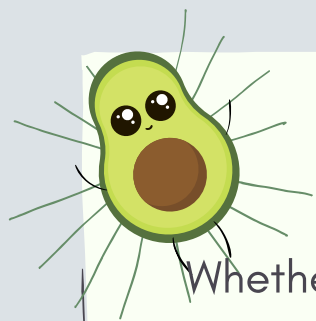


THE FREEDOM FOOD LIST

OVER 35 QUICK AND EASY MEAL AND SNACK IDEAS TO GET YOU READY FOR SUCCESS AND ADVENTURE!

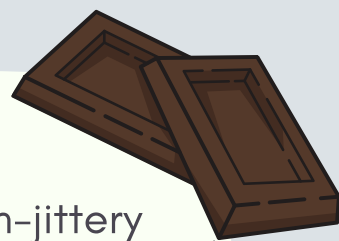


1. GUACAMOLE PACKS

Whether you use as a dip, or a spread, or eat it with a spoon (which I often do when in a hurry), these are a great go-to satisfying snack. Unlike trying to find a ripe avocado or waiting for it to be just right, these bad boys are always ready to go and they stay good in the fridge for a very long time. Buy the Wholly Guacamole at Costco for the best deal.

2. DARK CHOCOLATE

70% or higher Cacao content. With a non-jittery energy boost, antioxidants, enough healthy fat to calm hunger pains, and oh yeah... it's chocolate. This is totally one of my favorite snacks. Want a real kick? Go for the 90%! My favorite is from Lindt which also packs a whopping 5 grams of fiber.



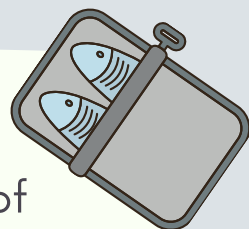
3. NUTS AND DRIED FRUIT

This is a well-known on-the-go snack but a few suggestions if you have trouble with portion control concerning these items. Buy larger quantities and make a rule they aren't to be eaten in the house. Eat only portioned amounts when out. Trader Joe's offers a variety of appropriately sized pre-portioned trail mix blends.



4. SARDINES

Some may scrunch up their face at the thought of these little guys but they are a true Superfood. Excellent source of Omega 3's, CoQ10, Vitamins B12 and D, Selenium, and Phosphorus. It would be difficult to find anyone that wasn't lacking in at least one of these nutrients. Eat with a Guacamole pack, some mustard, throw them on a salad to power up your inner superhero!



5. PICKLED HERRING

Pickled Herring may remind you of something your Grandpa used to eat but it is one of the highest omega 3 content foods. On any given day, I will either have a can of sardines, a couple bites of pickled herring or some canned or raw salmon. This is a far better alternative to fish oil supplements that can easily become oxidized and cause the very problems (via inflammation) you may be trying to alleviate.



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6. CANNED SALMON OR TUNA

Buy Wild Caught with bones and skin to get all the best salmon has to offer. Available at Trader Joes for the cheapest option. I think it's great straight from the can, but you can add it to salads or eat it with Nori Wraps (#25). Wild Planet canned Tuna is available at Costco for the best Price. It's not necessarily the most nutrient dense option but it is more palatable for some and also a good, clean vehicle for other nutrient-dense foods.

7. BEEF JERKY OR OTHER JERKY

Look for options with the least preservatives. Costco, Whole Foods and Trader Joe's all have some great options. If you have some prep time, it's super easy to make with any ground meat and a dehydrator or the oven and tastes the best this way too.



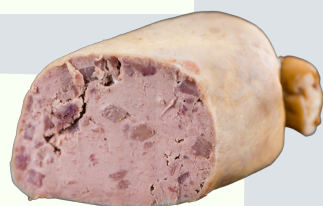
8. DRIED COCONUT FLAKES

Grab the unsweetened variety. They are very filling, you get a good dose of healthy fat and fiber and they are crunchy and chewy! Pair with dark chocolate, nuts, and dried fruit for a made-to-order trail mix.



