

# UPSTREAM



## LEVERAGING LEGACY

P.10

*We all want our children to grow up to be resilient, determined individuals.*



P.16

## GOD'S LOVE IN SCRIPTURE

## PARENT'S BLUEPRINT TO RESTORATIVE SLEEP P.47



P. 38

## NATURAL COUGH REMEDIES

WELCOME TO

# UPSTREAM

As parents, we are called to the all-important role of leading our children “in the way that they should go” (Proverbs 22:6) and we can’t just afford to “give it our best shot” and see what happens.

No, too much is at stake when it comes to the health of our family and good intentions are not enough. We have to know what we are doing! We need both direction—the knowledge of what to do—and discipline—the commitment to do it.

This Upstream subscription is just that! It’s not just information, but tools and resources to help train and equip your family in the areas that matter most—Faith, Family, & Functional Health.

Upstream gives the direction—you provide the discipline.

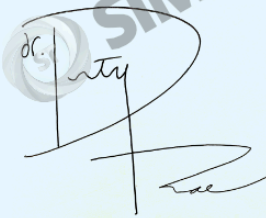
See every edition as a banquet table overflowing with essential teachings and resources necessary for your growth as a Christian family. You get to come to the banquet table to see what is going to benefit you and your family the most and then go and apply that. (Proverbs 9:4-6)

## EACH UPSTREAM BUNDLE IS FULL OF:

- A topic about God and how to have healthy conversations with your children about their faith
- Monthly devotions
- A holistic workout plan for you and your family
- A monthly menu plan
- Bonus recipes
- Effective ways to support your families’ health from a functional health perspective

...and soooooo much more!

Why are we doing this? Because we believe that Christian families should be the healthiest, happiest, and most impactful families in the world.



**Let's live Upstream!**

## FAMILY

### FAMILY SPOTLIGHT

*The O'Tool Family* 06



### BUILDING FAMILY VALUES

*Leveraging Legacy* 10

## LIFE

### INSIDE HEALTH

#### EMOTIONAL

*Gratitude is Good Medicine* 14

#### SPIRITUAL

*God's Love in Scripture* 16

*Monthly Devotion Plan* 18

*Apologetics for children* 20

### OUTSIDE HEALTH

#### FINANCIAL

*Show Them Stuff Costs Money* 22



## CARE

### AVOIDING CHRONIC DISEASE

*Parent's Blueprint to Restorative Sleep* 24

*5 Family Disruptors of Sleep* 28

*Family Sleep Quiz* 29

*Ways to Support Healthy Sleep Patterns* 30



### REDUCING TOXIC LOAD

#### SIMPLE CHECK

*PFA's* 32

#### SIMPLE SWAP

*Makeup* 33

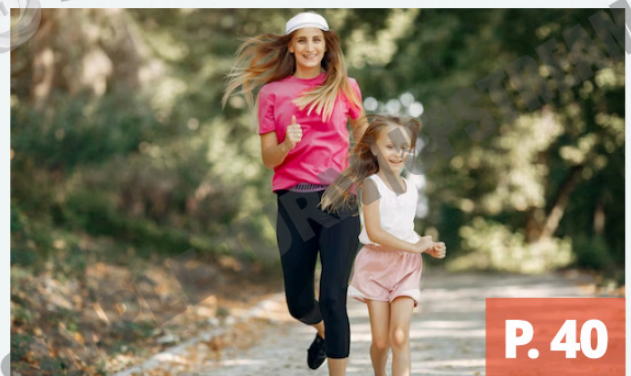
#### FUNCTIONAL MEDICINE CABINET

*Cough* 35

*Cough Remedies* 38

## MOVE

*MONTHLY WORKOUT* 40



# FUEL

## MONTHLY MEAL PLAN 47

### PREP FOR THE WEEK AHEAD 48

---

#### RECIPES

<i>Breakfast</i>	49
<i>Lunch</i>	54
<i>Dinner</i>	60



---

### GROCERY LIST 66

---

### BONUS RECIPES 68

---

## RESOURCE PAGE 72

---

<i>Moringa: World's best cup of healthy hot chocolate</i>	72
---	----

---

## EDITOR'S NOTE

This bundle is designed to complement, not substitute for, the guidance of a qualified health professional. If you are aware of or suspect a health issue, it is advisable to seek advice from a healthcare professional. The author and editor expressly disclaim any liability, loss, or risk—personal or otherwise—resulting directly or indirectly from the utilization or application of any content within this material.

Please note that this content may contain affiliate links or sponsored content, which means we may earn a commission or receive compensation for any purchases made through these links. However, rest assured that these affiliations do not influence our editorial content or recommendations.



**SIMPLE TURN**



**Founders:** Dr. Dusty & Rae Hess |  
@drdustyandrae

**Editor:** Angelo Oliverio |  
angelooliveriojr@gmail.com

**Designer:** Jime Serrano | @jimestudio\_design

**Instagram:** @mysimpleturn

**Facebook:** @simpleturn

**Pinterest:** @simpleturn

**Email:** info@mysimpleturn.com

www.mysimpleturn.com

#upstreamfamily

# FAMILY

This section equips your children with the knowledge and skills to preserve family, and build a legacy of abundant health that lasts generations beyond their own.



Health, intentionality and having good relationships is a journey.



# O'TOOL

## FAMILY

**YEARS  
MARRIED: 12  
CHILDREN: 5  
LOCATION: IA**

After they were first married, Angie didn't see herself becoming a mother until later in life, choosing instead to focus on her career. But her perspective shifted when she envisioned what Thanksgiving dinners would look like for her family in twenty years.

Would there be anyone else sitting around the table with them?

Joe and Angie's journey began on a mission trip to Asia, where their paths first crossed. As they got to know each other, they realized they were both already on mission individually and wanted to continue living on mission together.

After they were first married, Angie didn't see herself becoming a mother until later in life, choosing instead to focus on her career. But her perspective shifted when she envisioned what Thanksgiving dinners would look like for her family in twenty years. Would there be anyone else sitting around the table with them?



Now, 12 years later, Joe and Angie are grateful parents of their five children, ages 2-11.

**“We’ve been very intentional about developing community.”**

Their top priority as parents is that their children would remain faithfully committed to God til the end of their days. “We don’t necessarily care what they do for college,” Joe explains. “We want them to remain faithful and loyal no matter what they accomplish in life.”

They inspire those values in their children by structuring their daily schedule to live out their mission together. “Our schedule isn’t set up to revolve around them, and it isn’t set up to revolve around us and our hobbies,” Joe shares. As a chiropractor, Joe often takes his children with him to the clinic, giving them opportunities to minister to the patients. “They’re not just watching us, they’re actually involved in what we do.”

Another part of that schedule is a nightly family prayer time where Joe and Angie share their heart and vision for their children's lives. They also reinforce that vision through lots of intentional time with their children throughout the day. "It's not through a lecture. It's through consistent moments together."

**"If you want your child to live life, then you have to truly live it."**

Community plays a significant role in their parenting journey. Once or twice a year, Joe and Angie take a trip as a couple to cultivate growth in their marriage, and during these times, friends or family watch the children. "We've been very intentional about developing community with people who know our vision and priorities and who we can trust to continue to parent our children while we're away."

Their church has been an ideal environment to meet other families that share their values. In addition to participating in church services every week, Joe and Angie are involved in a small group

where they study the Word and share life with these families on a regular basis. "We want our children to see us actively choosing to study God's Word and do life with a body of believers," Angie shares. That's why it's important to them that the groups they're part of allow their children to accompany them.



In order to have the environment and structure that supports their values, Joe and Angie chose to homeschool their children. The first and most important priority of the day for each child is a personal devotion time. After that, they follow a simple schoolwork structure with plenty of built in flexibility. Joe and



Angie have seen the value of taking an individualized approach in teaching their children. They've found that focusing on their children's strengths and interests as well as giving them room to fail has helped nurture lasting growth.



Their journey to this point hasn't been easy and the results didn't come instantly. Joe shares, "Health and intentionality and having good relationships is a journey. It's not something you wake up with one morning and you've 'arrived' by accident." When thinking back on the sacrifices they made to get to where they are now, and asking themselves if it's been worth it, their answer is an emphatic "Absolutely!" Joe expounds, "If you just want your child to be alive sucking oxygen, then you can do what you want. But if you want your child to live life, then you have to truly live it. You have to be intentional.

You have to pour into them and love them unconditionally. And you have to do whatever they need you to do as a parent."

**“Health and intentionality and having good relationships is a journey.”**



# LEVERAGING LEGACY

## ANCESTOR STORYBOOK



As parents, we all want our children to grow up to be resilient, determined individuals. One neat idea to build these qualities comes from recent research suggesting that knowing the stories of grandparents and great-grandparents can make a big difference in building grit. The idea is to create a simple “family tree” with pictures of parents, grandparents, and great-grandparents laid out on it. This visual draws clear connections between your child and their ancestors, which helps them feel more connected to their past.

This visual can spark conversations about family ties and history, helping your child better understand their heritage. The advantage is, your children start to relate to the positive character qualities they see in their ancestors. If their grandfather showed courage, well hey, one

fourth of their DNA comes from him, so maybe they can show courage too. If their great-grandmother immigrated to the United States and started a new home from scratch, maybe they can try new things too without giving up. After all, one eighth of their DNA comes from her.

You can take this concept even further by

**“Your children start to relate to the positive character qualities they see in their ancestors.”**

creating an “Ancestor Story Book.” This book can hold tales of your ancestors’ ups and downs, showcasing how they chose to live out values like responsibility and courage, even in hard times.

What we have found is that bedtime is a

great opportunity to share these real life experiences with our children. These stories often become their bedtime favorites and they gain a deeper sense of connection to their family history.

**“Bedtime is a great opportunity to share these real life experiences with our children.”**

In order to do this, you don't need a complicated four-generation display; just focusing on grandparents and great-grandparents is enough to impact your children. Also, keep the stories simple and positive, showcasing traits you admire.

