

# KEEP IT CLEAN

WITH



JUMPSTART YOUR JOURNEY  
TOWARDS HEALTHY EATING

TOP 10 INGREDIENTS TO AVOID | READING LABELS 101 | RECIPES

& MORE!



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# HEY THERE!

I'M KYLE FITZGERALD, FOUNDER OF CLEAN KITCHEN NUTRITION.

If you've seen my content on social media, you probably know how passionate I am about healthy eating and uncovering the truth about the food we consume. But this passion didn't come out of nowhere—there's a deeper story behind it, and I want to share how it all began.

My health journey started in 2016, when I began experiencing severe back pain and digestive symptoms. Mornings were the worst—some days I'd wake up unable to walk and I couldn't eat anything without being hit by intense abdominal pain. I visited countless doctors, searching for answers. Finally, in August 2018, I was diagnosed with Crohn's Disease. At first, I felt relieved—I had an answer and thought I could now fix the problem. But little did I know, the journey was just beginning.

“ I TRIED EVERYTHING THE DOCTORS PRESCRIBED--  
MEDICATIONS, SURGERIES, YOU NAME IT.  
BUT, DESPITE ALL THE TREATMENTS, I STILL DIDN'T FEEL LIKE  
MYSELF. SOMETHING INSIDE ME KEPT SAYING THAT THE SOLUTION  
WENT DEEPER THAN JUST THE STANDARD TREATMENTS.

THAT'S WHEN I STARTED PAYING CLOSER ATTENTION TO WHAT  
I WAS PUTTING INTO MY BODY, ESPECIALLY MY DIET.





Everything changed from there. I dove headfirst into research, learning everything I could about nutrition. I read books, listened to podcasts, read studies, and started working with a holistic doctor.

What I discovered shocked me—most of the food you find at your average grocery store is ultra-processed, highly palatable, and often contains little to no whole food ingredients. Even labels like "natural" or "healthy" were misleading, masking harmful ingredients that did more harm than good.

**IT WAS LIKE I HAD BEEN BLINDFOLDED,  
AND ONCE I REMOVED IT. I COULDN'T LOOK AT  
FOOD THE SAME WAY AGAIN.**

When I began changing my diet and focusing on real, whole foods, I finally started feeling better. The back pain and digestive symptoms began to ease, and I knew I was on the right path. In April 2021, I decided to share what I'd learned on social media, hoping to help others.

To my surprise, thousands of people resonated with my message. They wanted to know what was really in their food and how they could make healthier choices to feel their best.

One of the most common questions I get is.... "Kyle, if I'm new to healthy eating.... where do I start?!"

That's exactly why I created this ebook. To give you a jumpstart towards eating healthy, without all the confusing guesswork.

In this guide, you'll learn what to look for and, more importantly, what to avoid, so you can make confident choices that nourish your body.

So, let's get into it and take the first step toward feeling your best!

**-KYLE**

**@CLEANKITCHENNUTRITION**



TOP 10

# INGREDIENTS TO AVOID

When it comes to eating healthier, one of the most important steps is knowing what to avoid. It's easy to get caught up in catchy marketing claims like "natural" or "heart-healthy," but the truth is that many products on store shelves are filled with ingredients that do more harm than good.

And the worst part? These ingredients are often hiding in plain sight.

I remember standing in the grocery store, staring at the labels of products I had bought for years, only to realize they were packed with things I couldn't even pronounce. It felt overwhelming at first, but once I started digging deeper, I began to see patterns—the same harmful ingredients popping up again and again. I learned that just because something is packaged to look healthy doesn't mean it actually is.

In this section, I'm going to break down the top 10 ingredients that you should be avoiding, whether they're sneaking into your favorite snacks, pantry staples, or even "health" foods. By the end of this list, you'll know exactly what to look out for and why it's so important to keep these harmful additives out of your diet.

