WEEK 9 - RECALIBRATE

Wow! You made it to the final week of the program. This is a huge achievement and we are so proud of you. In the last 7 days, we want to focus on helping you to design YOUR exit strategy. This is the time to think about which new habits you should stick to long term and WHY, and to start tailoring our real food guidelines to suit your own lifestyle going forward. We will also learn more about extra superfoods you can implement in your meals and the healthy habits we can learn from the world’s longest-living populations. This is a relaxing, fun week - so enjoy it! Let’s do this.

Week 9 Reintroductions

This is the last week of reintroductions and we are covering pseudograins and legumes. Once the program is over, it will be tempting to want to add more foods back into your diet. Take care when you do so, and make sure to introduce one thing at a time to make sure you can recognise any reactive symptoms. It’s all about being more in tune with your body and learning what it likes and doesn’t like.

If you already know your sensitivities, feel free to omit these foods from the meal plan. If you try any of the foods and you suspect that it’s not agreeing with your body, avoid it going forward.

Pseudograins

As you might have learnt during the Foundation Week, pseudograins include foods like quinoa, buckwheat and amaranth. These are nutrient-dense, grain-like foods that sit somewhere between ‘good’ and ‘bad’. You will learn more about the pros and cons of these foods and how to properly prepare them. We will introduce quinoa in one of our meals but you can also try buckwheat or amaranth to see how they make you feel. If you try any of the foods and you suspect that it’s not agreeing with your body, avoid it going forward.

Legumes

Not the easiest to digest and should be avoided by those with an autoimmune condition or digestive distress, however, legumes feature prominently in cultures known for their health and longevity. The key is knowing how to eat them, and which kind is best for you. Learn about legumes in the following article. We are trying chickpeas in the Week 9 meal plan, but feel free to give something else a go.
Pick Your Daily Three

Throughout the program we introduced you to many **new healthy habits**. Each day, we asked you to do a number of things that we believe are beneficial for your health and wellbeing. The reality is that it's simply not possible to do all of them every day. That's why this week we want you to **pick your favourite 3 habits** from our full list and practice those daily. Love lemon water? Do it. Find meditation helpful? Make that your new daily habit.

**Daily healthy habits you’ve tried through the program**

- ✔ Drink 8 glasses of water each day
- ✔ Get 7 hours of sleep daily
- ✔ Start the day with lemon water
- ✔ Eat greens every day
- ✔ Consume fermented foods & probiotics
- ✔ Resist cravings by getting distracted
- ✔ Practice good sleeping habits or your bedtime routine
- ✔ Write down your mental to-do list before bed
- ✔ Play every day – integrate more movement and fun
- ✔ Eat your meals slowly and with no distractions
- ✔ Daily 10-minute meditation
- ✔ Practice the 2-minute time-out rule
- ✔ Try to incorporate bone broth or gelatin
- ✔ Practice a relaxation activity/technique (e.g. colouring, bath)
- ✔ Follow your morning routine
- ✔ Make someone feel good today
- ✔ Write down 3 things you’re grateful for today
- ✔ Declutter a little every day

**YOUR WEEK 8 GOALS**

- ✔ Read Week 9 material
- ✔ Reintroduce quinoa or buckwheat
- ✔ Reintroduce chickpeas or other legumes
- ✔ Stick to 2 units of alcohol per week
- ✔ Try adding a new superfood to your meal plan
- ✔ Minimum 20-minute workout or other activity daily
- ✔ Pick and practice 3 favourite healthy daily habits
- ✔ Design your own meal plan for next week
- ✔ Shopping & meal plan for next week
- ✔ Share your meal plan with the group
PSEUDOGRAINS & LEGUMES

PSEUDOGRAINS
As you might have learnt during the Foundation week, pseudograins include things like quinoa, buckwheat and amaranth. These are nutrient-dense, grain-like foods that sit somewhere between ‘good’ and ‘bad’. We will introduce quinoa in one of our meals but you can also try buckwheat or amaranth to see how they make you feel. First, let’s review the pros of these foods.