If you're having fun with stories and want to try other methods too, there are many more options. You can try recording videos of living grandparents to capture their stories from their own mouth. This way, your children can watch the videos and be even more deeply impacted. You

can also celebrate the birthdays of ancestors who aren't with us anymore, sharing what you know about them with your children. Some people visit significant locations in their family history: first homes, businesses their ancestors owned, or even gravesites.

The heart of all of this is creating positive connections, making your children proud of where they come from. In hearing about their ancestors, they realize they come from a long line of people who weren't perfect, but who made good choices throughout their lives that they can copy. This sense of connection can help your children be more resilient as they tackle life's ups and downs.



# LIFE

This section is filled with practical tools to help your children learn the importance of being able to define their identity apart from what they do, establish their strengths, and create a healthy environment for their inside and outside health to flourish.



# INSIDE HEALTH

Your inside intellectual, emotional, and spiritual health can simmer or lay dormant for years, similar to lava. If your inside health is acknowledged and intentionally grown, it doesn't have to be a huge eruption every time the lava appears! Take care of your internal health, because eruptions don't have to be destructive, they can be helpful.





## EMOTIONAL

Emotions affect how our bodies function, playing a role in hormone balance, energy levels, and even chronic disease. By taking the time to keep our emotional health strong, we are better equipped to support ourselves and bless others.

# GRATITUDE IS GOOD MEDICINE



Gratitude serves as a cornerstone for emotional well-being. Establishing a gratitude practice, such as daily reflections on blessings, proves to be a potent antidote for negativity. Research underscores the transformative impact of gratitude in blocking toxic emotions, promoting happiness. Encourage your child to practice gratitude consistently, guiding them to shift their focus from negativity to the positive aspects of life. This simple habit can foster emotional resilience and contribute to their overall mental health.

**HERE ARE SOME SIMPLE STEPS THAT PARENTS CAN USE TO HELP THEIR CHILDREN CULTIVATE GRATITUDE**

### GRATITUDE JOURNAL

Have your child keep a gratitude journal. Each day, they can jot down three things they are thankful for. It could be as simple as a sunny day, a good friend, or a delicious meal.

## THANK YOU NOTES

Encourage your child to write thank-you notes for acts of kindness or gifts they receive. It not only teaches gratitude but also promotes good manners.



## GRATITUDE JAR

Set up a gratitude jar in the house. Family members can drop notes expressing their gratitude into the jar, and you can read them together during special moments or occasions.

## MINDFUL MOMENTS

Incorporate mindfulness practices into daily life. During meals or bedtime, take a moment to reflect on the positive aspects of the day.

## ACTS OF KINDNESS

Encourage your child to perform small acts of kindness for others. Helping a friend with homework or chores can create a sense of gratitude both ways.

## POSITIVE AFFIRMATIONS

Teach your child to use positive affirmations. Encourage them to say things like "I am thankful for..." or "I appreciate..." to foster a positive mindset.

By incorporating these simple steps into daily life, parents can guide their children toward developing a grateful mindset that contributes to both their mental and emotional well-being.





# GOD'S LOVE IN SCRIPTURE

The phrase "God is love" from 1st John 4:8 often stands as a comforting beacon, embraced by many. It's easy to accept, offering solace in its simplicity. Yet, this widespread belief can sometimes obscure the complexity and richness of God's love as portrayed in the Bible.

There was a time when the concept of God's love was radical and transformative. In an era where the justice of God was universally acknowledged, the idea of God's love was a revelation. However, in today's context, the notion of God's love has become almost mundane. People readily assume God's love, considering it an inherent aspect of His nature without delving into its depth or implications.



The danger arises when this simplified understanding of God's love distorts our perception of our relationship with the Divine. Believing that everything is harmonious between us and God solely because of His love can lead to precarious ground spiritually. It could even challenge the very concept of salvation.



The misconception that "God is love, so everything is fine" can inadvertently dilute the significance of Jesus as the exclusive path to salvation, as highlighted in John 14:6. The Bible unequivocally states that salvation comes solely through Jesus Christ.



For the spiritual well-being of our children, a comprehensive comprehension of God's love is essential. It's not merely about acknowledging a comforting phrase but delving into the multifaceted nature of God's love portrayed in Scriptures. It's about teaching our children that while God's love is foundational, it doesn't nullify the significance of Jesus as the gateway to salvation.

Understanding God's love in its entirety—its depth, its transformative power, and its connection to salvation—is crucial for nurturing a resilient and informed faith in our children. It's not about simply accepting a catchphrase; it's about embracing the profound love that shapes our spiritual journey and guiding our children to a more profound understanding of God's love in their lives.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Exodus 34:6-7	2 Psalm 86:15	3 Jeremiah 9:24
4 1 John 4:7-8	5 1 John 4:16	6 Genesis 8:22	7 Psalm 104:24-30	8 Psalm 145:9	9 Matthew 6:26-30	10 Matthew 10:29-31
11 John 3:16	12 Ephesians 5:2	13 1 Peter 2:24	14 1 John 3:16	15 1 John 4:9-10	16 John 15:9-10	17 Romans 8:38-39
18 Ephesians 3:17-19	19 1 Peter 5:6-7	20 1 John 3:1	21 Matthew 9:10-13	22 Luke 19:10	23 Romans 5:8	24 Ephesians 2:4-5
25 2 Peter 3:9	26 John 14:21	27 John 14:23	28 John 15:14-15	29 1 John 2:3-5		

## GOD'S LOVE IN SCRIPTURE

**GOD'S NATURE IS LOVE:**

FEB. 1ST - 5TH

**GOD'S LOVE FOR CREATION:**

FEB. 6TH - 10TH

**GOD'S SAVING LOVE:**

FEB. 11TH - 15TH

**GOD'S LOVE FOR HIS CHILDREN:**

FEB. 16TH - 20TH

**GOD'S LOVE FOR THE LOST:**

FEB. 21ST - 25TH

**GOD'S LOVE IN RELATION  
TO OBEDIENCE:**

FEB. 26TH - 29TH

**APPLY THE HOPE BIBLE STUDY GUIDE**

# THE HOPE

## BIBLE STUDY GUIDE

The goal here is to get into the word every day with your children in an interactive way. This is meant to be short and simple, and something you can do on a consistent basis.

### H - HEAR

- Read the daily Scripture passage 2-3 times

### O - OBSERVE

**Write down or talk about what stands out to you in the following areas:**

- What did you learn from this passage about God?
- What does this passage tell you about people?
- What encouraged you about this passage?
- Are there examples we can follow?
- Are there examples we should avoid?
- What is the Holy Spirit saying to you?

### P - PRACTICE

- How can you personally live out what God is revealing in this text. What are you going to do about what you've read?
- Write an "I Will" statement: Create a personal commitment for the upcoming week based on what you've learned.

### E - ENCOURAGE

- Share what you've discovered with someone else. Who will you tell about your insights this week?
- Pray for those in need, and look for ways to be God's hands and feet to them.

# WHAT DOES IT MEAN THAT GOD IS LOVE?

At the heart of what we as Christians believe is a really important idea: God is love. This idea, found in 1 John, helps us understand that God's very nature is all about love. The apostle who wrote it, John, talks a lot about this in his letters, making it clear that God's love can change everything.

In 1 John 4:8, there's a short but strong message: "He who does not love does not know God, for God is love." Deep, genuine love is so closely connected to who God is that you'll never find one without the other.

God showed His love in the biggest way when He sent His son, Jesus, to take our punishment for sin by dying on a cross. The Bible says, "In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.



In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins."

(1 John 4:9-10)

The core message here is that God's character is tightly woven with love—love that is selfless, unconditional, and life-changing. This love is something special we enjoy as His children, and He wants us to go and share it with others.

# OUTSIDE HEALTH

Your outside health: financial, environmental, and social, can support or provoke the "lava" inside as well as other areas of well-being in your life. If you don't feel support on the outside, your inside will simmer and eventually erupt; causing damage to yourself and eventually others.





# SHOW THEM STUFF COSTS MONEY



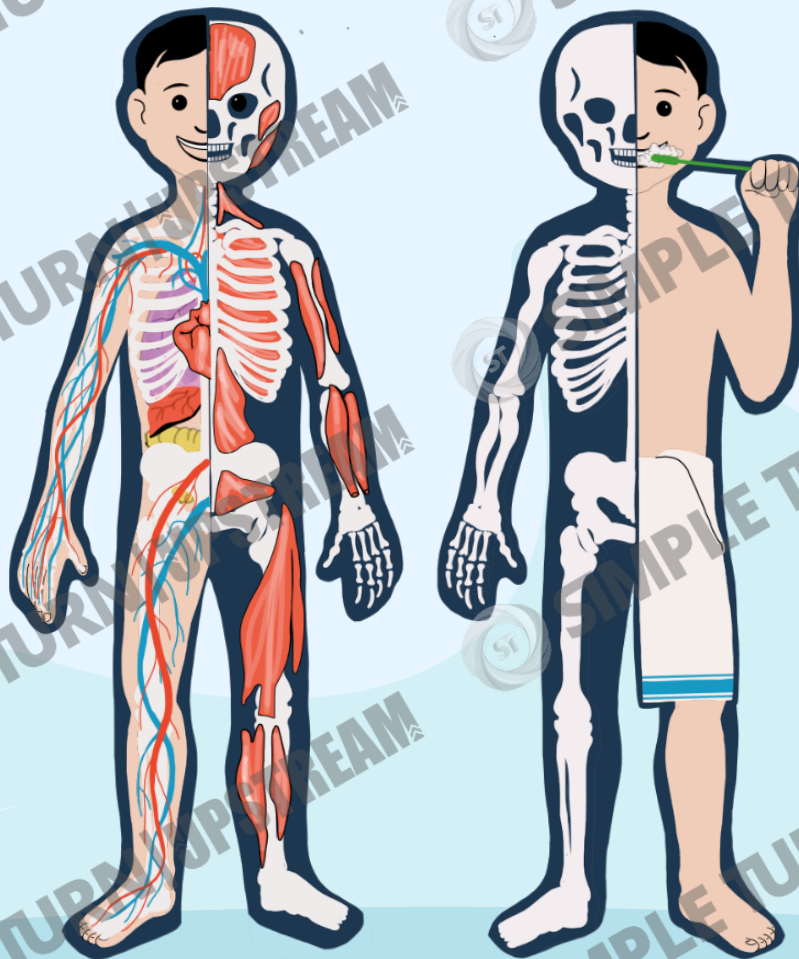
Let's be honest. Money is hard to understand, even for adults. Teaching your children about it takes more than just telling them the facts and figures. For example, to teach your children that stuff costs money, don't just tell them that their favorite toy costs \$10 and that's pretty steep. Instead, if they want to buy it, let them. But have them physically pull the \$10 from their piggy bank, take it to the store with them, and hand it over to

“Have them physically pull the \$10 from their piggy bank, take it to the store with them, and hand it over to the cashier.”

the cashier.

