

BECAUSE YOU WERE CREATED
FOR MORE THAN MEDIOCRE

LIVING WELLNESS



Transform your pantry. Transform your health.

FOSS	Processed – Avoid	Less Processed—Use sparingly	Un-Processed— Enjoy in moderation	Enjoy with reckless abandon
Flour & Grains	Enriched flour, canned beans, roasted nuts, white rice, corn meal	100% whole grains, dry beans, raw nuts, brown rice	Soaked and/or sprouted grains, fermented grains such as sourdough	Nothing except the love of Jesus!
Oils & Fats	Partially hydrogenated oils, vegetable oils, margarine, canola oil, soybean oil	Sunflower oil, safflower oil, grape seed oil	Extra virgin olive oil, grass fed butter, ghee, coconut oil, avocado oil, pastured lard	It's a fallacy that you can eat endless amounts of anything.
Sugar	High fructose corn syrup, table sugar	Sugar in the raw, turbinado, cane sugar	Raw honey, pure maple syrup, fruit	The key to long term health success is:
Salt	Salt, table salt, sodium chloride	Kosher salt	Mineral salt such as Celtic sea salt or pink Himalayan	MODERATION

What do you call a really old rock? (hint: a fossil). What will you get if you don't update your FOSS? (hint: you get ill). Don't become a fossil before it's your time, friend! ☺

PROCESSED WHITE SUGAR SUBSTITUTIONS—HONEY OR MAPLE SYRUP (BY WEIGHT)

1 cup (200 grams) white sugar = ½ cup raw honey or real maple syrup

AGAVE SYRUP

1 cup white sugar = ¼ cup agave

COCONUT PALM SUGAR OR ORGANIC CANE SUGAR

One-to-one ration

PROCESSED OIL SUBSTITUTIONS—APPLE SAUCE & FRUIT PUREE