Quinoa
• Though quinoa looks like a grain, it is actually a pseudo-cereal – technically a seed.
• 1 cup of cooked quinoa contains 8 grams of protein.
• 1 cup of cooked quinoa provides you with 58% of your daily value of manganese.
• Quinoa contains quercetin and kaempferol which are flavonoids. They can be anti-inflammatory, protective against cancer, and can have antidepressant effects.
• Per 100 grams of cooked quinoa, this seed packs in 10-16 grams of fibre which can boost healthy digestion and increase satiety.
• Quinoa and all other pseudograins we refer to in this article are inherently gluten-free, making them less susceptible to being prone to adverse reactions.
• This pseudo-cereal is a complete plant protein which means that it contains all of the essential amino acids.
**Buckwheat**

- Buckwheat consumption has been linked to lower cholesterol due to flavonoid rutin.
- This pseudograin is a good source of magnesium which many people are deficient in.
- Its high insoluble fibre content can help to prevent gallstones.
- Studies have shown that eating buckwheat groats can significantly lower blood glucose and lessen insulin response.

**Amaranth**

- Amaranth contains anti-inflammatory peptides and oils.
- The protein in amaranth is more easily digested than that found in most other grains.
- Those same peptides are thought to protect against cancer cells.
- This food is rich in vitamins and minerals, giving it an abundance of antioxidants and potentially making it a great anti-aging food.

**How to use these foods**

- **Cereal and porridge.** Quinoa and buckwheat in particular make a great alternative to breakfast oatmeal.
- **Flour for baking.** Muffins, cakes, cookies, and loaves of bread can all come to life with these gluten-free flour options.
- **Popcorn.** Amaranth seeds can be popped much like popcorn providing you with a healthy alternative to corn.
- **In place of rice.** If you don’t tolerate rice well or are looking for a more nutrient-dense option, quinoa especially can be a lovely addition to a stir-fry or a bed for curry.
- **Energy bars.** Quinoa, popped amaranth or buckwheat groats can easily replace puffed rice or oats in a homemade granola.
LEGUMES

Generally, legumes are not the easiest foods to digest and they should certainly be avoided if you suffer from an autoimmune condition or digestive distress. However, these foods feature prominently in many cultures known for their good health and longevity, so we believe there is a reason why legumes are also ‘good’ and ‘bad.’ The key is knowing when and how to eat them, and which kind is best for your body. We decided to try chickpeas in our Week 9 meal plan, but feel free to give something else a go.

The wild and wonderful world of legumes! We've got quite a variety here, including black beans, garbanzos, kidney beans, peas, lentils, and even peanuts – yes, they are a legume and not a nut!

Sometimes, different legumes (say lentils versus black beans) might have a different effect. We certainly don't think legumes need to be included to have a balanced diet, but they are a suitable choice to incorporate more variety and promote a sustainable, healthy diet.

What’s so buzzworthy about beans

• **Great source of protein.** While the macronutrient profiles of legumes lie largely in their carbohydrate content, they do provide protein if you're looking to cut back on meat or sub out steak for Meatless Mondays.

• **Low glycemic index.** Also, much like the pseudograins we mentioned, legumes are low on the GI in terms of foods containing carbohydrates. This means you'll likely be able to incorporate these foods without impacting blood sugar levels much. In fact, these foods are touted for helping to manage it.

• **They’re fibrous.** Like most pseudograins, legumes contain a lot of fibre. The fibre content is compelling as a lot of centenarians around the world feature legumes in their diet, and the benefits are attributed to that fibre content.

• **Folate / vitamin B9.** Lentils can pack in 89% of the DV for this nutrient.

• **Some beans are better than others.** Chickpeas, for example, contain three times less phytic acid than soybeans while Navy beans are among the most difficult to digest, even after soaking and sprouting. Choose wisely.
The cons of both grains and legumes

• **Not easily digested.** Lectins (essentially a plant’s defence mechanism) cannot be broken down by the body. They can even cause microscopic tears in the intestine. Read more below to learn how to reduce lectins found in grains and legumes.

• **Potential additives.** Legumes are often sold in cans, which makes them both easy and affordable. When purchasing legumes, it’s best to purchase dried varieties to avoid additives and BPA’s.

• **Phytic acid.** This is found in both grains and legumes which soaking breaks down. Phytic acid binds minerals to the gut which lessens absorption of all the potential health benefits of foods it’s found in – specifically iron, zinc, and manganese.

