

Ingredients That Make A Great Meal!

GOVegan!

Here are suggestions to make a meal super fantastic. No worries if the following isn't available to you. Just do your best, and have fun with it!

- 🌱 Fresh to usually always best!
- 🌱 Local and what's in season
- 🌱 Organic or biodynamic (as available)
- 🌱 Unprocessed: fresh over frozen or canned foods, packaged or processed
- 🌱 Home grown produce
- 🌱 Food directly from the farmer (or farmers market)
- 🌱 Fresh herbs
- 🌱 Fresh dried spices (as opposed to expired versions)
- 🌱 Iodized table salt isn't healthy. Use sea salt (Himalayan, Celtic, etc.)
- 🌱 Filtered, not tap water to cook with
- 🌱 Make your own sauces, instead of bottled
- 🌱 Make cold-pressed living fresh juice over bottle/package juices that are pasteurized
- 🌱 Cold-pressed, unrefined oils
- 🌱 Use whole-meal flours, avoid white flour
- 🌱 Use whole grains, instead of refined sources stripped of nutrition (this usually makes them white). Think brown rice, whole wheat, whole grain pasta, etc.)
- 🌱 Avoid white sugar, use coconut or cane sugar, or other healthy alternatives such as Monk Fruit, stevia, and agave