9. LIVERWURST

Hear me out! Organ meats are the densest, most bioavailable form of nutrients. US Wellness Meats has the best tasting liverwurst I've ever had made from a combination of grass-fed, pasture-raised beef liver, heart and kidney with only salt for curing and seasoning. A few slices a week will put you way ahead of the game for disease prevention and overall health.



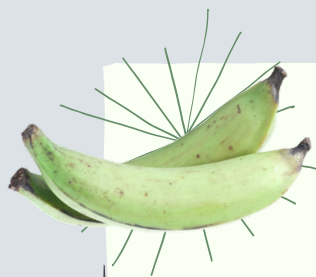
10. CHEESE

Buy real cheese, not a "Cheese Food." Slice or dice. Hard cheeses are usually easiest for most to digest and the most convenient for taking on the go.



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11. PLANTAIN OR CASSAVA CHIPS

Find a brand that fries them in sustainable Palm Oil, avocado or coconut oil. Depending on the ripeness of plantain when they're fried they may be more or less sweet. I recommend pre-portioning these as well because they are soooo good!

12. FREEZE-DRIED FRUIT AND VEGGIES



These offer a sweet crunchy snack and no preservatives or additives whatsoever! The shelf stableness of these items make them super easy to carry around or keep at the office and will satisfy your inner Prepper! The price can get a bit high for these so I would opt for Amazon as the best place to purchase.



13. OLIVES

I've seen a few brands of on the go packs popping up, but there are some decent variety of canned and jarred olives that you can keep in the fridge and throw some into a small to-go container for a very satiating snack or have them handy for a quick throw together salad or wrap.

14. PORK RINDS AND CHICARRONES



This a great example of food people might consider junk food, but it's all in the ingredients. Find options with well-sourced, humanely raised pork and that do not contain vegetable oils and you have a healthy nutrient-dense snack. Find varieties that don't have the creamy fat in the center and crush to add on top of salads or dips or in Nori Wraps or anything you'd add tempura flakes to.

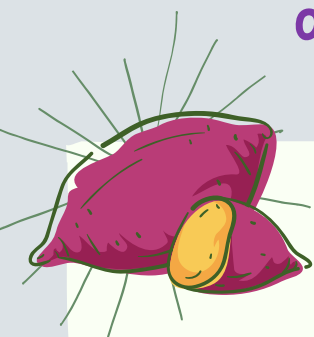


15. HEARTS OF PALM

They sell large jars at Costco that I keep in the fridge for a quick snack with some cheese or nuts or slice up and add to that super-fast salad I keep talking about.

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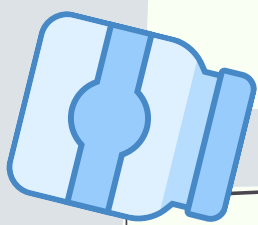


16. SWEET POTATOES AND (GASP!) WHITE POTATOES

Yes, dear friends! *White potatoes actually have a lot of nutrients!* If you have a make ahead day or can make extra at dinner one night dice up whichever potato, toss with Olive Oil, salt and pepper and roast until crispy outside and tender inside. Package and snack in the same manner and/or dips as above. Not enough time to roast and wait? Cut a potato in half, stab it several times, put it on a plate and add some water, cover with a microwaveable bowl and microwave 5-10 minutes. Slice or dice and season to taste. These won't have crispy outsides but they'll still do the trick.

17. DICED MEAT OF ANY KIND

Take diced meat and salt and pepper if not seasoned. Depending on what it is I like to leave it uncovered in the fridge so the edges dry out a bit to make it more snackable. Dip diced meat in a guac pack, mustard, maybe some salsa, or the greek yogurt dip (#20) or all 3. Eat it with a cocktail fork if you're fancy! Buy meat already prepared if you don't have time.