**LET'S START CUTTING OUT THE BAD STUFF, SO YOU CAN MAKE ROOM FOR REAL, NOURISHING FOODS THAT TRULY SUPPORT YOUR HEALTH.**

1. Vegetable Oils
2. Refined Sugars
3. Natural & Artificial Flavors
4. Artificial Sweeteners
5. Artificial Colors
6. Refined Carbohydrates (Refined Wheat Flour, White Bread, Baked Goods)
7. Monosodium Glutamate (MSG)
8. Preservatives
9. Carrageenan
10. Genetically Modified Food (GMO's)



## #1 VEGETABLE OILS

**What to look for on labels:** Soybean oil, corn oil, canola oil, sunflower oil, safflower oil, hydrogenated oils.

**Healthier alternatives:** Opt for more stable and nutrient-dense oils like extra virgin olive oil, avocado oil, or coconut oil, which are less processed and better for your health - more on oils in a later section.

Vegetable oils may seem healthy because they include the word “vegetable”, but they can be highly problematic for your health. Oils like soybean, corn, canola, and sunflower oil are heavily processed and rich in **omega-6 fatty acids**, which can disrupt the balance between omega-6 and omega-3 fatty acids in your body. This imbalance promotes **chronic inflammation**, which is linked to heart disease, arthritis, and other chronic conditions.

These oils are also unstable at high temperatures and prone to **oxidation**, producing harmful compounds when heated. Regular consumption of oxidized oils can contribute to **cell damage** and increase the risk of **chronic diseases**.

## #2 REFINED SUGARS

**What to look for on labels:** Sugar, cane sugar, high fructose corn syrup (HFCS), corn syrup, glucose, sucrose, fructose, dextrose.

**Healthier alternatives:** Try using natural sweeteners like raw honey, maple syrup, coconut sugar, or dates. These options are less processed and contain some beneficial nutrients, unlike refined sugar.



Refined sugars, including cane sugar and high fructose corn syrup (HFCS), are among the most common ingredients in processed foods—and some of the most harmful. These sugars cause rapid spikes in blood sugar, forcing your body to produce more insulin to bring those levels down. Over time, this constant cycle can lead to **insulin resistance**, which is a major factor in the development of **type 2 diabetes**.

High fructose corn syrup is particularly problematic because it's processed differently from regular sugar. It's metabolized primarily by the liver, and too much of it can contribute to **non-alcoholic fatty liver disease (NAFLD)**. Additionally, refined sugars fuel **chronic inflammation** in the body, increasing the risk of **heart disease**, obesity, and other chronic health issues.



## #3 NATURAL & ARTIFICIAL FLAVORS

**What to look for on labels:** Natural flavors, artificial flavors, flavoring agents.

**Healthier alternatives:** Choose foods with real, whole ingredients that don't need added flavors. For example, fresh herbs, spices, and natural extracts (like vanilla or citrus) are great ways to flavor your food naturally without any hidden chemicals.

You've probably seen "natural flavors" and "artificial flavors" listed on ingredient labels countless times, but what do they really mean? Spoiler alert: neither is as innocent as they sound.

**NATURAL FLAVORS** | The term **natural flavors** may sound wholesome, but it's a bit misleading. While these flavors are technically derived from natural sources (like plants or animals), they go through **extensive** processing in labs. The problem? Manufacturers don't have to disclose exactly what's in these "natural" flavors, and they often include **additives** and **preservatives** that can trigger allergic reactions, headaches, and other sensitivities. Just because it's labeled as "natural" doesn't mean it's healthy!

**ARTIFICIAL FLAVORS** | On the flip side, **artificial flavors** are entirely synthetic, created in labs from chemicals to mimic the taste of natural ingredients. Like their natural counterparts, artificial flavors are often used to make processed foods taste better, but they bring no nutritional value and can expose your body to **unknown chemicals**. These man-made flavors may be tied to **behavioral issues**, headaches, and even long-term health risks due to their artificial nature and the additives used to preserve them.

**The bottom line?** Both natural and artificial flavors are used to enhance taste and mask the poor quality of the underlying ingredients in processed foods. Neither adds any real value to your food, and they could be hiding ingredients you wouldn't normally want to consume.





## #4 ARTIFICIAL SWEETENERS

**What to look for on labels:** Aspartame, sucralose (Splenda), saccharin, acesulfame potassium (Ace-K).

**Healthier alternatives:** For a natural, low-calorie option, try stevia or monk fruit sweeteners. If you're looking for a more traditional sweetener, raw honey or maple syrup is also a great choice.

Artificial sweeteners might sound like a healthier alternative to sugar, but they come with their own set of concerns. Found in everything from diet sodas to sugar-free snacks, sweeteners like aspartame, sucralose, and saccharin are created in labs and can have negative effects on your body in the long run.

