

INTRODUCTION

Welcome to a journey towards embracing a healthier lifestyle by steering clear of ultra-processed foods.

In a world inundated with convenience-driven consumables, it has become increasingly vital to prioritise the quality and nutritional value of what we put into our bodies.

This document aims to give you a start to the journey with recommendations.

Clicking on the subjects will take you through to links to buy the books etc

First things first

DO NOT STRESS

This should be a change in the way you eat - there is no hurry - take your time. Replace your foods gradually - it takes time to find the best replacements.

First things first - if you haven't already - read the book "Ultra Processed People by Chris Van Tulleken - [link here](#) and further down the page

Next plan your meals - there is a meal planner attached - with a shopping list - its best to prepare all food from whole foods from scratch - if you can buy meat direct from a butcher - but the best you can afford. Gradually replace your staple foods with NON UPF foods. The list attached may help.

Our website will provide as much information as it can - with lists of suitable foods and the supermarket you can find it, we shall be adding to this all the time.

The website address is www.real-food-reset.com

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MENU

Weekly Menu you can print off

APPS

These are some apps that can help you find
UDP free food

Open foods Facts App



Yuka App

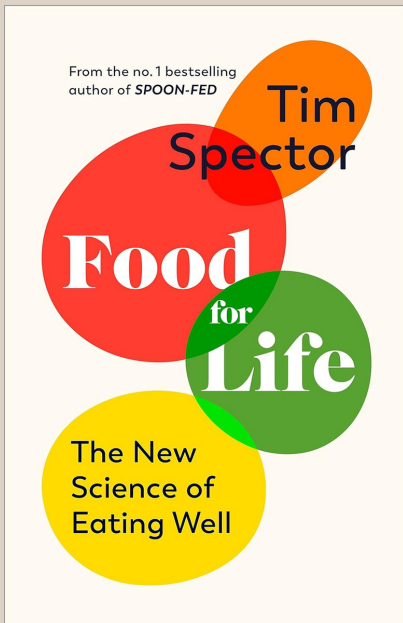


Although these apps are far from
perfect - they are better than nothing,
hopefully they will improve over time,
or more come to the app stores

BOOKS

These are some books that we recommend - this is the first place you should start.

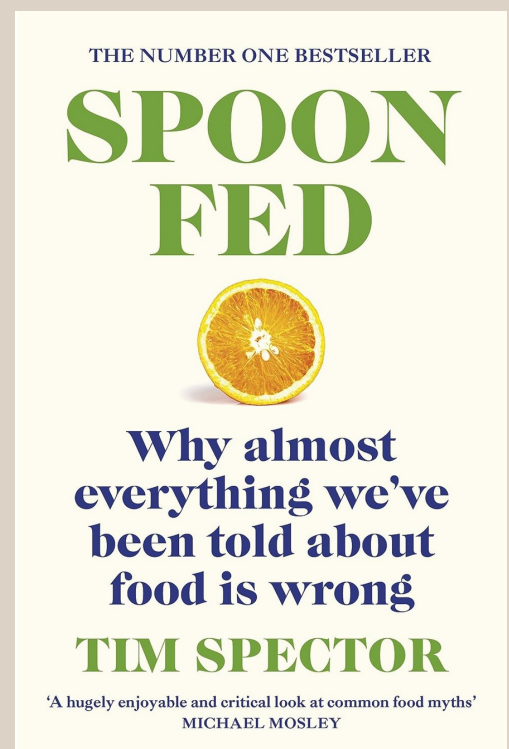
Food for Life: The New Science of Eating Well by the #1 bestselling author of SPOON-FED Tim Spector.



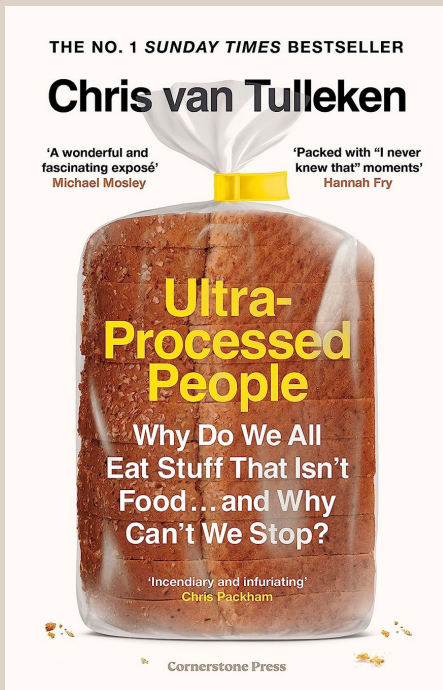
"Food for Life" by Tim Spector is a compelling guide that explores the critical relationship between our diets and overall health. Professor Spector emphasizes the importance of diverse, whole foods in fostering a thriving gut microbiome and improving well-being. A highly recommended read for a deeper understanding of nutrition and its impact on our lives.

