meat to organic meat. If it's out of the budget, then stick to lean meats like chicken breast and turkey.

Soak oats (steel cut or rolled) for breakfast to reduce anti-nutrients and make it easier to digest. Prepare it with lots of pastured butter.

DAY 6

DAY 7 Start incorporating ancient grains such as buckwheat, quinoa and millet into your diet.



DAY 8 If using wheat flour, switch to an ancient breed such as einkorn. It has not been hybridized and offers many dietary and essential nutrients.

Learn the art of making bone broth and make it weekly to always have on hand.

DAY 9

DAY 10 Switch from conventional eggs to organic eggs, or better yet pastured eggs.

Avoid fluoride in tap water and get a filter. Reverse Osmosis is a great system but at the very least, use the refrigerator filter.

DAY 11

DAY 12 Learn a new condiment recipe (mayonnaise, ketchup, barbeque sauce). Mayo being my favorite first!

Switch to organic dairy products, or better yet grass-fed and pastured.

DAY 13

DAY 14 Cut out one processed food every week. Cereal, condiment, cookies, etc..

Toss corn and canola oil and go with avocado and coconut oil for cooking and extra virgin olive oil for salads.

DAY 15



DAY
16

Swap mineral rich sweeteners (i.e. coconut sugar) for cane sugar. See detailed post: <http://bit.ly/GoodSweeteners>

Follow the Dirty Dozen and Clean 15 list from Environmental Working Group.

DAY
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Save money by making your own powdered sugar. Simply grind regular organic sugar or maple sugar in the coffee grinder until fine.

Consume one cup of bone broth daily, either in soups, straight out of mugs, or in other recipes.

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Try an offal recipe such as liver pate or beef tongue once weekly then gradually more often.

Take care to source wild seafood. Avoid tilapia for white fish and instead go for wild cod or rockfish.

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Completely cut out gluten if you have any auto-immune tendencies and stick to gluten-free grains like rice and buckwheat.



Eat out less and learn the ropes of 40 minute meals. Stir fry's, easy Instant Pot soups, and summer salads with grilled protein can all be prepared in under 40 minutes.

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Make hibiscus punch that is rich in Vitamin C and sweetened with honey to replace the fruit punch sold in stores.

If a recipe calls for instant yeast, look for yeast that does not contain preservatives like sorbitan monistearate.

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Soak legumes for 24 hours to reduce phytic acid and release nutrients.

Avoid soy when you can. Fermented soy such as miso is a good choice though. Coconut aminos are a great alternative for soy sauce.

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Add one fermented item to each meal. A tablespoon of sauerkraut, kimchi, pickles, or even lacto-fermented jalapenos all provide natural probiotics.



Add healthy fats like coconut oil and/or pastured butter to your morning coffee along with a scoop of grass-fed collagen. These nutritious add-ins will keep you fuller longer and provide more nutrients.

DAY
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Look for organic cheeses or take it up a notch and source pastured cheese. Kerrygold is a great choice.

Go for real maple syrup rich in minerals instead of its' high fructose corn syrup evil twin.

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Take on sourdough baking. Even gluten free people can enjoy sourdough by using gluten free flours. The souring method breaks down anti-nutrients in the grains making it easier to digest.

Drink herbal infusions throughout the day for nutritional boost. Pour boiling water over your choice of herbs (lemon balm, nettle, mint, raspberry leaf, etc) and let steep for few hours or overnight for best results.

DAY
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DAY
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Craving something salty and crunchy? Roasted nuts make great snacks. Still want those potato chips? Find ones made with real salt and coconut or avocado oil. Avoid canola or vegetable oil!

Purchase raw honey from a local beekeeper for maximum allergy benefit.

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Consume one brazil nut daily. It's a great source of selenium and other minerals that many people are deficient in.

Eat more beets. Beets are naturally high in disease fighting antioxidants, phytonutrients, minerals and vitamins. In smoothies, give a splash of vanilla to take down the earthiness.

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To save money and avoid anti-caking agents, make your own seasonings. Buy herbs in bulk and make a few different blends at the same time.

Switch plastic containers with glass Tupperware that can also be used in the oven to reheat leftovers.

