

# TIPS

**1 WHY ORGANIC?** Eating organic produce significantly reduces exposure to pesticides - meaning it is better for your health, better for the environment, and is more sustainable. Organic foods aren't always accessible or affordable for all of us, but we encourage you to do your best to purchase organic versions of the following foods:

- The Dirty Dozen (Source: Environmental Working Group: <http://www.ewg.org/foodnews/>): apples, strawberries, grapes, peppers, cucumbers, celery, kale, peaches, spinach, imported snap peas, white potatoes, hot peppers, cherry tomatoes and imported nectarines.
- All meats should be organic. At the very least try to find meat that has been raised without hormones, grass-fed or free-range from animals that are not factory farmed.
- All dairy and eggs should be organic. Try to find eggs, milk and butter from free-range animals because their products are more nutritious, such as higher amounts of omega-3 fatty acids.



## NUTRITION

**WHY EAT SEASONALLY?** There are many reasons to eat seasonally, and we have tried our best to reflect seasonal produce availability in the meal plan. You will notice that when we use out-of-season fruit in the meal plan, like peaches, we recommend their frozen form. They are packaged and flash frozen when in season and at their peak nutrient level.

**3 GARLIC, GARLIC, GARLIC!** Yes, there is a lot of garlic in the meals we have put in the meal plan, but that is because it is an incredible health food that's good for your heart, lowers blood pressure, lowers LDL cholesterol, and has antimicrobial properties (meaning it kills viruses and bad bacteria). It is also loaded with vitamins and minerals like manganese, selenium, vitamin B6 and vitamin C and, last but not least, it is darn tasty! Vampires beware!

**BUILD-YOUR-OWN MEALS** These are an ideal opportunity to clean out your fridge of ingredients you've used in prior meals. Who doesn't love leftovers!