Spoon-Fed: Why almost everything we've been told about food is wrong, by the #1 bestselling author of Food for Life Tim Spector

"Spoon-Fed" by Tim Spector sheds light on the myths and misinformation surrounding modern diets. Professor Spector presents a compelling argument for mindful eating, debunking fad diets and encouraging a deeper understanding of nutrition. An eye-opening read that advocates for a balanced approach to food, empowering individuals to make informed dietary choices.



BOOKS



Ultra-Processed People: Chris Van Tulleken

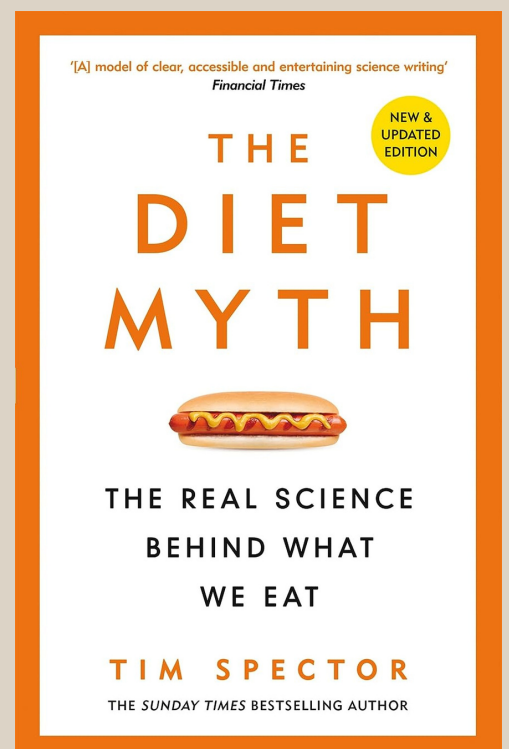
"Ultra-Processed People" by Chris Van Tulleken delves into the global issue of ultra-processed foods and their impact on human health. Tulleken explores the rise of these heavily processed food products and their links to obesity and chronic diseases. He advocates for awareness and healthier eating habits to combat this growing health crisis

The Diet Myth: The Real Science

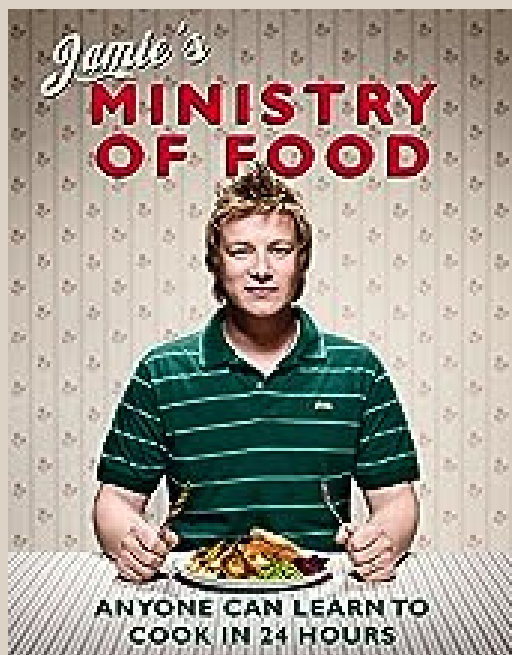
Behind What We Eat

Tim Spector

"The Diet Myth" by Tim Spector challenges traditional diet beliefs, urging a personalized nutrition approach. Emphasizing our gut's unique microbial ecosystem, it advocates for diverse diets and rejects a universal approach. Spector prompts readers to rethink their dietary habits, considering individuality, genetics, and gut health for optimal well-being.



BOOKS



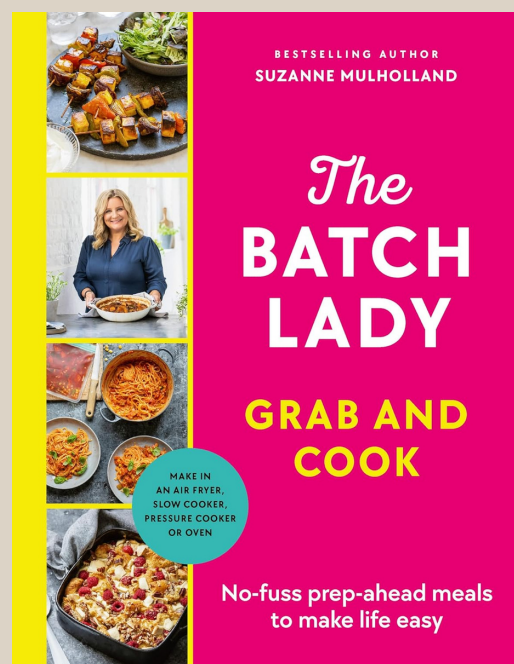
Jamie's Ministry of Food: Anyone Can Learn to Cook in 24 Hours

Jamie Oliver's "Ministry of Food" is an empowering culinary guide designed for every aspiring home cook. With a focus on reclaiming basic cooking skills, Oliver offers practical tips, easy-to-follow recipes, and encourages a healthier, homemade approach. A must-read for those aiming to revolutionize their cooking habits and embrace wholesome meals.

