

EAT SMARTER FAMILY COOKBOOK

BONUS RESOURCE GUIDE

Learning how to nourish your family with healthy and delicious food is one of the most rewarding journeys you could take. That's why we want to support you as much as possible by curating helpful information and tools for eating smarter.

The resources within this bonus guide will supplement your cookbook and help you make the most of what you've learned. Any questions? Reach out to us!



Videos: How Vegetable Oil is Made

You might think vegetable oil is a healthy option, but once you see how it's made you'll probably have second thoughts.

In these videos, you'll see firsthand how these seed oils are processed at extremely high temperatures, scoured with chemical solvents, bleached and then deodorized.

Seeing is believing when it comes to this common ingredient - and you'll never see it in the same way again.

Videos:

- [How Canola Oil is Made](#)
- [The 100 Billion Dollar Ingredient Making Your Food Toxic](#)
- [This is How Crisco is Really Made](#)

Smart Strategies to Reduce Food Waste

As noted in the Eat Smarter Family Cookbook, food waste is a huge and costly issue for our families. In the U.S., we waste about 40% of the food we grow, contributing to the nearly \$3 trillion dollars in global food waste annually!

But it doesn't have to be this way. With a few small tweaks to the way you store your food, you can keep things fresher for longer, make the most of the groceries you buy, and make a mighty dent in the food waste problem. See the tips by [clicking here](#).

Healthy Kitchen Resources

Eating Smarter starts by making sure you have a healthy and safe kitchen to create delicious food in. Here are some of our favorite resources for a healthier kitchen.

Properly Seasoning Your Cast-Iron Cookware

Using a properly-seasoned cast-iron pan is ideal for high-heat cooking and it can go from stovetop to oven seamlessly. When well cared-for, your cast-iron pan can last for generations.

See a simple step-by-step video for properly seasoning your cast iron pan by [clicking here](#).



Kitchen Tools I Love

These are just a few of the gadgets and tools I can't live without in my kitchen!

- [Zulay Hand Frother](#): I can use this to make lattes and cappuccinos at home that look like they came from the bougiest coffee shop - for a fraction of the price.
- [Genicook Stainless Steel Food Storage Containers](#): Many cheap plastic food storage containers have BPAs and dangerous chemicals. It's worth investing in stainless steel storage options for your leftovers so you can keep your family safe.
- [Caraway Nonstick Cookware](#): I love my Caraway pans! They are non-stick without any lead, cadmium or toxic materials and they require less oil or butter for cooking - for a healthier meal. (If you really love them, you can order the [full 12-piece set](#) with lids and a handy storage set-up!)
- [Nextrend Garlic Twister](#): I use this tool to mince all kinds of things from garlic to ginger to herbs and more!
- [Zyliss Food Chopper](#): We use this chopper all the time to chop, blend, and puree many different ingredients. It's also easy to use and clean.

Make Family Dinners More Fun

Multiple studies have shown that children who eat meals with their family are more likely to be a healthy weight, less likely to have eating problems and more likely to be emotionally stable.

For example, a 2018 study in [JAMA Network Open](#) found that teens who eat meals with family members are more likely to consume more fruits and vegetables and less fast food and sugary beverages.

But in order to make family dinners “a thing,” you might need to draw the attention of your kids away from the screens and make things interesting. Here are some ideas for how to do that:

- [Legado Family Card Deck](#): Connect with your children on a deeper level with questions about their passions, interests and more.
- **Conversation Cards for Kids and Teens**: Another fun way to encourage conversation and connect during family dinners.



Where to Source Quality Ingredients

Here are some incredible sources we've found over the years for high-quality ingredients, clean spices, superfoods, healthy affordable groceries and more.

Laila Ali Spice Blends

Add a delicious punch of flavor to anything you cook - as well as sprinkling in some nutrition! Laila Ali Spice Blends are made with aromatic organic herbs and spices - no additives, GMOs, gluten or chemicals. You get an exclusive 15% off on your order right here:

[Laila Ali Spice Blends](#)

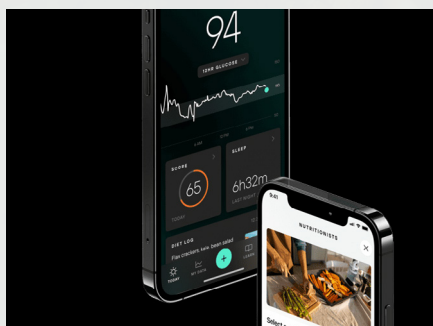


Four Sigmatic

Organic coffee enhanced with traditional, health-supporting medicinal mushrooms like lion's mane and chaga. Four Sigmatic is the leading company delivering truly healthy coffee, elixirs, and hot cocoa drinks to give you enhanced mental focus, a boost of energy, and lasting positive mood. Get a special 10% off on your order here: [Four Sigmatic](#)

Pique Teas

These phenomenal teas are far healthier than anything else on the market. They're made from the most nutritious sources and 3rd party tested for purity. This is my all-time favorite source for teas that improve cognitive function, gut health, fat loss, and more. Plus, you'll get 15% off your order here: [Pique Teas](#)