Lessening the blow

With both pseudograins and legumes, much of the cons remain the same. On the same note, the negative effects of these foods can be lessened by preparing them the correct way. While cooking these foods, here are some quick guidelines to follow.

• **Buy organic.** You should purchase these foods from the best source possible to have the healthiest and most wholesome product on hand. You can often find pseudograins and legumes in the bulk section, so you can buy what you need for relatively cheap prices.

• **Soak and sprout.** Soaking and sprouting both fresh beans and grains is beneficial. It increases their nutritional value, loading them up with live enzymes, minerals, and nutrients. It breaks down phytic acid and anti-nutrients, making them close to non-existent and transforming these foods into more digestible forms. Find out about soaking and sprouting times for different seeds, nuts, beans and grains here: [https://greenfieldfitnesssystems.com/soak-time/](https://greenfieldfitnesssystems.com/soak-time/)

• **If you don’t have time, skip sprouting.** While soaking doesn’t lessen the blow quite as much as sprouting, sometimes, we’re short on time. Soak for an appropriate amount of time and drain before cooking to eliminate some of the wait.

• **Eat moderately.** While these foods can add variety to the diet and provide nutrient-dense sources of inexpensive, quality meals, it’s important to eat them in moderation. While both pseudograins and legumes have protein, essential amino acids, and antioxidants, those benefits are more easily processed by the body in the form of animal products, fresh vegetables, and fruits.

• **Be attentive to your reactions.** Like with all reintroductions during our recalibration phase, we want you to remember that food choices are highly individual. These foods may not sit well with you even if you’re soaking and sprouting away. Be aware of any digestive issues these may cause.
TOP HABITS OF THE WORLD’S CENTENARIANS

Think back to when you were a kid. Did you ever think, “I’d like to live to 100!”? Maybe you still do. It’s a thought that we all face as we come to grips with our mortality. Oftentimes, we dismiss the thought because, well, 100 years is a long time! Genetics aside, there’s a lot the people who do make it to be centenarians have in common. Besides, these days, one quarter of the population is expected to live past one hundred. How cool is that?

The point we want to drive home is that these habits you’ve formed throughout the program should be habits and skills you can carry with you throughout the rest of your life. Whether or not you make it to the big triple digits, we’re talking longevity and how to achieve it today.

Blue zones

These are areas in which the overall lifespan is longer. In 2004, researchers discovered that people in blue zones reach 100 at 10 times the rate of the average community i.e. the United States. The mission? To create more blue zones. The Blue Zone inspired the 9 principles, which when implemented, managed to add an average of 2.9 years to the average life. Impressive, huh? Some of these areas include Sardinia, Ikaria, the state of Iowa, and Okinawa in Japan. So, how can you do the same?

The habits of centenarians

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Live with less stress. Wondering why we put such an emphasis on stress management? It’s not only good for the here and now; it can actually tack on years to your life. Katharine Weber, a woman who lived to 100 years old (and beyond!) knitted, sewed and made jam into her 90s and still bakes. Go have some fun!

Eat mindfully. Those who live long tend not to eat in excess. Nope, no pizza and ice cream binges here. On a daily basis, a moderate amount of calories is consumed. Proponents of calorie restriction say it’s not as much about quantity as it is about quality. Eating whole, nutrient-dense foods assures we get what our bodies need and feel full without starving. The research? Calorie restriction is believed to extend lifespan in two ways: Cutting calories reduces the production of free radicals and it also seems to increase the resistance of cells to stress, increasing their lifespan.

Grab some shut eye. This might be another obvious factor to a long life, but it’s true. Getting quality sleep every night allows us to feel less stress and manage our days better. The most long-lived cultures sleep the most, and it’s no coincidence. Lack of sleep can lead to degenerative diseases and hormonal imbalances that impact weight.

Have more sex. Losing sleep isn’t always frowned upon when it comes to living longer lives. A healthy, active sex life is one of the top three indicators for a longer life, adding as much as an additional four years.