The Batch Lady- Grab and Cook - Suzanne Mulholland

Take the hassle out of mealtimes with 100 easy recipes to have dinner ready in no time.

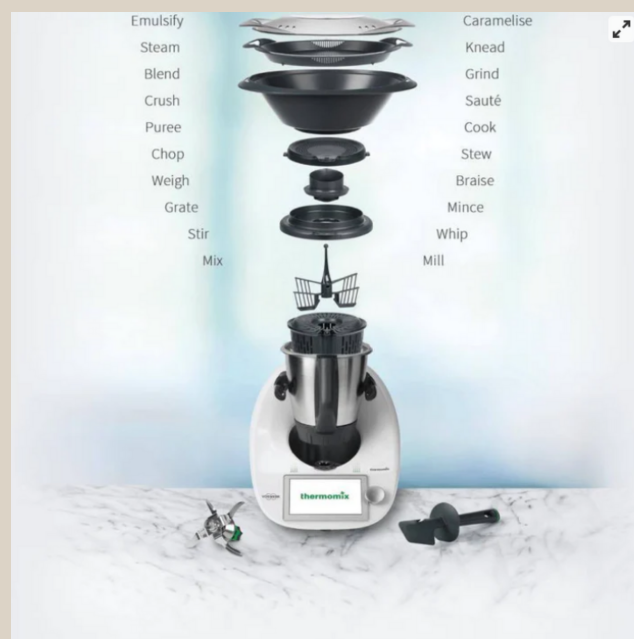
Grab and Cook is a simple method to put satisfying, wholesome food on the table every day. Each recipe takes no more than 15 minutes to prepare, and can either be cooked right away, or made for the freezer to cook when you're hungry.



EQUIPMENT

These are some appliances that we recommend

Thermomix



TM6

THE THERMOMIX TM6 IS A CULINARY POWERHOUSE THAT HAS REVOLUTIONIZED MY COOKING EXPERIENCE. ITS SLEEK DESIGN AND INTUITIVE TOUCHSCREEN OFFER A VAST ARRAY OF FUNCTIONS, FROM CHOPPING AND BLENDING TO SAUTÉING AND STEAMING. THE GUIDED COOKING FEATURE, ALONGSIDE PRECISE TEMPERATURE AND SPEED CONTROL, ENSURES CONSISTENT, RESTAURANT-QUALITY RESULTS. THE INTEGRATED SCALE SIMPLIFIES MEASUREMENTS, AND EASY CLEANUP MAKES IT A MUST-HAVE FOR ANY HOME COOK. THE TM6 IS MORE THAN AN APPLIANCE; IT'S A CREATIVE COMPANION THAT ELEVATES HOMEMADE MEALS TO NEW HEIGHTS. EMBRACE CULINARY INNOVATION WITH THE THERMOMIX TM6! ★🍴

[TO BOOK A DEMO](#)

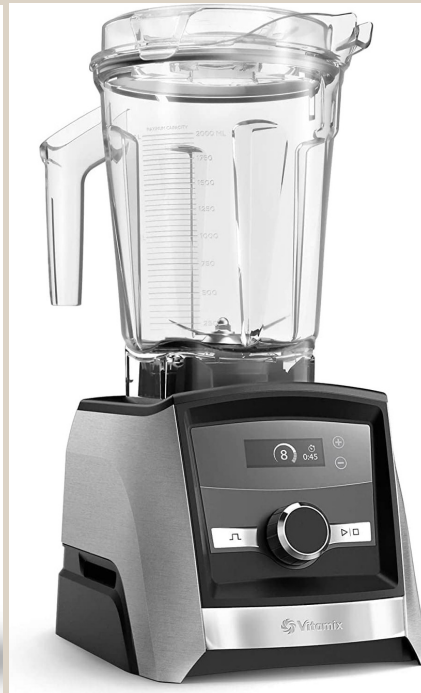
EQUIPMENT



Vitamix
065861



Vitamix
A2300i



Vitamix
A3500

EMBARK ON A VIBRANT, HEALTHFUL JOURNEY WITH THE VITAMIX BLENDER, A NUTRITIONAL MAESTRO IN YOUR KITCHEN. FROM RAW VEGGIES TO CREAMY NUT BUTTERS, IT EFFORTLESSLY BLENDS WHOLESOME INGREDIENTS, PRESERVING THEIR VITAL NUTRIENTS. VERSATILE AND EASY TO CLEAN, IT'S A TRUE HEALTH ADVOCATE THAT ELEVATES YOUR CULINARY GAME. DISCOVER WELLNESS, ONE BLEND AT A TIME! ★

