



Plain English Guide to...

Getting Started With
Wholefoods



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Chapter 1: Why Wholefoods?



There are many reasons that people choose a whole foods lifestyle.

For some, it's purely about weight loss and health benefits.

For others, it's a way to combat the effects of nagging health issues such as diabetes, high blood pressure, fibromyalgia or any number of autoimmune disorders.

And still, for others, it's their physician who has set them on the path of whole foods, letting them know it's time to get serious about their health and lifestyle choices.

Unfortunately, when a doctor suggests a whole food diet, it's usually time for bloodwork and medications as generally the body is already affected by some ailment by the time a physician gets involved.

The good news is that whatever sparked your transition to whole foods, it's a route for you to get healthy whilst living a healthier lifestyle.

Eating whole foods will allow you to fight the things that plague so many of us.

Fatigue, daily aches and pains, and even mental fog will all be a thing of the past once you begin to follow the whole foods way of life.

If you have reached that point where you are ready to do whatever it takes to get your health back, you have come to the right place.

Learning about whole foods and the things that you can expect during your whole foods transition will help you take that all-important first step to a healthier lifestyle.

Here's the thing, you could say that you're already on your way to a whole foods lifestyle. Just making the decision to start eating whole is a big step.

But where do you go from here?

To start, let's take a look at what eating whole means.

You should know that there are many different forms of eating 'whole', but basically it means eating as many real and unprocessed foods as you can.

'Real' foods mean foods that are found in nature and eaten as close to natural as possible.

From there, people take different directions based on what 'eating whole' means to them.

Some people choose to continue eating meats and seafood and will opt for organic or grass-fed meats while ditching the grains (typically, this is considered the 'paleo' form of eating).

Other people choose to bypass meats completely and focus on a diet of grains, fruits, nuts, vegetables, and seeds, (typically, this is considered a 'whole food vegan').

And others choose to eat both grains and meats in addition to other healthy foods. The paths are all a bit different but they all lead to the same place, eating whole.

So, just to recap, typically whole food eaters fall into two categories:

- Whole food vegan - A vegan is someone who does not consume or use animal products.
- Whole food meat-eater - Someone who eats meat from healthy, natural sources.