One of the biggest problems with artificial sweeteners is that they can confuse your body. They provide the sweet taste without the calories, but this can mess with your body's natural ability to regulate hunger and cravings. Studies show that people who consume these sweeteners may actually end up eating more calories overall because their brain is still craving the energy it expected from the sweet taste.

On top of that, artificial sweeteners can disrupt your gut health. They've been shown to negatively affect the balance of gut bacteria, which is crucial for digestion, immunity, and even mood. Over time, this imbalance can lead to inflammation, digestive issues, and an increased risk of conditions like diabetes and metabolic syndrome.

## #5 ARTIFICIAL COLORS

**What to look for on labels:** Red 40, Yellow 5, Blue 1, Yellow 6, artificial color, food dye.

**Healthier alternatives:** Look for products colored with natural ingredients like beet juice, turmeric, spirulina, or paprika extract. These natural colorants don't pose the same risks as synthetic dyes.



Artificial colors might make your food look more appealing, but they come with hidden risks. Common food dyes like **Red 40**, **Yellow 5**, and **Blue 1** are made from petroleum and are found in candies, snacks, cereals, and even some drinks. These synthetic dyes have been linked to **behavioral issues** in children, particularly **hyperactivity** and **attention problems**. Some studies also suggest potential connections to **allergic reactions** and even long-term health concerns.

Many countries have restricted the use of certain artificial colors, but they're still widely used in processed foods in the U.S. Just because something is colorful doesn't mean it's healthy!





## #6 REFINED CARBOHYDRATES (REFINED WHEAT FLOUR, WHITE BREAD, BAKED GOODS)

**What to look for on labels:** Enriched wheat flour, refined wheat flour, bleached flour, unbleached flour, white flour.

**Healthier alternatives:** Look for whole grains like whole wheat, spelt, or oat flour. These options are packed with fiber, vitamins, and minerals, and they'll keep you feeling full and energized for longer. Foods like quinoa, brown rice (white rice is also great), and steel-cut oats are also excellent sources of unrefined carbohydrates.

Refined carbohydrates, like **refined wheat flour**, are a staple in many processed foods, but they aren't doing your health any favors. When grains are refined, they're stripped of their most nutritious parts—the fiber, vitamins, and minerals—leaving behind just the starchy, high-carb core. While refined carbs are easy to digest, that's actually part of the problem!

### Why Refined Carbs Are Harmful:

When you eat refined carbs, like **white bread, pastries**, or anything made with refined wheat flour, they cause your blood sugar to spike quickly. This leads to a rush of energy followed by a sudden crash, leaving you feeling tired and hungry soon after. Over time, these frequent blood sugar spikes can lead to insulin resistance, which is a major risk factor for **type 2 diabetes**.

Refined carbs also lack fiber, which helps keep you full and supports healthy digestion. Without **fiber**, you're more likely to overeat and experience digestive issues like bloating and constipation.

Plus, these "empty" carbs contribute very little nutritional value. You're getting calories, but not the essential nutrients your body needs to function well. Consuming refined carbs regularly has been linked to **weight gain, chronic inflammation**, and an increased risk of **heart disease**.



## #7 MONOSODIUM GLUTAMATE (MSG)



**What to look for on labels:** Monosodium glutamate, MSG, glutamic acid, yeast extract, hydrolyzed protein.

**Healthier alternatives:** Opt for natural seasonings like herbs, spices, garlic, and onion to add depth of flavor without relying on MSG.

**MSG** is a flavor enhancer often used in processed foods, canned soups, snacks, and restaurant meals to make them taste more savory. While it enhances flavor, MSG has been associated with various adverse health effects in some individuals. These include **headaches, dizziness, nausea,** and a condition known as “**MSG Symptom Complex**” (also referred to as **Chinese Restaurant Syndrome**). Though MSG is considered safe by many regulatory agencies, sensitive individuals may experience negative reactions.

Beyond its potential for immediate symptoms, MSG can also trigger **overeating** by artificially enhancing the taste of food, which may contribute to weight gain and poor dietary choices.

## #8 PRESERVATIVES

**What to look for on labels:** BHA, BHT, sodium benzoate, preservatives.

**Healthier alternatives:** Choose fresh, whole foods that don't need preservatives. If you're buying packaged goods, look for options that use natural preservatives like vitamin E or rosemary extract.