Meditate. Ah, yet another habit we recommended getting into the swing of! Turns out, we might just know what we’re talking about. Those who meditate regularly help maintain a positive attitude and outlook which is a top trait of the longest lived cultures. It can also help you let go of stress and manage it better, overall tackling the most important thing (noted by centenarians) to avoid.
Keep friends and family close. While independence is indicative of long lives, connection is just as important. Maintaining a free-spirited version of yourself is important, but not to be confused with spending lots of time alone. Emotional and physical connections are linked to centenarian habits. Katharine Weber reports on keeping the Sunday community dinner tradition alive.

Stimulate your mind. Keeping your brain strong won’t only help to offset dementia and overall deterioration of the brain, it could help you live a few years longer. Try word puzzles, number games, and brain-teasers to keep you sharp.

Take naps. One extensive study of Greek adults showed that regular napping reduced the risk of heart disease by almost 40%. Any chances of lowering your disease risk subsequently increase your lifespan. Catch a few extra zzz’s when you have a chance. Naps aren’t only for kids.

Exercise. Once again, one of the main habit overhauls we implement ends up on the ultimate list on the quintessential ‘how-to’ guide if you want to see triple digits one day. Moving often is one of the best ways to preserve your body and fight aging. Centenarian Gregoris Tsahas still manages to walk 4 km. per day!

Have fun, eat well, move often

It’s as simple as that. Keeping life easy goes a long way. In turn, you can reach 100 years of age and still manage to live pretty easily. Going down in history as a centenarian isn’t always a story of defeat; oftentimes, the individuals in question are still kicking!

While you can cross quite a few healthy habits off the checklist above, the statistics on centenarians are still quite varied. For example, 90% of centenarians are women and at age 70, 37% were long-time smokers! There is no way to ensure longevity, but we can certainly work our way towards living long and healthy lives.
10 WAYS TO KEEP YOUR BRAIN YOUNG

Keeping the body fresh and up to speed is only half the battle. After all, the body relies pretty heavily on the brain for, well... everything! The brain is a muscle that naturally weakens over time, but we have more control over keeping it strong, young, and sharp-witted than you might think. We’ll focus on little things that add up and preserve your most vital human asset.

From simple day-to-day focuses to preventing Alzheimer’s, these are ten ways you can keep your noggin youthful.

**Keep getting in those omega-3s**

If you’re following the Happy Body Formula meal plan, rest assured – you’re already getting plenty of omega-3s. These vitamins are the ultimate brain food, and they’re best absorbed by the body and brain via real food. This is one of the many reasons we include fish in the meal plan so often. Omega-3s are maximised when present in animal products, but other rich sources include chia seeds, walnuts, eggs, yoghurt, and grass-fed beef.

**Practice something new**

Engaging hobbies, puzzles, and activities have so much potential to keep the brain sharp. Unfortunately, when we master those skills, our brains no longer face the initial challenge of learning. The key to keeping the brain strong is to present it with new challenges. There's no harm in doing what you’ve been doing, but adding more dimension to old activities or trying something new – playing guitar, number puzzles versus word puzzles, or reading books on difficult subjects – can help maintain and increase synaptic density. Think complex!

**Pro tip:** Make a list of activities you avoid engaging in because they’re difficult, things you’ve always wanted to learn, or things you simply don’t do often enough to form a passive brain bond with. Keep that list in mind.
Get moving

Exercise is often thought of as a means to an end and an aesthetically pleasing end at that. While we encourage exercise for the mental benefits, the positive impact that movement can have on the brain is just another case in point for our argument. It has potential to slow the onset of dementia, reduce the risk of neurodegenerative disease, and improve our overall sense of wellbeing. Moreover, it releases those “happy” chemicals in our brain which help us ward off mild depression which can be largely beneficial, especially over time.

Maintain your sense of purpose

As we grow older, we often look forward to retiring from our jobs and settling down a bit. While this is a natural goal for us, we have to limit our retirement to our jobs. Staying engaged in life is important in terms of longevity. You can assure this by developing multiple skills and interests throughout your lifetime so that when you’re no longer working, you have a different role to take on. If retirement is still pretty far away, try to find a positive identity in your work if you haven’t already found it.

Choose your media mindfully

Our main form of media consumption seems to be television and movies. While it’s not bad to kick back with some Netflix here and there, you can shift your interest elsewhere for some brainy benefits. Music can lower stress hormones that inhibit memory and increase feelings of well-being that improve focus, therefore exercising the brain. Choose familiar music to increase memory recollection, and find the types of music that help you to best focus which varies from person to person.

