



New Year Healthy Start Shopping List

Fresh Vegetables

- Artichokes
- Avocado
- Broccoli
- Brussel sprouts
- Bunched carrots
- Cauliflower
- Celery
- Chard
- Chicory
- Dandelion greens
- Escarole
- Eggplant
- Garlic
- Ginger
- Kale
- Leeks
- Lettuce
- Onion
- Radicchio
- Shiitake mushrooms
- Spinach
- Zucchini

Fruits

- Bananas
- Mango
- Naval Oranges
- Pears
- Persimmons
- Tangerines

Chicken, Meat & Fish

- Free-range Chicken Breasts
- Grass-fed Beef
- Wild-caught Salmon

Root Vegetables & Winter Squashes

- Acorn squash
- Beets
- Butternut squash
- Delicata squash
- Kabocha squash
- Parsnips
- Spaghetti squash
- Sweet potatoes
- Purple top turnips

Whole Grains

- Amaranth
- Brown rice
- Buckwheat
- Millet
- Quinoa
- Steel-cut oats
- Wild rice

Beans & Legumes

- Adzuki beans
- Black beans
- Chickpeas
- French lentils
- Great northern
- Kidney beans
- Pinto beans

Vitamins & Supplements

- One-A-Day Multivitamin
- Green Super Food Powder

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with Real Food Health Coach, Christine Eubanks.
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Healthy Start Tips

1

Eat something green with every meal

2

Drink half as much water (in ounces) as you weigh

3

Take a high-quality multivitamin

4

Trade one animal protein meal for a meal of beans or whole grains.

5

Buy produce grown within 200 miles of your home (we do whenever possible!)

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1 Quinoa & Bean Dish Meal



- 1 c TruRoots Sprouted quinoa
- 2 c water + 2 Tbsp
- 1 head broccoli florets
- $\frac{1}{2}$ yellow onion, diced
- 4 oz. Clean n Cut Super Kale
- 1 small red bell pepper, thinly sliced
- 2 cloves garlic, minced
- 1" piece ginger root, grated
- $\frac{1}{2}$ c Cadia black beans
- $\frac{1}{2}$ c edamame beans, steamed and shelled
- $2\frac{1}{2}$ Tbsp Braggs Liquid Aminos
- 2 Tbsp flax oil
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{8}$ tsp crushed red pepper flakes

In a small saucepan, bring quinoa and 2 cups of water to a boil. Reduce heat to simmer, cover and cook 10 minutes. Remove from heat and allow to continue to cook until water is absorbed, about 5 minutes. Fluff with a fork and put aside. Add 2 Tbps water to a large pan and sauté garlic, onion and bell pepper over medium-low heat until softened, about 4 minutes. Add broccoli, kale, ginger root, salt and pepper to skillet and cook 4 more minutes. Combine quinoa, vegetables, beans, flax oil and Braggs. Toss evenly to coat and serve. Cook time 20 minutes. Makes 4 servings

Recipe courtesy of www.loveandtomatoes.com

on **Fillmore**
3060 Fillmore Street
(415) 567-6900

on **Polk**
2140 Polk Street
(415) 673-7420