Preservatives are added to foods to extend shelf life and keep them from spoiling, but they come with their own set of health concerns. Two common preservatives, **BHA** (butylated hydroxyanisole) and **BHT** (butylated hydroxytoluene), are often found in packaged snacks, cereals, and processed meats. These synthetic chemicals have been linked to **hormone disruption** and, in some animal studies, have shown a potential risk for **cancer**.

Another one to watch out for is **sodium benzoate**, commonly used in sodas, salad dressings, and other acidic foods. When combined with ascorbic acid (vitamin C), it can form **benzene**, a known carcinogen. While the food industry claims these preservatives are used in safe amounts, long-term exposure may increase health risks.

## #9 CARRAGEENAN

**What to look for on labels:** Carrageenan, seaweed extract.

**Healthier alternatives:** Look for plant-based milks and processed foods that are free from carrageenan. Many brands now offer alternatives that use guar gum or locust bean gum, which are less likely to cause digestive problems. Although, if you can find a product without any added gums or emulsifiers, that would be ideal.

**Carrageenan** is a thickener and stabilizer derived from red seaweed, often found in plant-based milk (like almond or coconut milk), ice cream, and other processed foods. While it's a natural product, some research suggests that it can cause **digestive issues**, particularly for people with sensitive stomachs. There's also evidence that carrageenan may promote **inflammation** in the gut, which can contribute to conditions like **IBS** and **colitis**.

While some forms of carrageenan are considered safe, it's best to avoid it if you have digestive concerns or prefer to minimize additives in your diet.

## #10 GENETICALLY MODIFIED FOOD (GMO'S)

**What to look for on labels:** Corn, soy, canola, sugar beets, cottonseed oil, genetically modified, GMO.

**Healthier alternatives:** Look for products labeled organic or Non-GMO Project Verified to ensure you're avoiding genetically modified ingredients. Choosing whole, unprocessed foods also helps minimize your exposure to GMOs.



**Genetically modified organisms (GMOs)** are crops that have had their DNA altered in a lab to make them more resistant to pests, herbicides, or environmental conditions. While this may sound like a technological advancement, there are growing concerns about the long-term impact of GMOs on both our health and the environment.

One of the biggest issues with GMOs is that they are often designed to withstand heavy spraying of herbicides, like glyphosate, which can remain on the crops and end up in the food we eat. Glyphosate, in particular, has been linked to serious health issues, including **cancer**, **hormone disruption**, and **digestive problems**.

Additionally, because GMOs are so common in processed foods, they are difficult to avoid unless you specifically look for **non-GMO** or **organic** products. Many of the processed foods on store shelves, including snacks, cereals, and packaged meals, contain genetically modified ingredients like corn, soy, and canola.

While some regulatory agencies consider GMOs safe, the potential long-term health effects are still being studied, and many people prefer to avoid them to reduce their exposure to herbicides and unknown risks.

## READING

# LABELS 101

### 1

## START WITH THE FIRST INGREDIENT

The ingredients list is always ordered by quantity, meaning the first ingredient listed is the one that makes up the largest portion of the product. This is the most important part of the label because it tells you what you're eating the most of.

For example, if the first ingredient is a refined grain like **enriched wheat flour** or **sugar**, you're primarily eating a processed product that lacks nutrients. On the other hand, if the first ingredient is something wholesome like **fruit**, **vegetables**, **nuts**, or **seeds**, it's likely a healthier option. So, always focus on the first few ingredients to get a quick sense of the product's nutritional quality.

### 2

## LOOK FOR RECOGNIZABLE INGREDIENTS

If you struggle to pronounce or identify the ingredients, that's a big red flag. Highly processed foods tend to have long, complex lists of chemical additives, preservatives, and artificial ingredients. Instead, aim for products that contain **simple, recognizable ingredients**—ones you'd find in your own kitchen.

A good rule of thumb is: if you wouldn't cook with it yourself, think twice before eating it. Look for foods that include real ingredients like **vegetables**, **fruits**, **whole grains**, **legumes**, **nuts**, and **healthy oils**. The shorter and more recognizable the list, the better!