EQUIPMENT

Breadmaker

Panasonic
SD-YR2550SXC



THE PANASONIC SD-YR2550SXC BREADMAKER IS A GAME-CHANGER FOR ANY HOME BAKER. ITS USER-FRIENDLY INTERFACE AND VERSATILE SETTINGS MAKE BAKING A BREEZE. ENJOY THE AROMA OF FRESHLY BAKED BREAD WITH CUSTOMIZABLE LOAF SIZES AND CRUST SHADES. THE RAPID BAKE OPTION IS PERFECT FOR THOSE IN A HURRY, AND ITS ABILITY TO HANDLE GLUTEN-FREE AND WHOLEGRAIN RECIPES ADDS TO ITS APPEAL. THE DURABLE BUILD ENSURES IT STANDS THE TEST OF TIME. INVEST IN THIS BREADMAKER FOR CONSISTENTLY DELIGHTFUL, HOMEMADE BREAD THAT WILL HAVE EVERYONE COMING BACK FOR MORE. HAPPY BAKING! 🍞✨

WHOLE FOOD SHOPPING LIST

WHOLE FOODS ARE UNPROCESSED OR MINIMALLY PROCESSED FOODS THAT ARE AS CLOSE TO THEIR NATURAL STATE AS POSSIBLE. THEY ARE PACKED WITH ESSENTIAL NUTRIENTS AND TYPICALLY DON'T CONTAIN ADDED SUGARS, UNHEALTHY FATS, OR ARTIFICIAL ADDITIVES. HERE'S A BASIC LIST OF WHOLE FOODS TO HELP YOU MAINTAIN A DIET FREE OF ULTRA-PROCESSED FOODS:

1. **FRUITS:**

- APPLES
- BANANAS
- ORANGES
- BERRIES (E.G., BLUEBERRIES, STRAWBERRIES)
- KIWIS
- WATERMELON
- AVOCADO

2. **VEGETABLES:**

- SPINACH
- KALE
- BROCCOLI
- CARROTS
- BELL PEPPERS
- TOMATOES
- SWEET POTATOES

3. **WHOLE GRAINS:**

- QUINOA
- BROWN RICE
- OATS
- BARLEY
- WHOLE WHEAT
- BULGUR

4. **LEGUMES:**

- LENTILS
- CHICKPEAS
- BLACK BEANS
- KIDNEY BEANS
- PEAS

5. **NUTS AND SEEDS:**

- ALMONDS
- WALNUTS
- CHIA SEEDS
- FLAXSEEDS
- PUMPKIN SEEDS

WHOLE FOOD SHOPPING LIST

6. **LEAN PROTEINS:**

- CHICKEN BREAST (SKINLESS)
 - TURKEY
- FISH (E.G., SALMON, TUNA)
 - TOFU
 - TEMPEH

7. **DAIRY AND ALTERNATIVES:**

- GREEK YOGURT (UNSWEETENED)
 - COTTAGE CHEESE
- PLAIN ALMOND OR COCONUT MILK (UNSWEETENED)

8. **HERBS, SPICES, AND FLAVORINGS:**

- FRESH HERBS (E.G., BASIL, PARSLEY)
- SPICES (E.G., TURMERIC, CUMIN)
 - GARLIC
 - GINGER

9. **HEALTHY FATS:**

- OLIVE OIL
- AVOCADO OIL
- COCONUT OIL

10. **BEVERAGES:**

- WATER
- HERBAL TEA
- 100% FRUIT JUICES (IN MODERATION)

THESE WHOLE FOODS PROVIDE A DIVERSE RANGE OF ESSENTIAL NUTRIENTS AND ARE THE FOUNDATION OF A NUTRITIOUS, ULTRA-PROCESSED FOOD-FREE DIET. INCORPORATE THESE INTO YOUR MEALS AND EXPERIMENT WITH DIFFERENT COMBINATIONS TO KEEP YOUR MEALS EXCITING AND SATISFYING.

SHOPPING LIST

PANTRY ITEMS

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MEAT & FISH

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FRUIT & VEG

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WEEKLY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Facebook groups

Here are some good facebook groups

These are full of good info and support

REDUCING ULTRA PROCESSED FOODS (UPFS) UK

ULTRA PROCESSED PEOPLE (BOOK GROUP DISCUSSION)

QUITTING ULTRA PROCESSED FOODS (UPF)

NO NEED TO KNEAD BREAD RECIPES)

THE FULL FREEZER

Useful links

Here are some useful links

[The Batch Lady - useful info on batch cooking](#)

Instagram Links

[The Balance Coach](#)

[The Balance Coach](#)