# CARE

In a world that follows a “pill for an ill” model, it’s hard to get to the root cause of health. But it’s not impossible. The Care section of Upstream gives the no-nonsense approach to health and teaches your children how their body is designed to function, and how they can support it.



# PARENT'S BLUEPRINT TO RESTORATIVE SLEEP

In the bustling rhythm of family life, sleep often takes a backseat. Yet, from the comforting embrace of bedtime stories to the shared warmth of morning cuddles, sleep is woven into the fabric of family moments.



In this journey toward better health, we explore the vital connection between quality sleep, family well-being, and the prevention of chronic diseases. Join us as we uncover the transformative power of sleep, demystify its stages, address common disruptors, and offer 5 family-friendly ways to nurture the restorative gift of rest.

## SLEEP'S IMPACT ON THE BODY'S REGULATORY SYSTEMS

It's important to understand that sleep is an essential regulator of various physiological processes, including hormone balance, immune function, and cellular repair. Disruptions in these processes can contribute to the development of chronic diseases.



## HORMONAL HARMONY

One of the key functions of sleep is the regulation of hormonal balance. During the various stages of sleep, the body releases and manages crucial hormones such as growth hormone, cortisol, and insulin. Growth hormone, vital for tissue repair and muscle growth, is primarily secreted during deep sleep. Inadequate sleep disrupts this process, hindering the body's ability to repair tissues and maintain optimal metabolic function.

Conversely, sleep deprivation often leads to an increase in cortisol, the stress hormone. Elevated cortisol levels are associated with insulin resistance, inflammation, and weight gain—all factors that contribute to the development of chronic diseases like diabetes, cardiovascular disorders, and metabolic syndrome.

## IMMUNE RESILIENCE

There is an intimate connection between sleep and immune function. Adequate and quality sleep enhances the immune system's ability to respond to threats, including infections and chronic

inflammatory conditions. Chronic sleep deprivation, on the other hand, weakens the immune response, leaving the body susceptible to illnesses and increasing the risk of chronic diseases.



## CELLULAR REPAIR AND DETOXIFICATION

Sleep is a crucial time for the body to undergo cellular repair and detoxification processes. During deep sleep, the brain's glymphatic system becomes highly active, facilitating the removal of toxins and waste products that accumulate throughout the day. This nightly detoxification is vital for cognitive health and may play a role in preventing neurodegenerative diseases.

# PREVENTING CHRONIC DISEASES

## INSOMNIA AND CARDIOVASCULAR HEALTH

Research suggests that chronic insomnia may be linked to an increased risk of cardiovascular diseases.

## SLEEP AND METABOLIC HEALTH

Poor sleep is associated with disruptions in glucose metabolism and insulin sensitivity, contributing to the development of type 2 diabetes.

## SLEEP AND MENTAL WELL-BEING

Sleep plays a pivotal role in mental health, and chronic sleep disturbances are linked to conditions such as anxiety and depression.

## INFLAMMATION AND AUTOIMMUNE CONDITIONS

Sleep plays a large role in modulating the immune system and reducing inflammation, which is a common denominator in many chronic diseases.



# STAGES OF SLEEP

Our journey through the night involves a dance of sleep stages, each with its unique contribution to our well-being.

*(See chart in the following page)*

### 1. NREM Stage 1 and 2:

This is the light sleep phase, where we transition from wakefulness to deeper slumber. Brain activity slows, and the body begins to relax.

### 2. NREM Stage 3:

Deep sleep sets in during this stage, vital for physical restoration, immune function, and the release of growth hormone

### 3. REM (Rapid Eye Movement) Stage

Dreamland unfolds during REM sleep, essential for cognitive function, memory consolidation, and emotional well-being.

# NREM SLEEP STAGES

(NON-RAPID EYE MOVEMENT)

## STAGE 1

Approx. 4-5% of cycle, light sleep (brief napping)

- Brain produces Alpha & Beta waves
- Eye movement slows, muscles twitch occasionally

## STAGE 2

Approx. 25-55% of cycle, light sleep (power nappers wake up after this stage)

- Brain produces rapid bursts of activity called spindles
- Heart and breath rate become regular
- Body temperature decreases (this is why room temperature at 65-70F is important)
- People become less aware of their surroundings

## STAGE 3

Approx. 16-21% of cycle, Deep Sleep

- Brain produces Delta waves
- Muscles relax, blood pressure and breathing decrease, breathing is rhythmic
- Tissue growth and repair occurs
- Blood supply to muscles increases
- Hormones are released, such as growth hormone which is essential for growth and development
- Energy is restored

# SLEEP STAGES

(CYCLE PERCENTAGES)



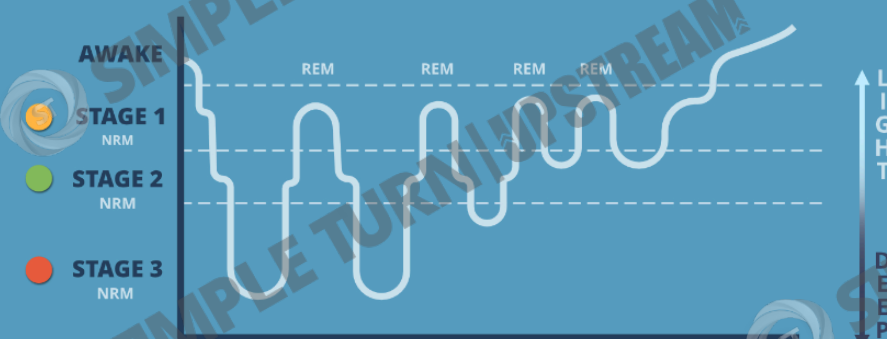
- 4 - 5%
- 25 - 55%
- 16 - 21%

# REM

(RAPID EYE MOVEMENT)

- Rapid Eye Movement
- Dreams occur
- Body is immobilized and relaxed
- Rapid and shallow breathing
- Increased brain activity

## SLEEP CYCLES



## SLEEP STAGES



Disrupted Sleep  
Partial Waking

# 5 FAMILY DISRUPTORS OF SLEEP

In cultivating an environment conducive to restorative sleep for the entire family, it's crucial for parents to recognize the profound impact of their actions in five key areas:

## TECHNOLOGY OVERUSE

Excessive screen time before bedtime, especially for children, can interfere with their natural sleep-wake cycle. Parents can play a pivotal role in fostering a healthier digital balance.

## IRREGULAR SLEEP SCHEDULES

Parents are also instrumental in establishing consistent sleep schedules, recognizing the ripple effect their own work and family commitments can have on the family's nightly routines.

## STRESS AND ANXIETY

Parents should consider how their stress levels may permeate the household, affecting the sleep quality of both themselves and their children. The spiritual authority you have as parents to create a culture of peace, worship, and honor is imperative here. As you grow in your walk with Christ, the stress and anxiety of your household will decrease.



## ENVIRONMENTAL FACTORS

Noise, light, and room temperature can significantly impact sleep quality. Physical exercise and natural light exposure are also factors. Parents can adjust the sleeping environment, and also the physical activity of their family to provide an environment that will support restorative sleep.

## POOR SLEEP HYGIENE

Negative sleep habits in a family usually start from the top down. Parents are the role models that lead by example. It's up to them to demonstrate healthy bedtime routines and awareness of their own daily habits.

Like it or not, parents instill the sleep habits and patterns in the family unit. By understanding the transformative power of good sleep for functional health and reversing chronic diseases, you can start making simple and powerful changes to support the sleep hygiene in your family.

# FAMILY SLEEP QUIZ

Use this quiz to get to the root of your family's sleep issues! Check each box if the condition has occurred frequently within the last sixty days or is generally true:

## TECHNOLOGY OVERUSE:

- We frequently use electronic devices within an hour before bedtime.
- We regularly use electronic devices in bed.
- We often engage in stimulating activities on screens before bedtime.

## IRREGULAR SLEEP SCHEDULES:

- Our bedtime varies significantly on weekdays.
- Our bedtime varies significantly on weekends.
- We experience difficulty falling asleep due to irregular sleep schedules.

## STRESS AND ANXIETY:

- Our overall stress level is consistently high.
- We often have stressful situations/meltdowns before bedtime.
- We rarely practice relaxing behaviors before sleep.

## ENVIRONMENTAL FACTORS:

- Our bedrooms are not conducive to sleep (e.g., uncomfortable mattress, insufficient darkness, noisy environment).
- We don't regulate the temperature in our bedrooms for optimal sleep comfort.
- We don't have much physical activity or natural light exposure during the day.

## POOR SLEEP HYGIENE:

- We consume caffeine, sugar, or large amounts of liquids before bedtime.
- We don't have a bedtime routine that signals to our bodies that it's time to wind down.
- Our sleep hygiene practices are generally poor.

## SCORING

Create an overall score for your family, awarding one point per question.