Pro tip: Learn an instrument! You don’t have to become a pro, but taking a few lessons can improve attention span, memory, and problem-solving skills.
Get your Feng-Shui on

Reorganise your closet and cabinets. Put a new filing system into place. Build some hidden storage for the kitchen. Maximise your space. Buy new plants to fill the home. Replace candles with new scents when you stock up. These activities won’t only make your home look new again, but making changes in design and stimulating the senses can alter motor pathways in the brain and encourage new cell growth, keeping you in tip top shape.

Take the less beaten path

Think about your daily commute(s): you could do it with your eyes closed (though we wouldn’t recommend it if you’re driving or cycling). Instead, explore new areas in your city. Take new routes to work every so often. The brain needs stimulation in order to stay strong, and memorising new routes will help you to force new neural pathways.

Pro tip: If you live in an up-and-coming city, tour places under development and recognise changes.

Engage in friendly debates

If you can take a side without letting it get the best of you (anger = stress = cortisol = bad for the brain!), it can be a great mental exercise. Forming new opinions and having points made and ready for discussion in your brain makes new neural pathways, making it easy to reach for that information in day-to-day conversations. You’ll be able to think quickly and articulate your thoughts in an organised way. Think of it like writing an argumentative paper verbally and the outline is fresh in your brain. Take sides on what you feel passionately about and talk about it!

Take a nap

Beyond just getting restful, appropriately-timed sleep at night, we can fight off the ill-effects of sleep deprivation during the day, too. After all, many centenarians swear by daily afternoon snoozes. Chronic sleep deprivation means the body and brain are under a lot of stress and the brain doesn’t have the time to build proteins. If you can afford to rise naturally in the mornings, ditch the alarm. Otherwise, schedule a day or two a week to sleep in.
In case you’re wondering what a superfood is in the first place, here’s the definition: a nutrient-rich food considered to be especially beneficial for health and well-being.

Maybe you’re asking, “But isn’t that all the food we eat?” This is true! We pride ourselves on taking into consideration all of the many health benefits that pastured, grass-fed meats and colourful veggies bring on. While these are the staple foods and should never be replaced with any of these supplementary foods, there’s nothing wrong with a little something extra. That’s where superfoods come in.

These products are often considered supplements, but the difference between these and any pills or multi-vitamins is that they’re just real food. Let’s get into ten of the best powerhouses on the market.

**Turmeric**

This vibrant yellow superfood can be used in its root form or powder form. You’ll likely find it in curries and naturally-dyed yellow food products. With a mild, peppery flavour, you can add it to most anything savoury (and even sweet!) for a superfood boost. It’s widely known for its anti-inflammatory properties and has been used to treat arthritis. The chemical compound found in turmeric – curcumin – is the key to its power. It’s being studied with good results in treating depression, diabetes, and even cancer. Finally, turmeric has been shown to improve the oxygen intake in the brain which can help vital processes and increase memory function.

**How to use it:**

- 1 to 1.5 grams of dried root steeped in 5 ounces of water for 15 minutes twice daily
- **Vietnamese turmeric fish with herbs & mango dipping sauce**
- Add turmeric powder to soups, curries, salad dressings, sauces, dips, smoothies, baked goodies or scrambled eggs.
- Make our prawn & vegetable stir-fry with turmeric rice from the plan
- Try making a turmeric coconut latte or chai tea
**Spirulina**

This food is almost obviously superfood status due to its rich green colour. You can purchase spirulina in powder form or in capsules, but the powder is easily added to smoothies and any other food of your liking. This stuff is much like algae, containing the potent good-for-you bacteria, cyanobacteria. One tablespoon of this green goodness contains 4 grams of plant protein, vitamin B1, vitamin B2, copper, and iron. Considering how concentrated these vitamins are per gram, spirulina is considered one of the most (if not the most) nutritious foods on the planet. It's high in antioxidants, has anti-inflammatory properties, can lower cholesterol, and has been studied as a protector against cancer. Oh, and if you’re an athlete, you should consider adding this to your pre-workout routine. It can increase endurance and muscle strength.