### 3

## AVOID LONG INGREDIENT LISTS

Generally, the longer the ingredient list, the more processed the food is. Whole, unprocessed foods have short ingredient lists—often just one or two ingredients. For example, an apple has one ingredient: **apple**. A bag of raw almonds might have two ingredients: **almonds** and **sea salt**.

Generally, the longer the ingredient list, the more processed the food is. Whole, unprocessed foods have short ingredient lists—often just one or two ingredients. For example, an **apple** has one ingredient: apple. A bag of raw **almonds** might have two ingredients: almonds and **sea salt**.

## 4

### WATCH OUT FOR HIDDEN ADDED SUGARS

Sugar comes in many forms, and manufacturers often hide it by using different names, making it harder to spot. Look out for ingredients like **high fructose corn syrup**, **cane sugar**, **sucrose**, **glucose**, **fructose**, and anything ending in “-ose.” Even seemingly healthy products can be loaded with hidden sugars.

Instead of processed sugars, look for products that use **natural sweeteners** like **raw honey**, **maple syrup**, or **dates**. These natural options are less refined and provide some nutrients, unlike highly processed sweeteners. For example, **raw honey** contains antioxidants and trace minerals, while **maple syrup** has small amounts of vitamins and minerals like manganese and zinc. **Dates** offer fiber and natural sweetness, making them a great alternative to refined sugars.

## 5

### DON'T FALL FOR MARKETING CLAIMS

Labels like “**natural**,” “**organic**,” “**low-sugar**,” or “**low-fat**” can be misleading. Just because a product is labeled as “natural” doesn’t mean it’s free from harmful ingredients. For example, “low-fat” foods often replace fat with added sugar or artificial additives to make up for the lost flavor. And “low-sugar” foods often use artificial sweeteners like sucralose and aspartame to sweeten the product.

Always read the ingredient list, regardless of the marketing claims on the front of the package. Terms like “**natural**” and “**gluten-free**” are often used to create a health halo around processed foods that aren’t truly healthy. Instead, focus on what’s actually inside the product.



## ULTIMATE GUIDE

# TO COOKING OILS

## UNDERSTANDING DIFFERENT FATS

When it comes to fats, not all are created equal. Here's a breakdown of the main types of fats you'll encounter, what they do for your body, and how to make the best choices:

### Polyunsaturated Fat

Polyunsaturated fats come in two forms: omega-3 and omega-6 fatty acids. While omega-3s, found in foods like fish and flaxseed, are anti-inflammatory and great for your heart and brain, omega-6s (found in vegetable oils like soybean and corn oil) are much more common in processed foods and can promote inflammation when consumed in excess. The problem is, most people's diets are far too high in omega-6s and lacking in omega-3s. Balance is crucial! More on these vegetable oils shortly.



### Saturated Fat

Saturated fats are stable and solid at room temperature (think butter or coconut oil), making them great for cooking at higher temperatures. These fats support hormone production, brain health, and energy storage. Sources like grass-fed butter and coconut oil can be part of a healthy diet when they come from high-quality, whole-food sources.



### Monounsaturated Fat

Monounsaturated fats are known for their ability to lower inflammation and are packed with antioxidants. Found in foods like avocados, extra virgin olive oil, and nuts, these fats are versatile and work well for both cooking and raw uses like drizzling over salads or veggies. They're a heart-healthy choice that adds great flavor and texture to dishes.

## HARMFUL OILS TO AVOID

Not all oils are created equal—some are heavily processed and can promote inflammation in the body. Here are the oils you should avoid:

### Canola Oil

Often marketed as heart-healthy, canola oil is typically highly processed and derived from genetically modified crops. It's high in omega-6 fatty acids, which, when consumed in excess, contribute to chronic inflammation. Plus, the high heat and chemicals used during processing can damage the oil and create harmful byproducts.

### Soybean Oil

Soybean oil is another commonly used oil in processed foods and fast food. It's extremely high in omega-6 fatty acids and is often genetically modified. Like canola oil, its heavy processing makes it a poor choice for cooking and overall health.

### Corn Oil

Another oil high in omega-6 fatty acids, corn oil is commonly found in processed foods. It is usually refined and highly processed, making it a bad choice for health-conscious individuals. Corn oil can promote inflammation, and like many other vegetable oils, it's often derived from genetically modified crops.