- **0 points:** Excellent!
- **1 point:** Quite impressive!
- **2 points:** Good to fair
- **3-5 points:** Poor
- **6+ points:** Chronically bad

**OUR FAMILY'S SLEEP SCORE:** \_\_\_\_\_

## WAYS TO SUPPORT HEALTHY SLEEP PATTERNS

### Create a Relaxing Bedtime Ritual

Establish calming routines like reading a book, quiet play time, or playing worship music in the background.

### Limit Screen Time Before Bed

Create a tech-free zone before bedtime to allow the body to naturally wind down.

### Create a Sleep-Friendly Environment

Ensure a comfortable sleep space with dim lighting, cozy blankets, and a consistent room temperature.

### Say a Bedtime Prayer With Each Child

Praying with your family is a simple and effective way to promote relaxation and reduce stress.

### Avoid Stimulants Before Bed

Limit caffeine (this includes chocolate!) and sugar intake, especially in the hours leading up to bedtime.

### Set Consistent Bedtimes and Wake-up Times

Establish a consistent sleep schedule for the entire family to support natural circadian rhythms. And stick with it!

### Encourage Physical Activity

Incorporate family-friendly physical activities to expend energy during the

day, but keep the exercise 2-3 hours before bedtime to avoid cortisol stimulation.

### Choose a Sleep-Friendly Diet

Choose light, non spicy or greasy foods before bed, avoiding heavy meals or large drinks close to bedtime. Best rule of thumb: stop eating 3 hours before you sleep.

### Intentional Nighttime Discussions to Reduce Stress

Foster open communication about daily experiences, helping children process emotions before bedtime. Ask each child: Was there anything that made you sad, glad, or mad today? Tell me about it.

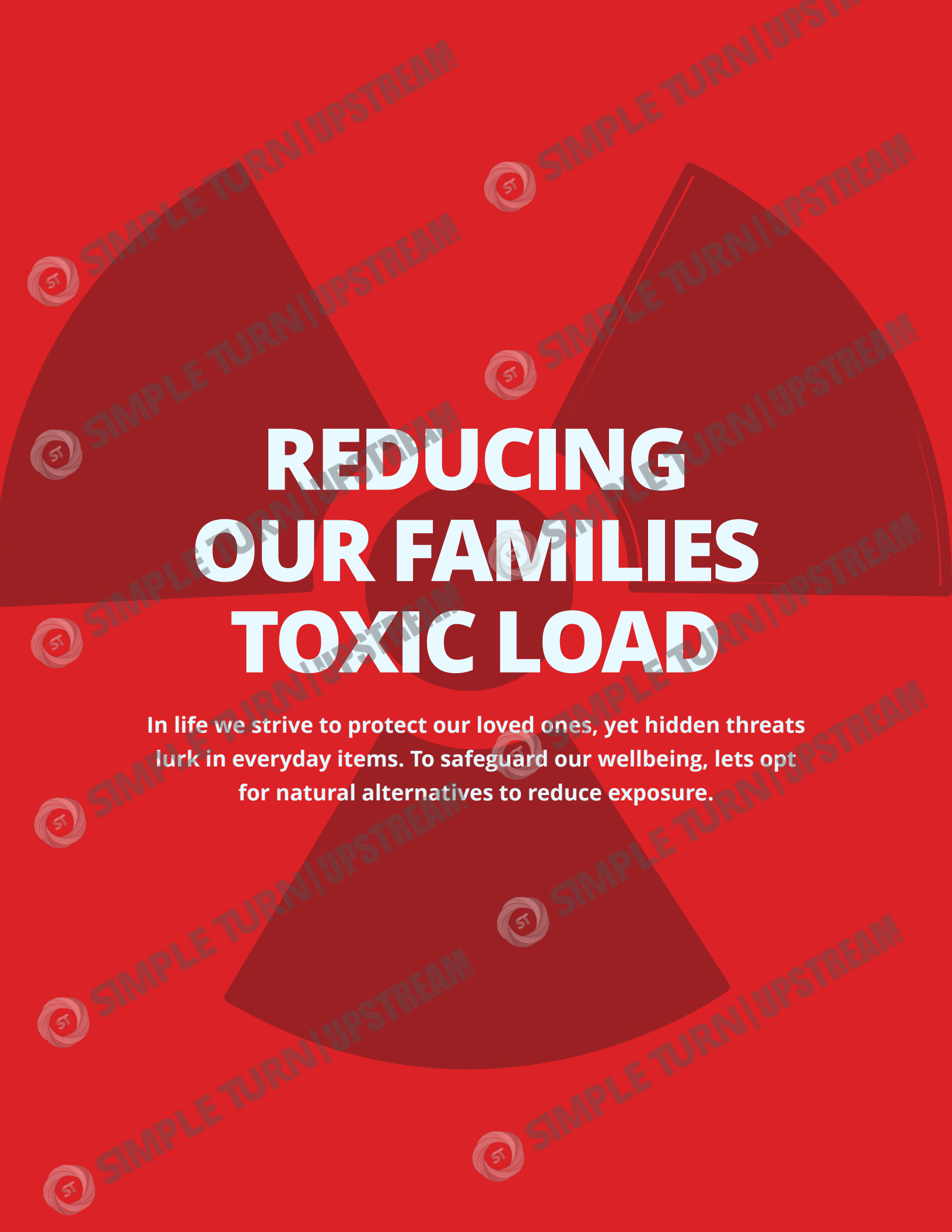
### Natural Sunlight Exposure

Encourage exposure to natural sunlight during the day to regulate circadian rhythms and promote better sleep. Start with 20 minutes.

### Limit Overstimulation

Minimize activities that might overstimulate, such as intense video games or emotionally charged movies, before bedtime.

*By incorporating bedtime prayer, relaxing behavior, and additional functional health practices, you can create a holistic environment for your family that can prevent and even reverse the effects of chronic disease.*



# REDUCING OUR FAMILIES TOXIC LOAD

In life we strive to protect our loved ones, yet hidden threats lurk in everyday items. To safeguard our wellbeing, let's opt for natural alternatives to reduce exposure.

# PFA'S

## PER- AND POLYFLUOROALKYL SUBSTANCES

These have been a growing concern due to their potential adverse health effects. Here are some key points supported by research.



- ✓ Firefighting Foams
- ✓ Microwave Popcorn Bags
- ✓ Water Resistant Clothing
- ✓ Paint
- ✓ Stain Resistant Product
- ✓ Personal Care Products
- ✓ Cosmetics
- ✓ Non-stick Cookware
- ✓ Fast Food Packaging
- ✓ Stain Resistant Furniture
- ✓ Photography
- ✓ Pesticides

### WHY ARE THEY DANGEROUS?

#### ENDOCRINE DISRUPTION

PFAs may disrupt hormone production, affecting metabolism, growth, and reproduction.

#### THYROID DISORDERS

PFAs can alter hormone levels and potentially cause thyroid issues.

#### DEVELOPMENTAL EFFECTS

Early exposure to PFAs may lead to altered growth patterns and behavioral changes during critical developmental stages.

#### CANCER RISK

Some studies hint at a possible link between PFAs and cancers like kidney and testicular cancer.

#### LIVER DAMAGE

PFAs can accumulate in the liver, potentially causing damage over time.

#### REPRODUCTIVE HEALTH CONCERNS

PFAs might affect prenatal development, influencing birth weight, gestational age, and fertility.



# MAKEUP IMPLE SWAP

OUT WITH THE **BAD**



IN WITH THE **GOOD**



Forever chemicals, also known as PFAS (per- and poly-fluoroalkyl substances), have made their way into cosmetics, posing potential risks to your health. Here's a quick guide on what to watch out for and what to avoid:

## **WATERPROOF AND LONG-LASTING FORMULAS**

PFAS often find their way into cosmetics that boast waterproof or long-lasting properties. These can include foundations, eyeliners, and mascaras designed to withstand water or stay put all day.

## **STAIN AND WRINKLE-RESISTANCE CLAIMS**

Cosmetics promising stain resistance or wrinkle-free results may contain PFAS. These chemicals may be used to achieve certain textures or finishes in products like lipsticks and powders.





# FUNCTIONAL MEDICINE CABINET

COUGH

# FUNCTIONAL MEDICINE CABINET COUGH



**Coughing** is the body's gentle yet powerful way of signaling that it needs a little extra care. From a functional perspective, a cough is often a wise messenger, telling us that the respiratory system may need support. It could be triggered by various factors, such as infections, allergies, or irritants. Instead of viewing a cough as an inconvenience, let's see it as an ally - a signal that our body is working diligently to restore balance. To support our loved ones back to health, let's embrace these God given nurtural remedies.

# HEALTHY FUNCTIONAL ALTERNATIVES



## HONEY

Honey is a common and soothing remedy for coughs. For children over the age of one, a teaspoon of raw, organic honey can be given alone or mixed with warm water or herbal tea.



## ELDERBERRY (SAMBUCUS)

Elderberry is known for its immune-boosting properties. Elderberry syrup or tea may be used to support the immune system during a cough or cold. (Suggested used: 1



## GINGER (SHENG JIANG)

Ginger has anti-inflammatory and antimicrobial properties. A simple ginger tea can be prepared by slicing fresh ginger and boiling it in water. This warm tea can be sweetened with a small amount of honey.



## PEPPERMINT (MENTHA PIPERITA)

Peppermint has menthol, which may help soothe throat irritation. Peppermint tea, diluted peppermint oil (for older children), or peppermint candies can be



## HYDRATION

Ensure the child stays well-hydrated with water, herbal teas, or broths. Hydration is crucial for overall health and can help soothe the respiratory tract.



## PROBIOTICS

Support gut health with probiotics, as a significant portion of the immune system is located in the gut. Probiotic-rich foods like yogurt or kefir, or a pediatric-friendly probiotic supplement, can be considered.



## HUMIDIFICATION

Use a humidifier in the child's room to maintain optimal humidity levels. Moist air can help relieve respiratory irritation and ease cough symptoms, especially during dry weather.



## HONEY AND LEMON

For children over the age of one, a mixture of honey and lemon in warm water can be soothing. Honey has natural antimicrobial



## REST AND SLEEP

Ensure the child gets adequate rest and quality sleep. Sufficient sleep is vital for the body's healing processes and supports overall immune function. Aim for 9-10 hrs at night.