**How to use it:**
- Add some spirulina to your morning power smoothie or green juice
- Try this lime & coconut spirulina cake
- Add it to pestos, dips, guacamole and salad dressings
- Hide it in soups, meatballs and burger patties

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**Raw Cacao**

This is the stuff that gets dark chocolate a spot on the list of ‘healthy foods.’ We’re here to confirm that chocolate CAN be considered a superfood, but to get the most bang for your buck, we suggest going straight to the source and nixing that craving with a little raw cacao. On its own, you can purchase it most commonly in powder form or raw cacao nibs. You can also get raw cacao butter for your serious chocolate-making needs. It contains magnesium (the highest amount in any whole food!) and other essential minerals including calcium, sulphur, zinc, iron, copper, potassium, and manganese. It’s also high in polyphenols called flavonoids with antioxidant properties. Raw cacao has been shown to lower blood pressure, improve circulation, improve cardiovascular health, and improve digestion due to its fibre content.
How to use it:

• Make a mocha drink with coffee, almond milk and raw cacao, or add to smoothie
• Make our gelatin cacao squares from the plan
• Use it in chocolate cakes, brownies and muffins
• Make raw bliss balls and breakfast slices

Maca

This ancient Peruvian superfood can be bought in powder or capsule form. If you’re lucky, you might find the raw root like in the photo above! With its mild taste and malted flavour, maca powder is incredibly versatile, especially in sweet foods. Be wary, though. Adding it to hot foods can strip all of its benefits right away. Speaking of, this superfood is rich in vitamins B, C and E. It’s often used to enhance libido and sexual function the all-natural way, making it a suitable replacement for medication. Moreover, it can increase stamina and energy in day-to-day life, improve skin conditions and mild acne, and help manage general anxiety, depression, and stress.

How to use it:

• Take it as a supplement
• Add maca powder to energy bits, smoothies, brownies and muffins
**Goji berries**

These sweet little red things aren’t unlike most berries; they're slightly sweet, delicious, and incredibly nutritious. Full of antioxidants, goji berries – usually found in dried form at your health food store or in the bulk section – pack a serious punch. They are considered the most nutritionally dense food on the planet meaning a little goes a long way. They are the only fruit that contains all the essential amino acids. They’re loaded with vitamin C, 21 trace minerals, and fibre! Oh, and they've got fifteen times the amount of iron found in spinach. Not yet convinced? Gojis contains natural anti-inflammatory, anti-bacterial and anti-fungal compounds; the list goes on and on. Trust us when we say these are a fun and beneficial way to conquer your sweet tooth.

**How to use it:**

- Make a bircher muesli with goji berries and pumpkin seeds
- **Try this grain-free carrot goji cake**
- **Try these chocolate goji berry protein bliss balls**

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**Lucuma**

Ah, yet another versatile food you can easily find in powder form that make a superb addition to smoothies, sweets, and well… anything! Lucuma is especially good for making healthy desserts with as its taste is naturally sweet which can help you cut down on added sugar. The powder is derived from a fruit rich in beta-carotene, iron, zinc, vitamin B3 and calcium. It’s a low GI fruit, so if you can find it in its original form, it can make a great snack. Lucuma has been said to support healthy skin and digestion in addition to supporting cardiovascular health. Next time you’re missing out on a little something sweet, add lucuma in place of honey or maple syrup for a superfood boost. Picture on the next page.

**How to use it:**

- Get your superfood fix with these **nut butter cups**
- Make a banana, cinnamon and lucuma smoothie
- **Try this paleo butterscotch sauce with lucuma**
**Mesquite**

Ground from the pods of the mesquite plant, you’ll likely find this superfood in powdered form like many of the contenders on our list. Mesquite is high in protein, low on the glycemic index, and a good source of soluble fibre making it great for digestion. It’s also a suitable sweetener replacement – much like lucuma – for those hoping to manage blood sugar. It’s a good source of calcium, iron, lysine, manganese, zinc, and potassium. It also offers up bio-available protein (protein that is already partially broken down). Finally, it can be used as a remedy for headaches and migraines in addition to providing calming properties.