Levels

Tracking your blood sugar is the secret to understanding your own unique metabolic health. With Levels, you'll get a small wearable monitor that measures your blood glucose in real-time. Then, the app will study your diet and activity choices to provide personalized changes that will improve your health. Get two months for FREE along with your annual membership here: [Levels](#)



Wellnesse

Keeping your family healthy isn't just about the foods that go into their bodies, but the personal care products they use too. Wellnesse was started by a mom who was struggling with her own health. After doing tons of research, she realized most of the products on store shelves were filled with toxic ingredients. As such, she went to work whipping up her own DIY recipes for the personal care products used by her and her family. Check out their toothpaste, shampoo, deodorant and more and get 10% off with the code MODEL: [Wellnesse](#)

Beekeeper's Naturals

Building a healthy immune system and having safe, clean resources on hand to help our families with colds and flus are a MUST today. Conventional cough syrups are riddled with synthetic chemicals, toxic dyes, and other nefarious ingredients. But the *Eat Smarter Family Cookbook* highlighted a randomized, double-blind, placebo-controlled study revealing that high-quality honey was able to outperform a placebo and significantly reduce cough frequency and severity and improve sleep quality at night.

The Beekeeper's Naturals cough syrup is an absolute essential, plus their propolis immune spray and other incredible products help to keep us healthy and more energetic year-round. Save an exclusive 20% off storewide right here: [Beekeeper's Naturals](#)



Seatopia

Seafood is one of the healthiest and most delicious sources of essential Omega 3 fatty acids, but the seafood you find in supermarkets has often been exposed to heavy metals, microplastics, GMOs or antibiotics. Seatopia humanely harvests fish from artisan regenerative aquaculture farms, so you can enjoy mercury-safe, sustainable and healthy seafood delivered to your door. Try it now and get \$20 off your order: [Seatopia](#)

Organifi

Organifi superfood blends have been a staple in my family's nutrition for years. They're far beyond typical "multivitamins" that use synthetic ingredients, chemical binders, fillers, and other things that are the opposite of healthy. Organifi uses concentrates of real superfoods, they're easy to use, and great for the whole family. Plus, they have blends for every health goal, from improving brain health and memory, to boosting weight loss, to supporting better sleep. Get 20% off storewide right here: [Organifi](#)



Wild Pastures

Wild Pastures changed our lives. Not only is it more nutrient-dense and delicious than store bought meats, Wild Pastures is leading the way in sourcing from truly regenerative farms that support the rebuilding of healthy soil. The health of the soil deeply determines the health of our bodies. You can get grass-fed beef, pork, chicken and more delivered right to your door. Plus, \$15 off your first box and free shipping for life, right here: [Wild Pastures](#)

Paleovalley

Vitamin C is critical for your immune system, the health of your skin, supporting sleep quality and more. But most vitamin C supplements are made from GMO corn syrup and cornstarch and do NOT provide notable benefits. A study published in the *Journal of Cardiology* revealed that a concentrate of the high vitamin C superfood camu camu berries significantly lowered inflammation and oxidative stress in study participant while there were NO improvements with people taking ordinary vitamin C supplements. This is why I get the Essential C Complex from Paleovalley that contains real camu camu and other powerhouse vitamin C superfoods. They're other supplements, grass-fed meat sticks, and more are all staples in our home. Check them out here and receive an exclusive 15% off: [Paleovalley](#)



LMNT

A study conducted by researchers at Harvard Medical School found that low intake of essential salts directly increases insulin resistance in humans. These essential salts are called electrolytes, and they're critical in supporting healthy hormone function, fat metabolism, immune system function, and more. The problem is that most electrolyte supplements are loaded with sugar, artificial colors, and other ingredients that degrade our health. The incredible electrolytes from LMNT have come to the rescue providing the electrolytes we need (backed by hundreds of thousands of data points!) and the quality we deserve. Grab your LMNT right here now and get a FREE sample pack with your order: [LMNT](#)



OLIPOP carbonated beverages

If you want to transition your family off of all the sugar-laden sodas that are proven to damage our health, look no further than OLIPOP! Olipop delivers so many of the familiar soda flavors we grew up with, but with far superior ingredients. Many of their ingredients are actually found to support metabolic health and gut health (unlike conventional sodas that can quickly mess our health up). Give OLIPOP a try for your family, and definitely keep some on hand for BBQs and get-togethers!

[OLIPOP carbonated beverages](#)

Methodology

Shopping, prepping, and cooking healthy meals can definitely be time-consuming. It's a great investment in our families health (and saving time in the long-run) But sometimes we can use some help eating healthy when we're busy. Methodology gives you the gift of healthy, delicious, fully-cooked meals delivered straight to your door. They're available in lots of states in the U.S. now! See if Methodology can deliver their goodness to you right here: [Methodology](#)



Thrive Market

When you want healthy groceries and personal care products from top-tier brands (but at a fraction of the cost!), look no further than Thrive Market. Thrive Market provides expert-curated, organic, and sustainably sourced foods, personal care products, and household items all in one place... Delivered directly to your door! Check out Thrive Market and get a special bonus right here: [Thrive Market](#)