# FUNCTIONAL HEALTH COUGH REMEDIES

## ITEMS YOU CAN PURCHASE

- Elderberry syrup (suggested use 1-2 tsp daily)
- Probiotics (see suggested use)

## Homeopathy

- Drosera Rotundifolia – Remedy for a Dry Cough
- Conium Maculatum – Treatment for a Cough Worse at Night
- Sambucus Nigra – For Cough in Children

## COUGH SYRUP RECIPE 1

### 1 drop of each:

lemon oil  
frankincense oil  
peppermint oil  
roman chamomile oil  
to a spoonful of honey

## COUGH SYRUP RECIPE 2

### 1 drop of each:

lemon oil  
ginger oil  
peppermint oil  
lavender oil  
to a spoonful of honey

## COUGH TEA RECIPE

- 2 T apple cider vinegar
- 2 T honey
- 2 T lemon juice
- 12 ounces hot water

Stir all together and sip throughout the day.

## AVOID THESE ITEMS THAT SUPPRESS THE IMMUNE SYSTEM

- ✓ White Flour
- ✓ Sugar
- ✓ Over Stimulation
- ✓ Staying up Late
- ✓ Being Cold

## SIMPLE ALERT

A persistent, chronic cough might be the subtle voice of our body signaling an underlying issue, and it could be a sign of chronic acid reflux.



**Looking to fill your functional medicine cabinet?**

[See our resource page](#)

# MOVE

Today we have to fight hard to find ways to move more!  
In this section, arm your children with practical solutions  
to get the movement their bodies need to not fall prey to  
chronic disease and low quality of life.



MONTHLY

# WORKOUT



Follow this simple and effective exercise routine religiously! The structure of this exercise program will never change, just the movements.

## ADULT WORKOUT

### 1 WARM UP 10-20 MIN

Think Movement not Exercise  
This step helps reduce injury

### 2 WEIGHT TRAINING 10-20MIN

10-15 reps to full exertion at end of set (adjust weight accordingly)

This step helps build muscle

### 3 HIIT WORKOUT (HIGH INTENSITY INTERVAL TRAINING) 10-20 MIN

Think explosive, Be intentional your cool downs

This step focuses on burning fat

[BACK TO INDEX](#) | [RESOURCE PAGE](#)

## KIDS

## WORKOUT

### 1 STEP 1: WARM UP

Have them warm up with the adults

### 2 STEP 2: BALLOON VOLLEYBALL

Create a "volleyball" game using a balloon. The challenge is to keep the balloon from touching the ground using hands, feet, or any body part except the arms.

### 3 STEP 3: PILLOW HOPSCOTCH

Create a hopscotch grid using pillows. Challenge: Complete a round of hopscotch without stepping on the lines or falling off the pillows.



# 1 WARM UP

10 - 20 MIN

A proper warm-up routine before a workout is crucial for preparing the body both physically and mentally for the upcoming physical activity. The primary goal of a warm-up is to gradually increase heart rate, circulation, and body temperature, which helps improve the flexibility of muscles and joints. This gradual activation of the cardiovascular and musculoskeletal systems enhances the efficiency of energy production and oxygen utilization during exercise.



Engaging in a well-designed warm-up routine has several key benefits. It reduces the risk of injury by promoting greater flexibility and range of motion, making muscles and joints more resilient to stress. Additionally, a warm-up initiates the release of synovial fluid in the joints, lubricating them for smoother movement.

Moreover, a warm-up prepares the nervous system for the demands of the workout, enhancing coordination and reaction time. Mentally, it helps shift focus to the upcoming physical activity, improving concentration and readiness.

Repeat the same sequence for the second set.

## 1. Jumping Jacks (Squatting)

Continue for 1 minute.

## 2. High Knees (Pushing) :

Continue for 1 minute.

## 3. Twisting Lunges (Twisting)

Continue for 1 minute.

## 4. Dumbbell Rows (Pulling)

Continue for 1 minute.

# 1

## WARM UP

🕒 10 - 20 MIN



### Jumping Jacks (Squatting):

Start with your feet together and arms at your sides. Jump while spreading your legs and bringing your arms overhead. Jump back to the starting position.

**Continue for 1 minute.**

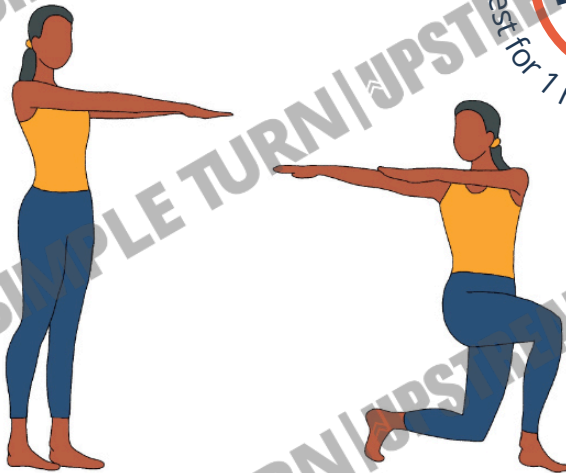


### High Knees (Pushing):

Stand with feet hip-width apart. Lift your knees towards your chest alternately while pumping your arms.

Engage your core.

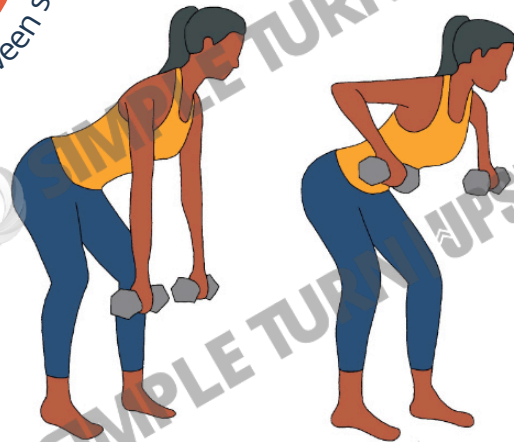
**Continue for 1 minute.**



### Twisting Lunges (Twisting):

Step forward into a lunge, then twist your torso towards the front leg. Return to the starting position and alternate legs.

**Continue for 1 minute.**



### Dumbbell Rows (Pulling):

If you have light dumbbells, perform bent-over dumbbell rows. Keep your back straight and squeeze your shoulder blades together. If no dumbbells, mimic the rowing motion.

**Continue for 1 minute.**

## 2 WEIGHT LIFTING 10 - 20 MIN

Choosing the right dumbbell weight is a critical aspect of any strength training routine. The appropriate weight should challenge your muscles without compromising your form or causing undue strain. As a general guideline, select a dumbbell weight that allows you to complete 10-15 repetitions of an exercise with proper technique. If you find that you can easily exceed this rep range, the weight may be too light. On the other hand, if you struggle to maintain proper form or can't complete at least 10 reps, the weight might be too heavy.



It's essential to progressively increase the weight as your strength improves to continue making gains. Listen to your body and choose a weight that enables you to perform each repetition with control and full range of motion. Gradual progression is key to building strength and minimizing the risk of injury. If you're unsure about the appropriate weight for your fitness level, consider consulting with a fitness professional who can provide personalized guidance based on your goals and capabilities.

Repeat the same sequence for the second set: 1 - 4

- **Goblet Squats (Squatting):**  
10-15 reps
- **Dumbbell Push Press (Pushing):**  
10-15 reps
- **Renegade Rows (Pulling):**  
10-15 reps
- **Russian Twists with Dumbbell (Twisting):** 10-15 reps

# 2

## WEIGHT LIFTING

🕒 10 - 20 MIN

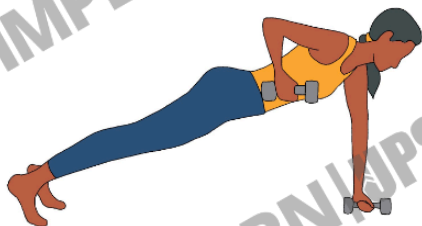


**Goblet Squats (Squatting): 10-15 reps**  
 Hold a dumbbell vertically close to your chest with both hands. Perform squats, ensuring your knees are in line with your toes. Keep your chest up and back straight.



**Dumbbell Push Press (Pushing): 10-15 reps**

Hold a dumbbell in each hand at shoulder height. Bend your knees slightly and explosively press the dumbbells overhead. Lower them back down with control.



**Renegade Rows (Pulling): 10-15 reps**  
 Get into a plank position with a dumbbell in each hand. Perform a row with one arm while stabilizing with the other. Alternate sides.



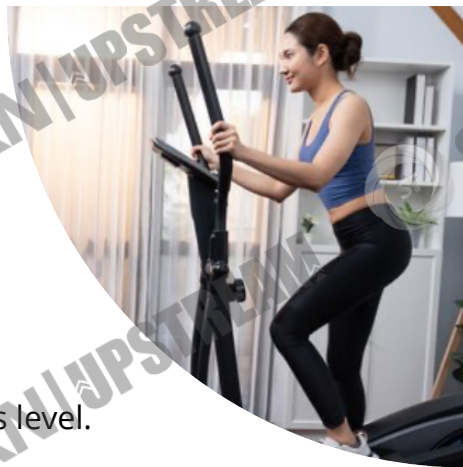
**Russian Twists with Dumbbell (Twisting): 10-15 reps**

Sit on the ground with your knees bent, holding a dumbbell with both hands. Lean back slightly and twist your torso, tapping the dumbbell on the ground beside you.

# 3 HIIT

## (HIGH INTENSITY INTERVAL TRAINING) 10 - 20MIN

Here's a 20-minute High-Intensity Interval Training (HIIT) workout using an exercise bike, treadmill, elliptical, or running. This routine consists of 5 rounds, with each round consisting of 30-60 seconds of high-intensity effort followed by a 2-minute cooldown. Adjust the intensity based on your fitness level.