**How to use it:**

- Use mesquite flour in banana bread and muffins
- Try these [primal salted caramel apples](#)
- Try this recipe for [raw chocolate truffles with mesquite](#)
Bee pollen

Bee pollen is the food of the young bee, and it consists of a whopping 40% protein, containing all essential amino acids! It earns its spot on the list of the top superfoods because it contains almost all nutrients that humans require. Pollen is considered an energy and nutritive tonic in Chinese medicine. You might be able to find some stored in the refrigerated section of your local co-op or health food store. It’s thought to improve endurance, tack years onto lives, prevent infectious diseases, and aid in recovery. Bee products can also be used to reduce or eliminate allergies. It's recommended to begin taking them about six weeks before seasonal allergies start, and you should use local bee products if this is your aim. It can reduce breathing problems related to asthma as well due to its anti-inflammatory properties. Start small with 1/2 tsp. servings and work your way up to 1-2 tablespoons per day.

How to use it:

• Add bee pollen to raw bars and bliss balls or blend it into smoothies
• Try this recipe for **bee pollen raw (vegan, paleo) brownies**

Maqui berries

The maqui berry is an antioxidant-rich superfood that grows in Southern regions. In fact, it contains more anthocyanins than any berry, helping to protect the body from free radicals. Even better, the dried fruit contains a more concentrated amount – this is what you’re more likely to find in stores, anyways. Otherwise, you should seek out the powder. These berries can help fight diabetes, improve cardiovascular health, contain anti-viral effects, and reduce inflammatory responses. Supplement products containing maqui berry tend to have similar health effects as the fresh stuff, so having a splash of maqui juice can be a tasty treat. Picture on next page.

How to use it:

• **Blend it into maqui berry smoothie bowl**
• Try these goji and maqui berry cream tarts
• **Here is a recipe for maqui berry avocado smoothie**
Seaweed

There are quite a few different sea veggies that fall under this category, but they're all pretty darn good for you. You can limit it down to different coloured seaweeds; red, green, and brown. The phytonutrient content has been shown to prevent certain forms of cancer and their healthy carbohydrate factor is being studied as an anti-viral component. Sea vegetables contain tons of trace minerals including small amounts of calcium, magnesium, and potassium. Sodium and iodine are also prominent. They inhibit high absorption of toxins and contain loads of antioxidants. Like most superfoods on our list, they are a great anti-inflammatory food. Check out your Asian grocer or aisle at the store – you can find so many varieties including dulse, wakame, and nori (a few of the most common).

How to use it:

• Smoked salmon nori wraps
• Dulse tapenade with garlic grilled steak
• Wakame cucumber salad (vegan, paleo)
DIY CONDIMENTS, SAUCES & DRESSINGS

So, what’s the key to keeping up with a new diet? Well, as they say, “Variety is the spice of life.” Besides spices themselves being an awesome way to keep things fresh, we believe in taking this seriously! When your diet eliminates certain food groups or makes you feel restricted, you’re less likely to stick to it. At this point, hopefully you've found what works for you individually in terms of being able to include the most foods into your diet. Regardless, sometimes we just don’t have that “spark” we had at the beginning of Week 1. Moreover, we don't always have time to cultivate maximum flavour, especially when the creative juices just aren't flowing.

That’s where getting saucy comes in. From dressing up a plain Jane salad to making chicken breasts something special in a simmering sauce, we’ve got the lowdown on building from the ground up with these DIY condiments. After all, reading the ingredients on those bottles at the store is often disappointing. Avoid refined oils and sugar with these inventive ideas.

WHERE TO START

**Tomato products.** Ketchup, anyone? In stores, this condiment packs a serious sugar punch. The same goes for barbeque sauce, Indian-inspired simmering sauces, and pasta/meat sauce. Oh, and of course salsa if you start with the whole tomato.

**Coconut milk.** This creamy stuff isn't just for curry (but keep making it anyways!), it makes a fantastic base for dairy-free versions of your favourite dressings like ranch.

**Avocado.** A little goes a long way with this healthy fat boosting your sauce game on all fronts – texture, flavour, colour, and nutrition are superior, and this fruit is quite versatile, taking on any and all additional ingredients quite well. Oh, and guacamole – duh!

