

Real Food in OC

Orange County has a plenty of options for real, whole foods; many of which are right in your neighborhood. Remember that ALL stores have processed foods to look out for, and even farmer's markets have junk food. Just because it's labeled "natural," doesn't make it healthy, whole, or a real food.

Farmer's Markets — Irvine's Saturday morning Farmer's Market is one of the best in OC, with a huge variety of fruits and vegetables, plus grass fed meats, artisan cheeses, olives, nuts, and more!

Trader Joe's — Fresh produce, grab and go foods with real food ingredients and minimal processing.

Whole Foods, Mother's Market, Sprouts — Specialty food stores with a large variety of natural foods; just beware of the large variety of "healthy" boxed foods (Hint. They aren't so healthy.)

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Ethnic Markets & Supermarkets — Today's markets have an increasing variety of organic, whole foods, but you have to be careful and read the labels. Better yet, choose foods that don't come with labels; real, whole foods.

Buy mostly raw ingredients, not foods *with* ingredients.

For more information

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Jamie Oliver's Food Revolution Day
FoodRevolutionDay.com

Also, check out MealSurvivor.com for ideas on quick and healthy, grab and go snacks, food, and real food meal ideas.

MEAL SURVIVOR 
YOUR FAT LOSS GUIDE IN THE GROCERY JUNGLE

How to eat more real food

**FOOD
REVOLUTION
★ DAY ★**

STAND UP FOR REAL FOOD

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These diet, food, and exercise suggestions are not designed or meant to treat any conditions or illnesses. Always check with your doctor before beginning any diet, nutrition, or exercise program.

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Breakfast

Rethink breakfast. A few times per week have a breakfast that doesn't come in a box. Try scrambled eggs, some bacon and a cup of fruit. Take out the blender and prepare a delicious smoothie with yogurt and banana.

Lunch

Pack three colors for lunch. Give your lunch box a makeover; choose three vegetables, such as carrots, snap peas and yellow bell peppers, to give your lunch a rainbow twist. Different colors mean different antioxidants.

Get seasonal

Get seasonal. Watch for what fruits and veggies are in season, and focus on using more of them. It's strawberry season now, and soon it will be peach season, followed by squash, then grapes and then citrus. Farmer's markets are a great way to know what's at its peak.

Stay local

Be a locavore. Eat produce, meats and dairy produced close to the place where you live. Visit farmer's markets, learn about CSAs, and get involved in supporting your local farmers. South Coast Farms out of San Juan Capistrano has an every day farm stand and a CSA. The Irvine Farmer's Market is every Saturday from 8 to noon. Explore and enjoy!

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Stay home

Prepare more home cooked meals. Plan to use your slow cooker at least 2 times this week. Slow cooked meats and stews are delicious and save a ton of money. Pair with some sweet potatoes, yucca or basmati rice, toss a colorful salad and you have a meal everyone will love. What's for dessert? Fruit.

Go plain

Go plain and dress it yourself. Think of items that you normally buy flavored: yogurts, cottage cheese, milk, fancy coffee drinks and shakes. Replace them with a plain version and, if necessary, add your own extras. Add honey to yogurt, fresh cut pineapple to cottage cheese, or a real banana in your shake.

Sweets

When you crave sweets, reach for fruit. Bananas, apples and peaches are part of nature's fast food chain. Instead of hitting your local coffee shop, stop by the grocery store and grab a piece of organic fruit. You can easily overeat 10 cookies, but just try 10 bananas ;)

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