REPEAT  
5X  
2MIN COOLDOWN

### REPEAT SEQUENCE 5X

#### 1. Exercise Bike / Treadmill / Elliptical / Running (30-60 seconds):

Sprint or pedal at maximum effort. On a treadmill or elliptical, increase the speed or resistance. If running outdoors, sprint as fast as you can.

#### 2. Cooldown (2 minutes):

Slow down the pace to a light jog or brisk walk on the treadmill, decrease resistance on the elliptical or bike, or slow your running pace to a light jog or walk.

**Remember to listen to your body,** and if you're new to HIIT or have any health concerns, consult with a fitness professional or healthcare provider before starting a new exercise routine. Adjust the intensity and duration based on your fitness level and gradually increase as you become more accustomed to the workout.

# FOEL

This isn't a section where you'll find fad diets. We're rooted in the ancestral approach to food: properly prepare whole foods...and that's it! In this section, you'll be supported on a monthly basis with simple and effective ways to incorporate whole foods into your family's life that everyone will love.



FEBRUARY

# MEAL PLAN

	BREAKFAST	LUNCH	DINNER
MON	Banana Oatmeal Muffins	Chopped Veggie Sticks Arugula Chicken Wrap	Salad + Olive Oil Dressing Hearty Slow Cooker Beef Chili
TUE	Mushroom & Kale Frittata	Chopped Veggie Sticks Bean & Cheese Quesadillas	Salad + Olive Oil Dressing Chicken Fajitas
WED	Pumpkin Pancakes	Chopped Veggie Sticks Chicken and Vegetable Miso Soup	Salad + Olive Oil Dressing Baked Sesame Lemon Salmon
THU	Vanilla Nut Overnight Oatmeal	Chopped Veggie Sticks Beef Stew	Salad + Olive Oil Dressing Shepherd's Pie with Cauliflower Mash
FRI	Sweet Potato Hash Bowl w/protein	Chopped Veggie Sticks Honey Mustard Chicken Tenders	Salad + Olive Oil Dressing Lasagna (GF noodles)

## HOW DOES THIS WORK?

*The five choices provided for you represent one week's worth of eating, and you should continue to follow it for the rest of the month. We want this meal plan to be simple and intuitive so that it becomes easier for you to assemble each recipe quickly. The breakfast, lunch, and dinner choices are combined for a particular reason based on the nutritional profile of each recipe. Sticking to these habits and combination of meals will yield the best results for you and your health.*

# PREP FOR THE WEEK AHEAD

*For a successful approach to the Monthly Meal Plans, begin by browsing through all the recipes and the schedule. After that, give the weekly prep page a look to decide what other things you might want to do in advance or how to plan out the upcoming week.*

## TIPS

Please note that instead of prepping all items on one day you now have the day listed for when each item should be made ahead of time. This will ensure breakfasts and lunches are easier to take with you each day. We suggest prepping each item during the evening after work or when you have free time during the day.

## PREP TIME

1. On Sunday, make the Hearty Slow Cooker Beef Chili and Banana Oatmeal Muffins. Store in the refrigerator until needed.
2. On Monday, complete directions for marinating the chicken for the

fajitas on Tuesday. Also, pre chopping the veggies while storing in an airtight container until needed.

3. On Tuesday, make the Chicken and Vegetable Miso Soup recipe. Store in the refrigerator until needed.
4. On Wednesday, make the Vanilla Nut Overnight Oatmeal breakfast recipe (page 10). Store in an airtight container until needed. Also prep the Beef Stew and store in the refrigerator until needed.
5. On Thursday, make the Lasagna and store in the fridge until time to cook the next day.

## REMINDERS

If you are not purchasing canned beans then make sure to check the recipes so you can soak and cook dry beans ahead of time. The recipes that utilize beans are listed on pages 15 and 17. - Don't forget to check the Bonus recipes!!! There is a snack, a dessert, and also another main dish!





# BLENDER BANANA OATMEAL MUFFINS

Serves: 12 | Total Time: 30 min



## INGREDIENTS

- 4 small to medium ripe bananas
- 2 cups oat flour
- 2 tablespoons chia seeds
- 1/2 cup water
- 2 eggs
- 4 tablespoons extra virgin coconut oil, melted
- 2 scoops collagen powder
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/4 cup raisins

## DIRECTIONS

1. Preheat the oven to 375 degrees. Line a 12-muffin baking pan with parchment baking cups or spray with avocado baking oil.
2. In a blender, combine ripe bananas, oat flour, chia seeds, water, eggs, melted coconut oil, collagen powder, vanilla extract, baking powder, and cinnamon. Blend until smooth.
3. Stir the raisins into the batter.
4. Divide the batter equally into the muffin tin.
5. Bake for 20 minutes or until a toothpick inserted comes out clean.
6. Allow the muffins to cool before serving. Enjoy this simple and nutritious family-friendly treat!



# MUSHROOM & KALE FRITTATA

Serves: 4 | Total Time: 25 min

## INGREDIENTS

- 1 cup water
- 1 scoop unflavored collagen or bone broth protein powder
- ½ teaspoon sea salt
- 3 cups stemmed and chopped kale
- 1 cup sliced mushrooms
- 1/2 red onion, diced
- ½ red bell pepper, seeded and diced
- 8 large eggs
- 1 tablespoon minced fresh basil
- ¼ teaspoon crushed red pepper (optional)



## DIRECTIONS

1. Turn on the broiler.
2. In a large oven-safe skillet, bring water, protein powder, and salt to a boil over medium-high heat; then reduce to a simmer.
3. Add kale, mushrooms, onion, and bell pepper, simmering for 8 minutes.
4. In a medium bowl, whisk together eggs, basil, and crushed red pepper (if using). Add the mixture to the pan and stir to combine.
5. Turn the heat to medium, cover, and cook for 4 to 6 minutes until the eggs are beginning to firm up.
6. Uncover and place the skillet under the broiler for 4 to 6 minutes until the eggs are set and just beginning to brown. Watch carefully to prevent burning.
7. Cut the frittata into wedges and serve.



# PUMPKIN PANCAKES

Serves: 4 | Total Time: 15 min

## INGREDIENTS

- 1 cup gluten-free all-purpose flour
- 1/4 cup almond flour
- 2 tablespoons coconut flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/2 cup pumpkin puree
- 2 large eggs
- 1 cup unsweetened almond milk (or any milk of your choice)
- 2 tablespoons maple syrup or honey
- 1 teaspoon vanilla extract
- Coconut oil or cooking spray for cooking



## DIRECTIONS

- 1.** In a large bowl, whisk together gluten-free all-purpose flour, almond flour, coconut flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
- 2.** In a separate bowl, combine pumpkin puree, eggs, almond milk, maple syrup (or honey), and vanilla extract.
- 3.** Pour the wet ingredients into the dry mixture, stir until just combined (some lumps are okay).
- 4.** Heat a griddle, coat with coconut oil, and pour 1/4 cup of batter for each pancake.



# VANILLA NUT OVERNIGHT OATS

Serves: 3 | Total Time: 10 min

## INGREDIENTS

- 2 1/2 cups unsweetened almond milk
- 6 dates, pitted
- 3 tablespoons almond butter
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 1/2 cups oats
- 3 teaspoons chia seeds (1 tsp per serving)
- 3 scoops collagen powder (1 scoop per serving)



## DIRECTIONS

1. In a blender, combine unsweetened almond milk, pitted dates, almond butter, vanilla extract, salt, and cinnamon. Blend until smooth.
2. Place 1/2 cup oats in each of three separate containers.
3. Add 1 teaspoon chia seeds and 1 scoop of collagen powder to each container.
4. Pour the blended mixture over the oats in each container and mix until well combined.
5. Cover the containers and let them sit overnight in the refrigerator.
6. **Optional:** Add extra almond milk if needed to loosen the consistency after soaking.



# SWEET POTATO HASH BOWL W/PROTEIN

Serves: 4 | Total Time: 25 min



## INGREDIENTS

- 4 tablespoons coconut oil, divided
- 3 medium sweet potatoes, peeled and grated
- 3 cups stemmed and chopped kale
- ½ medium onion, finely diced
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 pound chicken breakfast sausage, removed from its casings
- Chopped fresh parsley, for garnish

## DIRECTIONS

1. Heat 2 tablespoons of coconut oil in a medium skillet over medium-high heat. Add sweet potatoes, kale, onion, garlic, salt, and pepper. Cook, stirring occasionally, until sweet potatoes are tender, about 20 minutes.
2. In another medium-size skillet, heat the remaining 2 tablespoons of coconut oil over medium heat. Add chicken sausage and cook, breaking up the meat with a wooden spoon, until fully cooked, about 5 minutes.
3. Combine the cooked sausage with the vegetables and stir to blend.
4. Divide the hash onto 4 plates and garnish with fresh parsley.

# CHOPPED VEGGIE STICKS

Serves: 1 | Total Time: 5 min

## SUGGESTIONS

- Carrots
- Celery
- Red Bell Pepper
- Cucumber
- Cauliflower
- Snap Peas
- Fennel
- String Beans
- Jicama
- Broccoli
- Mushrooms
- Radishes
- Zucchini
- Tomato



## DIRECTIONS

1. Choose from the ingredients listed above, or add any of your other favorites. Carefully chop up your vegetables into sticks and enjoy. Before dinner or for a snack in the afternoon are great options.

# ARUGULA CHICKEN WRAP

Serves: 2 | Total Time: 10 min



## INGREDIENTS

- 2 sprouted grain tortillas
- 2 cups cooked chicken breast, shredded or sliced
- 2 cups fresh arugula leaves
- 1/2 cup cherry tomatoes, halved
- 1/4 cup feta cheese, crumbled
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste
- **Optional:** Balsamic glaze for drizzling

## DIRECTIONS

1. Place the sprouted grain tortillas on a clean surface or plate.
2. In the center of each tortilla, evenly distribute the cooked chicken, fresh arugula, cherry tomatoes, and crumbled feta cheese.
3. Drizzle extra virgin olive oil over the ingredients. Sprinkle it with salt and pepper to taste.
4. If desired, add a drizzle of balsamic glaze for extra flavor.
5. Fold the sides of the tortillas toward the center and then roll them up tightly, creating wraps.
6. Slice each wrap in half diagonally for easier handling.