### Sunflower Oil

While sunflower oil is often marketed as a healthy option, it's usually highly refined and contains large amounts of omega-6 fatty acids. When consumed in excess, omega-6 fatty acids can throw off the balance between omega-6 and omega-3 in the body, leading to inflammation. Sunflower oil is also unstable at high heat, making it prone to oxidation and the production of harmful compounds.

### Palm Oil

Palm oil is a saturated fat, which makes it very stable for cooking at higher temperatures. However, most palm oil is heavily processed and comes from unsustainable sources, leading to environmental issues like deforestation. If you choose to use palm oil, look for red palm oil, which is less processed and retains more nutrients like vitamins A and E. Red palm oil is a better choice, but overall, palm oil is not my favorite due to the processing it often undergoes.



# THE HEALTHIEST COOKING OILS

Now that we've covered the oils to avoid, let's talk about the best oils for cooking and why they deserve a spot in your kitchen:

## Extra Virgin Olive Oil

Extra virgin olive oil is the gold standard of healthy oils. It's rich in monounsaturated fats, packed with antioxidants, and known for its anti-inflammatory properties. When choosing olive oil, look for cold-pressed, unrefined, single-origin extra virgin olive oil. It's also a good idea to check for a lot number on the bottle, which helps verify that the olive oil is real and not diluted with other oils. Additionally, always buy olive oil in a dark glass bottle to protect it from light exposure, which can cause it to degrade. Use it for low to medium-heat cooking or drizzle it over salads for a delicious, heart-healthy boost.

## Avocado Oil

If you need an oil that can handle high heat, avocado oil is your go-to. It has a high smoke point, making it perfect for frying, roasting, or grilling. Rich in monounsaturated fats and vitamin E, it's a versatile and nutritious choice that works well for both cooking and raw uses.

## Coconut Oil

Coconut oil is a highly stable saturated fat, making it great for high-heat cooking. What makes coconut oil unique is its content of medium-chain triglycerides (MCTs), which are quickly absorbed and used by the body for energy. MCTs are particularly beneficial for brain health, making coconut oil a great addition to your cooking routine. It also adds a subtle, delicious flavor to dishes.

## Grass-Fed Butter and Ghee

Grass-fed butter is rich in omega-3s, vitamin K2, and beneficial fatty acids. Ghee, or clarified butter, is another excellent choice for cooking, especially for those sensitive to dairy. Because ghee has the milk solids removed, it's lactose-free and can handle higher cooking temperatures without burning. Both are flavorful, nutrient-dense options that support overall health.

## Grass-Fed Beef Tallow

Beef tallow is a traditional cooking fat that's high in saturated fats and very stable for high-heat cooking. When sourced from grass-fed cattle, tallow contains conjugated linoleic acid (CLA), which has anti-inflammatory properties and supports heart health. It's perfect for frying, roasting, and even making crispy homemade fries!



WHEN

# TO USE EACH OIL

## EXTRA VIRGIN OLIVE OIL

**Best for:** Low to Medium-Heat Cooking, Dressings, and Drizzling

*Use for sautéing or drizzling over salads and veggies. Avoid high heat.*

## AVOCADO OIL

**Best for:** High-Heat Cooking and Frying  
*Great for frying, roasting, and grilling due to its high smoke point.*

## GRASS-FED GHEE (CLARIFIED BUTTER)

**Best for:** Medium to High-Heat Cooking  
*Handles higher heat better than butter, making it ideal for roasting and frying.*

## GRASS-FED BEEF TALLOW

**Best for:** High-Heat Cooking, Frying, and Roasting  
*Stable at high temperatures, perfect for frying and roasting crispy dishes.*



## COCONUT OIL

**Best for:** High-Heat Cooking and Baking  
*Ideal for high-heat cooking and baking, with the added benefit of MCTs.*

## GRASS-FED BUTTER

**Best for:** Low to Medium-Heat Cooking and Baking  
*Perfect for sautéing and baking. Avoid using on high heat to prevent burning.*

# KYLE'S

# BEEF BOWL

*A nutrient-dense, savory-sweet combo that fuels you with quality protein, healthy fats, and a touch of sweetness.*

**PREP TIME:** 10 MINS

**COOK TIME:** 10 MINS

**TOTAL TIME:** 20 MINS

**SERVING SIZE:** 1

## Ingredients:

- 1 lb grass-fed ground beef
- 1 avocado, diced
- 1/2 cup sauerkraut (fermented, raw)
- 1 apple, chopped
- 1-2 tbsp raw honey

## Instructions:

1. Cook the grass-fed beef in a skillet over medium heat until browned and fully cooked.
2. In a bowl, combine the cooked beef, diced avocado, sauerkraut, and chopped apple.
3. Drizzle with raw honey and enjoy this powerhouse meal that's packed with flavor and nutrients.