**Nuts.** Hello, pesto! Beyond the standard fare, nuts (especially cashews and macadamia nuts) can make a great pate or dairy-free cheese.
Olive oil or avocado oil. If you've made homemade mayonnaise, you're probably nodding your head. Vinaigrettes come to life with healthy oils, vinegar, herbs, and spices.

Fruit. Fruit salsas and sauces give you the sweetness that you so desire without the addition of high-fructose corn syrup which often lurks in all the nooks and crannies of the dressings section at the store.

Pumpkin. This food isn't only reserved for fall. Canned pumpkin is economical, creamy, nutritious and naturally sweet making it a perfect contender for sauces. This is especially true if you avoid nightshades (like tomato) as it brings on a similar flavour profile.

Tamari or coconut aminos. For all your takeout dreams, replacing wheat with gluten-free soy sauce options can make a great substitution for Teriyaki and soy sauce-based dishes and stir-fries.

Bone broth or stock. Thickening up some hot liquid with tapioca starch or arrowroot can make a lovely gravy.

STOCKING UP THE FRIDGE

Okay, you can take one of the above options and do your own thing, or you can stockpile a few of these awesome recipes to carry you through. Try making one or two at the beginning of the week and prepping foods plain. That way, you can easily choose your flavour profile and inspiration, based on the condiments you have handy, to rework boring leftovers when you just can't stand another plain chicken breast (though we hope we've taught you better than that!)

Keep in mind: homemade condiments have a shorter shelf-life than store-bought due to the lack of preservatives, so get accustomed to making smaller batches to avoid food waste. Most condiments will last 1-2 weeks with the exception of fermented foods, many salsas, and sauces that you can freeze.

Homemade mayo. This is the game-changer, folks. Mayo is often touted as an unhealthy food due to its fat content, but we embrace the good stuff around here! Check out this recipe inspired by Julia Child, a real food pioneer.

Get your grill on. A little (or a lot) of barbeque sauce has the ability to transform anything from pulled pork to ribs. Unfortunately, the average grocery store brand packs a serious calorie punch from its main ingredient – sugar! Check out this naturally sweet recipe for your next outdoor dinner soiree.
**Bean-free hummus.** While you may tolerate legumes just fine, it's always better to make it at home. In case you’re looking for an alternative, rest assured; nuts make a fine base for this version which takes on a classic flavour with tahini.

**Cheese, please.** While cheese sauce is decadent and wonderful and you may even tolerate some varieties just fine, it's good to have a dairy-free substitute on hand. Nutritional yeast brings cheesy flavour to the table in this much-lighter not-so-cheesy sauce.

**Vinaigrettes.** This is merely an equation and the rest is up to you. Balsamic might be the most standard fare, and if you aren’t making your own, you should be! It’s 3 parts oil to 1 part vinegar. Add spices to taste, namely salt and pepper. Check out these three methods.

**Inspired by take-out.** A simple teriyaki goes a long way when you avoid gluten, soy, and sugar, like this recipe which provides the perfect marinade or reduction for a salty-sweet combination. Or you can opt for our Happy Body favourite, the Awesome Thai Sauce. It goes with everything! Alternatively, you can try out this hoisin sauce which pairs well with seafood.

**Get meaty.** Zoodles and spaghetti squash need some substance. That’s where the perfect Arrabiata comes in. Begin with the base using our simple Bolognese sauce and add some spice if you like. Opt for a Puttanesca with the addition of capers and olives.

**Turn up the heat.** Is spicy your jam? Our Happy Body menu superstar – sweet chili sauce – might just do the trick. The main ingredient in store-bought is oftentimes cane sugar, so lessen the blow with healthy homemade.

**Can it!** Salsa makes a great low-calorie addition to any meal from plain chicken to a taco Tuesday feast. This recipe is as easy as throwing everything into a blender.

**Get dipping.** Is ketchup your thing? It’s risky business perusing the aisles for something without less-than-stellar ingredients. Check out this sugar-free (no added sweetener at all!) version.

Truly, the list goes on and on... and on. The major takeaway? Get creative! Make nourishing, colourful, jam-packed-with-flavour sauces and condiments that turn average meals into something extraordinary. Work with natural sweeteners, healthy fats, and unrefined oils for healthy versions of your favourite condiments.