# BEAN AND CHEESE QUESADILLAS

Serves: 4 | Total Time: 10 min



## INGREDIENTS

- 4 sprouted grain tortillas (or Siete almond flour tortillas)
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/2 cup diced tomatoes
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Cooking spray or olive oil for cooking
- Guacamole and salsa for topping

## DIRECTIONS

1. Mix black beans, diced tomatoes, red onion, cilantro, cumin, chili powder, salt, and pepper in a bowl. Set aside.
2. Heat a large skillet or griddle over medium heat.
3. Place a tortilla on the skillet, spread bean mixture on half.
4. Sprinkle generous cheddar and Monterey Jack cheese over the beans.
5. Fold the tortilla, creating a half-moon shape, and press down gently with a spatula.
6. Cook 2-3 minutes on each side until golden brown and cheese is melted.
7. Repeat with remaining tortillas and filling.



# CHICKEN AND VEGETABLE MISO SOUP

Serves: 8 | Prep Time: 15 min | Total Time: 45 min



## INGREDIENTS

- 1 tablespoon coconut oil
- 1/2 onion, diced
- 2 pounds boneless, skinless chicken thighs, cut into bite-size pieces
- 8 cups chicken broth (or 8 scoops unflavored collagen or bone broth protein powder mixed with 8 cups water)
- 1 head cauliflower, cored and chopped
- 3 cups stemmed and chopped kale
- 2 cups chopped shiitake mushrooms
- 1/4 cup white miso paste (chickpea or soybean)

## DIRECTIONS

1. Heat the coconut oil in a large soup pot over medium heat.
2. Add the diced onion and chicken thighs. Cook, stirring frequently, until the chicken is browned, approximately 10 minutes.
3. Stir in the chicken broth, cauliflower, kale, mushrooms, and miso paste.
4. Bring the mixture to a boil and then reduce the heat to medium-low.
5. Cover the pot and let the soup simmer for 20 to 25 minutes or until the cauliflower is cooked through.
6. Serve hot and enjoy your nourishing chicken and vegetable miso soup!

# BEEF STEW

Serves: 6 | Prep Time: 20 min | Total Time: 6-8 hrs



## INGREDIENTS

- 2 pounds grass-fed beef stew meat
- 4 carrots, peeled and coarsely chopped
- 2 parsnips, peeled and coarsely chopped
- 2 cups beef broth
- 2 tablespoons Worcestershire sauce
- 2 tablespoons balsamic vinegar
- 1 (6-ounce) can tomato paste
- 1 (14.5-ounce) can fire-roasted tomatoes
- 1 cup sliced mushrooms, such as cremini or oyster
- 1 onion, sliced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 2 tablespoons chopped fresh dill
- 1/4 cup arrowroot starch
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- Chopped fresh parsley, for garnish

## DIRECTIONS

1. Combine all the ingredients (except parsley) in a slow cooker.
2. Cover and cook on low for 6 to 8 hours until the beef is tender and the flavors meld.
3. Top with chopped fresh parsley before serving.
4. Enjoy the hearty and flavorful slow cooker grass-fed beef stew!

# HONEY MUSTARD CHICKEN TENDERS

Serves: 4 | Total Time: 25 min



## INGREDIENTS

### Sauce:

- 1/4 cup Dijon mustard
- 3 tablespoons raw honey
- Pinch of sea salt

### Tenders:

- 2 large eggs
- 4 boneless, skinless chicken breasts, sliced into thin strips
- 1 cup gluten-free rice flour
- Italian seasoning and sea salt, to taste
- 1 tablespoon coconut oil

## DIRECTIONS

1. In a small bowl, whisk together 1/4 cup Dijon mustard, raw honey, and a pinch of sea salt until smooth. Set aside.
2. For the tenders, whisk the eggs in a medium bowl.
3. In another medium bowl, combine rice flour and season with Italian seasoning and salt.
4. Dip each chicken strip in the egg mixture, allowing excess to drip off, then coat it in the seasoned rice flour.
5. In a large skillet over medium heat, melt coconut oil. Add the chicken tenders and cook until golden brown on both sides, approximately 15 minutes.
6. Serve the chicken tenders with the adjusted honey mustard sauce on the side.

## DRESSING OF THE MONTH

# HERB-INFUSED OLIVE OIL SALAD DRESSING



### INGREDIENTS

- 1/2 cup extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1 teaspoon raw honey (optional)
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste

### DIRECTIONS

1. In a bowl, whisk together extra virgin olive oil, apple cider vinegar, and Dijon mustard until well combined.
2. Add minced garlic and raw honey (if using) to the mixture, continuing to whisk until the dressing has a smooth consistency.
3. Incorporate dried oregano, thyme, and rosemary, stirring well to infuse the flavors evenly.
4. Season with salt and pepper to taste, adjusting the quantities according to your preference.
5. Allow the dressing to sit for a few minutes to let the herbs meld with the oil.
6. Shake or whisk the dressing again before drizzling over your favorite ancestral diet-friendly salads.

## SIMPLE SALAD

Serves: 1 | Total Time: 10 min

### INGREDIENTS

- 2 cups leafy greens of your choice
- Unlimited vegetables

### DIRECTIONS

- Place leafy greens and add any other vegetables in a bowl.
- Top with this month's dressing.

# HEARTY SLOW COOKER BEEF CHILI

Serves: 7-10 | Prep Time: 30 min | Total Time: 6-9 hrs



## INGREDIENTS

- 2 pounds ground beef (grass-fed, if available)
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 2 cans (15 oz each) organic black beans, drained and rinsed
- 2 cans (15 oz each) organic kidney beans, drained and rinsed
- 1 can (15 oz) organic pinto beans, drained and rinsed
- 1 can (28 oz) organic crushed tomatoes
- 1 can (15 oz) organic tomato sauce
- 2 cups beef broth (preferably organic)
- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper (adjust to taste for spice level)
- Salt and black pepper to taste
- **Optional toppings:** shredded cheddar cheese, sour cream, chopped green onions, chopped cilantro

## DIRECTIONS

1. Brown ground beef in a skillet over medium-high heat until fully cooked; drain excess fat.
2. Transfer beef to the slow cooker.
3. Sauté onions in the same skillet until translucent, add garlic and sauté for another minute.
4. Transfer sautéed onions and garlic to the slow cooker.
5. Add black beans, kidney beans, and pinto beans to the slow cooker.
6. Pour in crushed tomatoes, tomato sauce, and beef broth.
7. Stir in tomato paste, chili powder, cumin, smoked paprika, oregano, coriander, cayenne, salt, and pepper; mix well.
8. Cover the slow cooker and cook on low for 6-8 hours to meld flavors.

# CHICKEN FAJITAS

Serves: 4 | Prep Time: 15 min + 30 min marinating  
| Total Time: 60 min

## INGREDIENTS

### For the Chicken Marinade:

- 1.5 pounds boneless, skinless chicken breasts, sliced into strips
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and black pepper to taste

### For the Fajita Veggies:

- 2 bell peppers (any color), thinly sliced
- 1 large red onion, thinly sliced
- 2 tablespoons extra virgin olive oil
- Salt and black pepper to taste

### For Serving:

- Grain-free tortillas (Siete almond flour tortillas or your preferred choice)
- Fresh organic salsa
- Guacamole
- Fresh cilantro, chopped
- Lime wedges



## DIRECTIONS

1. Whisk olive oil, lime juice, cumin, paprika, chili powder, garlic powder, onion powder, salt, and pepper for the marinade.
2. Coat chicken strips in the marinade, refrigerate for at least 30 minutes.
3. Sauté bell peppers and red onion in 2 tablespoons olive oil until tender. Set aside.
4. Cook marinated chicken in the skillet until fully cooked, about 5-7 minutes.
5. Combine cooked veggies and chicken in the skillet, toss to mix evenly.
6. Serve the chicken and veggie mixture in the tortillas, topped with fresh salsa, guacamole, chopped cilantro, and a squeeze of lime.

# BAKED SESAME LEMON SALMON

Serves: 4 | Prep Time: 20 min | Total Time: 40 min



## INGREDIENTS

- 1/3 cup tamari or coconut aminos
- 2 tablespoons coconut sugar or raw honey
- 1/4 cup sesame oil or coconut oil, plus more for brushing
- 3 tablespoons fresh lemon juice
- 3 garlic cloves, minced
- 1 teaspoon ground mustard
- Sea salt and ground black pepper, to taste
- 4 (6-ounce) skin-on, boneless wild-caught Alaskan salmon filets

## DIRECTIONS

1. Preheat the oven to 375°F. Line a rimmed baking sheet with a large sheet of aluminum foil.
2. In a small bowl, whisk together tamari, coconut sugar, sesame oil, lemon juice, minced garlic, ground mustard, sea salt, and pepper.
3. Place the salmon on the prepared baking sheet and fold up all four sides of the foil.
4. Brush each salmon filet with coconut oil, then spoon the tamari mixture over the salmon.
5. Bake in the preheated oven for approximately 20 minutes or until the salmon is cooked through and flakes easily.
6. Serve hot and enjoy this delicious Baked Sesame Lemon Salmon with your favorite side dishes.

# SHEPHERD'S PIE & CAULIFLOWER MASH

Serves: 6 | Prep Time: 35 min | Total Time: 65 min



## INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 tablespoons butter or ghee
- Salt and black pepper to taste
- 1.5 pounds ground lamb or beef
- 1 large onion, finely chopped
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 cup frozen peas
- 1 cup beef or vegetable broth
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and black pepper to taste

## DIRECTIONS

1. Steam or boil cauliflower until tender, then blend with butter or ghee, salt, and pepper. Set aside.
2. In a skillet, brown lamb or beef, drain excess fat. Add onion, carrots, and garlic, sauté until softened.
3. Stir in tomato paste, thyme, rosemary, salt, and pepper. Pour in broth, simmer until slightly thickened.
4. Add frozen peas, cook for 2-3 minutes.
5. Transfer meat mixture to a baking dish, spread cauliflower mash on top, create texture with a fork.
6. Bake at 375°F (190°C) for 25-30 minutes until golden brown on top. Cool before serving.