**KYLE'S**

# HONEY-GLAZED SALMON

*A quick and flavorful salmon recipe that combines the sweetness of raw honey with the earthy taste of roasted asparagus.*

**PREP TIME:** 5 MINS    **COOK TIME:** 15 MINS    **TOTAL TIME:** 20 MINS    **SERVING SIZE:** 1

## Ingredients:

- 1 wild-caught salmon filet (about 6 oz)
- 2 tbsp raw honey
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- 1/2 bunch asparagus, trimmed
- Sea salt and pepper to taste

## Instructions:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix raw honey, Dijon mustard, and 1/2 tbsp olive oil.
3. Place the salmon filet on a lined baking sheet and brush the honey-mustard mixture over the top.
4. Toss the asparagus with the remaining olive oil, sea salt, and pepper. Place on the baking sheet next to the salmon.
5. Roast for 12-15 minutes, until the salmon is cooked through and the asparagus is tender.
6. Serve immediately, drizzling any remaining honey-mustard glaze over the salmon.



**KYLE'S**

# GO-TO FRUIT SMOOTHIE

*A creamy, nutrient-packed smoothie featuring raw dairy and fruit for a natural sweetness.*

**PREP TIME:** 5 MINS    **COOK TIME:** 0 MINS    **TOTAL TIME:** 5 MINS    **SERVING SIZE:** 1

## Ingredients:

- 1 cup raw milk or raw cream
- 1 banana or 1/2 cup frozen blueberries
- 1 tbsp raw honey
- 1/2 cup ice (optional)

## Instructions:

1. In a blender, combine the raw milk, fruit, and raw honey.
2. Blend until smooth and creamy. Add ice if desired for a chilled smoothie.
3. Pour into a glass and enjoy as a refreshing meal or snack.



# HEALTHY SHOPPING CHEAT SHEET

*\*Print & use this as you shop as a quick reminder of what you learned in this e-book!*

## TOP 10 INGREDIENTS TO AVOID:

1. Vegetable Oils: Soybean, Corn, Canola, Sunflower, Safflower
2. Refined Sugar: Cane Sugar, High Fructose Corn Syrup, Corn Syrup
3. Artificial Sweeteners: Aspartame, Sucralose, Saccharin, Acesulfame Potassium
4. Natural & Artificial Flavors
5. Refined Carbohydrates: Wheat Flour, Enriched Wheat Flour
6. Artificial Colors: Red 40, Yellow 5, Yellow 6, Blue 1
7. Monosodium Glutamate (MSG):
8. Preservatives: BHA, BHT, Sodium Benzoate, Potassium Sorbate, Sodium Erythorbate
9. Carrageenan
10. Genetically Modified Organisms (GMOs)

## OILS TO BUY VS AVOID:

### Best Oils to Buy:

- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil
- Grass-Fed Butter & Ghee
- Grass-Fed Beef Tallow

### Oils to Avoid:

- Canola Oil
- Soybean Oil
- Corn Oil
- Sunflower Oil
- Palm Oil
- Grapeseed Oil

## READING INGREDIENTS 101:

- Start with the First Ingredient
- Look for Recognizable Ingredients
- Avoid Long Ingredient Lists
- Watch for Hidden Sugars
- Ignore Marketing Claims

WANT  
MORE?!



MY EXCLUSIVE **COSTCO** GUIDE DROPS IN SPRING!  
**WHOLESALE**

In this exclusive shopping guide, I will serve as your go-to expert for clean eating—and share my insider secrets to navigating Costco like a pro. My book will include...

- ✓ Ultimate roadmap to navigating the aisles at Costco
- ✓ Discover hidden gems and learn how to avoid sneaky unhealthy ingredients
- ✓ My top recommendations & why each one deserves a spot in your cart
- ✓ Exclusive recipes designed to turn those finds into simple, delicious meals that fuel your body and elevate your health

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