DAY
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Always add a tablespoon of healthy fat to your smoothies for better nutrient absorption. Avocados are undetectable in smoothies or add a splash of avocado or coconut oil instead.

Avoid using aluminum foil. Use parchment paper to line baking sheets and pans.

DAY
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Don't wash meat before cooking. You spread more bacteria by washing the meat, especially chicken. The cooking will destroy all the bacteria so no need to wash it beforehand.

Avoid tomato products in canned foods and instead buy them in glass jars.

DAY
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DAY
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Cook kale, spinach, and other leafy greens to reduce oxalates.

Toss that microwave. Or make into a storage space. Learn to heat food using cast iron skillet or the toaster oven. The food tastes better than way and it still retains the nutrients that way.

DAY
45



DAY
46

If you enjoy peanuts, be sure to get them from a clean source. Most peanut farmers use land cultivated to grow cotton, which is heavily treated with RoundUp.

Learn to use and care for cast iron cookware. With proper seasoning, it will become a naturally non-stick alternative to Teflon.

DAY
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DAY
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Skip the protein powder and use grass fed collagen instead. It's naturally high in protein but it also contains other nutrients.

Stock up on berries during peak season and buy them in bulk directly from a farmer. Flash freeze them so you can use them during off season.

DAY
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DAY
50

Make ice cream from pastured raw cream for maximum nutritional benefit.

If you are going to eat out, find healthy reasonably-priced choices in your area. Chipotle is our standby. Find a handful of places in your area that you trust the ingredients are clean.

DAY
51



DAY
52

Make your own sour cream by adding a tablespoon of yogurt to a pint of heavy cream. Leave it on the counter for 12-24 hours or until solid and cultured.

Create a hydration station in your kitchen that houses all drinking glasses and a pitcher of mineral-rich water.

DAY
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Fat is your friend. Ditch the low-fat philosophy and embrace healthy traditional fats like lard, tallow, and pastured butter.

Have a bowl full of seasonal fruit at all times for easy snacks.

DAY
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Master the art of fermented drinks. Kombucha, Jun and Water Kefir are all great alternatives to regular soda pop drinks.

Enjoy herbal coffee as your afternoon snack. If you add coconut oil, MCT oil, and grass fed gelatin, it gently satisfies the hunger while delivering nutrition.

DAY
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DAY
58

Say no to Jello boxes and say hello to real grass-fed gelatin. Typically, this real gelatin can be replaced in most “jello” recipes with same results.

Cook grains like buckwheat, rice and millet in bone broth for extra nutrition.

DAY
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DAY
60

Experiment! Try out new flavors, new combinations, new spices. Food is such a beautiful gift and is meant to be enjoyed!

Helpful Links

Day 3: The Real Food Guide to Salt - <http://bit.ly/RealSaltGuide>

Day 9: The Makings of Bone Broth - 3 Methods - <http://bit.ly/BoneBrothMaking>

Day 12: How to Make Mayonnaise - <http://bit.ly/RealMayo>

Day 16: Alternative Natural Sweeteners - <http://bit.ly/GoodSweeteners>

Day 17: EWG's Dirty Dozen - <http://bit.ly/DirtyDozenPN>

Day 17: EWG's Clean 15 - <http://bit.ly/CleanFifteenPN>

Day 19: Different Uses for Bone Broth - <http://bit.ly/BoneBrothUses>

Day 20: How to Cook Beef Tongue and Appetizer - <http://bit.ly/HowToBeefTongue>

Day 24: Honey Sweetened Hibiscus Punch - <http://bit.ly/RealPunch>

Day 26: DIY Soaking & Sprouting Lids for Mason Jars - <http://bit.ly/DIYsproutingLids>

Day 28: Honey Sweetened Hibiscus Punch - <http://bit.ly/RealPunch>

Day 47: How to Care & Use Cast Iron Pans - <http://bit.ly/CastIronLove>

Day 53: Why Every Kitchen Needs a Hydration Station & How to Make One - <http://bit.ly/KitchenHydration>

Day 57: Cleansing & Healthy Herbal Coffee - <http://bit.ly/HerbalCoffee>