# LASAGNA

(GF NOODLES)

Serves: 8 | Prep Time: 30 min | Total Time: 90 min



## INGREDIENTS

- 1 lb ground beef
- 1 lb Italian sausage
- 1 container whole milk ricotta cheese
- 1 egg
- Parmesan cheese (to taste)
- 1 ½ containers organic spaghetti sauce
- Jovial Gluten-Free (GF) noodles
- Cheese to cover (mozzarella or your preference)

## DIRECTIONS

1. Brown ground beef and Italian sausage in a skillet over medium heat. Mix in organic spaghetti sauce, set aside.
2. Mix ricotta cheese and egg in a bowl until well combined.
3. Pre-heat oven to 375°F (190°C).
4. In a 9x13 baking dish, layer meat sauce, Jovial GF noodles, and ricotta mixture, repeating until all ingredients are used, finishing with a sauce layer.
5. Pour water into dish corners to help cook noodles. Cover with foil and bake until noodles are cooked.
6. Uncover, sprinkle cheese on top, and bake until melted and bubbly.

# GROCERY LIST

Opt for organic and fresh ingredients whenever possible

## PRODUCE

- 4 small to medium ripe bananas
- 3 cups stemmed and chopped kale
- 1/2 red onion, diced
- ½ red bell pepper, seeded and diced
- 1 cup cherry tomatoes, halved
- 1 head cauliflower, cored and chopped
- 2 cups chopped shiitake mushrooms
- 1 pound chicken breakfast sausage, removed from its casings
- 4 carrots, peeled and coarsely chopped
- 2 parsnips, peeled and coarsely chopped
- 1 onion, sliced
- 1 teaspoon minced fresh basil
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon chopped fresh dill
- Fresh parsley (for garnish)

## MEAT/DAIRY:

- 1 lb ground beef
- 1 lb Italian sausage
- 8 large eggs
- 2 scoops collagen powder
- 1 scoop unflavored collagen or bone

broth protein powder

- 2 pounds grass-fed beef stew meat
- 4 boneless, skinless chicken breasts
- 2 pounds boneless, skinless chicken thighs
- 1.5 pounds ground lamb or beef
- Cheese (mozzarella or your preference)
- Whole milk ricotta cheese
- 1/4 cup feta cheese, crumbled
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese

## CANNED/PACKAGE GOODS:

- 1 ½ containers organic spaghetti sauce
- Jovial Gluten-Free (GF) noodles
- 1 can (15 oz) black beans
- 2 cans (15 oz each) organic black beans
- 2 cans (15 oz each) organic kidney beans
- 1 can (15 oz) organic pinto beans
- 1 can (28 oz) organic crushed tomatoes
- 1 can (15 oz) organic tomato sauce
- 1 (6-ounce) can tomato paste
- 1 (14.5-ounce) can fire-roasted tomatoes
- 1 cup pumpkin puree
- 1 can (15 oz) unsweetened almond milk

- 6 dates, pitted
- 3 tablespoons almond butter
- 1 cup unsweetened almond milk
- 1 can (15 oz) black beans, drained and rinsed

### **BAKING/GRAINS:**

- 2 cups oat flour
- Optional: Balsamic glaze for drizzling
- 1 cup gluten-free all-purpose flour
- 1/4 cup almond flour
- 2 tablespoons coconut flour
- 1 cup gluten-free rice flour
- Italian seasoning and sea salt (to taste)
- 3 cups oats
- 1/2 cup pumpkin puree
- 1 cup unsweetened almond milk
- 1/4 cup honey or maple syrup
- 2 1/2 cups unsweetened almond milk
- 2 teaspoons chia seeds (1 tsp per serving)

### **SPICES/SEASONINGS:**

- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon smoked paprika
- 1 tablespoon minced fresh basil
- 1/4 teaspoon crushed red pepper (optional)

- 1 tablespoon coconut oil
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- Italian seasoning and sea salt (to taste)
- Salt and black pepper to taste
- 1 teaspoon ground mustard

### **COOKING OILS:**

- 4 tablespoons extra virgin coconut oil, melted
- Coconut oil or cooking spray for cooking
- 2 tablespoons extra virgin olive oil

### **OTHER:**

- 1 scoop unflavored collagen or bone broth protein powder
- 1/4 cup arrowroot starch
- 1/4 cup Dijon mustard
- 1/2 cup raw honey
- 1/3 cup tamari or coconut aminos
- 1/2 cup extra virgin olive oil
- 2 tablespoons apple cider vinegar
- Seafood:
- 4 (6-ounce) skin-on, boneless wild-caught Alaskan salmon fillets

### **SEAFOOD:**

- 4 (6-ounce) skin-on, boneless wild-caught Alaskan salmon fillets

# BONUS RECIPES

Here are a few bonus recipes! Use these to compliment your  
Monthly Menu Plan to meet your families needs.  
(These ingredients are not included in your Grocery List.)



# POPCORN

Serves: 5 | Total Time: 15 min

## INGREDIENTS

- 1/2 cup popcorn kernels
- 3 tablespoons extra virgin coconut oil
- Salt to taste
- Grass-fed butter for topping



## DIRECTIONS

1. In a large, heavy-bottomed pot, melt the extra virgin coconut oil over medium heat.
2. Add popcorn kernels to the pot, ensuring they are well-coated with the coconut oil. Cover with a lid.
3. Shake the pot gently to distribute the heat and encourage even popping. Continue shaking occasionally until the popping slows down. Remove the pot from heat.
4. Pour the freshly popped popcorn into a large bowl. Drizzle with additional melted coconut oil if desired.
5. Add salt to taste, tossing the popcorn to ensure even distribution.
6. Top the popcorn with generous amounts of grass-fed butter while it's still warm, allowing it to melt and enhance the flavor.
7. Serve immediately and enjoy this Coconut-Infused Buttered Popcorn—a simple and delicious snack, perfect for any movie night or casual get-together!

# OMA'S CHOCOLATE CHIP COOKIES

Serves: 4 Dozen | Total Time: 30 - 60 min



## INGREDIENTS

- 1 1/3 cups coconut sugar
- 1 cup extra virgin coconut oil, melted
- 2 large eggs
- 2 teaspoons vanilla extract
- 4 1/2 cups almond flour
- 1 teaspoon salt
- 2 cups Lily's no sugar chocolate chips

## DIRECTIONS

1. Preheat your oven to 350°F (175°C). Line baking sheets with parchment paper.
2. In a large bowl, combine melted extra virgin coconut oil and coconut sugar until well blended.
3. Beat in the eggs, one at a time, ensuring each is fully incorporated. Stir in the vanilla extract.
4. In a separate bowl, whisk together almond flour and salt.
5. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
6. Fold in Lily's no sugar chocolate chips until evenly distributed throughout the dough.
7. Using a cookie scoop or spoon, drop rounded balls of dough onto the prepared baking sheets.
8. Bake at 350°F for 12 minutes or until the edges are golden brown.
9. Allow the cookies to cool on the baking sheets for a few minutes before transferring them to a wire rack to cool completely.
10. Enjoy these Coconut Oil Almond Flour Chocolate Chip Cookies as a delicious and gluten-free treat!

# CHICKEN ALFREDO

Serves: 4 | Total Time: 30 min

## INGREDIENTS

- 2 lbs boneless, skinless chicken breasts, thinly sliced
- Salt and pepper to taste
- 1 tbsp butter
- 2 tsp italian seasoning
- 1/2 cup grass-fed butter
- 1 cup full-fat coconut milk
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/2 cup mozzarella cheese
- 5 cloves garlic, minced
- Salt and pepper to taste
- 8 oz mushrooms
- Crushed red pepper to taste (optional)
- 18 oz (or six servings) gluten-free fettuccine or your preferred gluten-free pasta



## DIRECTIONS

1. Season chicken breasts with salt, pepper, and Italian seasoning. Cook in 1T butter until golden brown; set aside.
2. In a saucepan, melt grass-fed butter, sauté minced garlic and sliced mushrooms. Add coconut milk and chicken broth, bring to a gentle simmer.
3. Gradually whisk in grated Parmesan and mozzarella cheese until smooth and creamy. Season with salt, 1 tsp italian seasoning, and red pepper flakes (optional), simmer until thickened.
4. Add cooked chicken slices to the sauce, simmer for an additional 5 minutes.
5. Cook gluten-free fettuccine, drain, and add to Alfredo sauce, tossing gently to coat.

# RESOURCES

This is our carefully curated resource list, dedicated to functional health across various aspects of life. These trusted selections prioritize well-being. Please note, some links are affiliated, supporting us to continue offering quality content aligned with optimal health.





# SIMPLE RESOURCES

## CARE

- [Flora Organic Black Elderberry Syrup](#)
- [Mary Ruth's Organic Liquid Probiotics](#)



- [Free E-Book: Cold & Winter Wellness Tips](#), Melody Brandon



### Essential Oils

- [Lemon Oil](#)
- [Frankincense Oil](#)
- [Peppermint Oil](#)
- [Roman Chamomile](#)
- [Lavender Oil](#)
- [Ginger Oil](#)

[BACK TO INDEX](#) | [RESOURCE PAGE](#)

## MOVE

**B!** [BirthFit](#)

Use *SIMPLETURN* for 30% off any program

## FUEL

- [Restorative Kitchen](#), Dr Ashley Turner
- [Nourishing Traditions](#), by Sally Fallon
- [Sourdough](#), with Melody Brandon
- [Moringa Hot Chocolate](#): World's best cup of hot chocolate



## LIFE

- [Tuttle Twins](#)