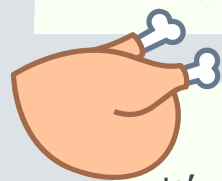
18. MAYONNAISE

What??!!! Again, the ingredients make foods healthy. Avocado Oil, Organic Eggs, Vinegar, Mustard, Salt and seasoning. All of those items on their own are perfectly healthy. Mix them up and they are extra healthy. Chosen Foods and Primal Kitchen both make clean, nutrient-dense versions of this condiment. Avoid options made with vegetable oils.



19. GREEK YOGURT

Grab yourself a big tub of Greek Yogurt, do yourself a solid and make sure it's from grass-fed or pastured animals. Full fat offers the most versatility and nutrition. Use in place of sour cream, instantly make a soup creamy or make the world's easiest dip. Just add salt, pepper, scallions, and parsley and/or dill and stir. It's better if it sits at least an hour but you can eat it right away too. I also like to mix Greek Yogurt and Mayo together when making a tuna or chicken salad or season with herbs and spices and use as a salad dressing.

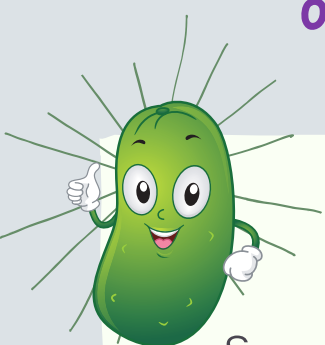


20. ROTISSERIE CHICKEN

It's fairly easy to get ahold of an Organic option that's ready to go nowadays. Grab it for dinner with a bag of wild arugula. Chop up leftovers for a quick chicken salad (#18 & 19) and don't forget to save the carcass for your bone broth.

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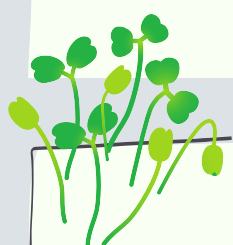


21. RAW SAUERKRAUT /KIMCHI/PICKLES

Sauerkraut and Kimchi offer all the nutrients contained in the cabbage and other veggies it contains in a highly digestible and compressed form. The process of making these items decreases the mass by at least half and increases their nutrient value. This is all before we even start to talk about the probiotic value. Any probiotic supplement will boast billions of bacteria but generally on from 1 or 2 strands. Raw fermented foods can get up to around 40! Variety is the key here. Sauerkraut and Mayo make a great pair and an awesome dip!

22. HERBS AND SPICES

After organ meats, herbs and spices rank second on the nutrient density scale. Which ones? All of them. Now obviously you won't be eating these items by the cupful but adding at least one herb or spice to most meals will pay off huge in the long run. Fresh or dried. Add fresh dill or parsley to a salad or scrambled eggs for some unexpected flavor. Add dried herbs to your veggies before roasting.

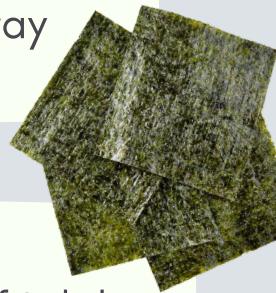


23. SPROUTS

All the good stuff from full-grown plants in a condensed nutrient-dense package. Get any kind, throw it on top of your salad mix, put it in your Nori wraps, add a little on the side of a steak or roasted meat for an amazing juxtaposition of flavor and texture.

24. DULSE FLAKES

Seaweed boasts a long list of vitamins and minerals, trace minerals seriously lacking in the diets of most people, and some properties that can't be found from any land source. Dulse can be added to salads or soups and has a mild salty flavor. I will often put a pinch in a big bottle of water to stay well hydrated on hot or physically demanding days.



25. NORI SHEETS

All of the above info pertains to nori sheets as well. Even if I did eat gluten, I would prefer these for wraps hands down ([recipe](#)). I will generally tear them in 4 squares and make little tacos for tuna or chicken salad or just roll them up with some sprouts, bacon or turkey bacon, and maybe some cheese and a little mayo or sauerkraut. No super-sharp chef's knife or sticky rice required. These are far more tasty and durable than a lettuce wrap and way more nutritious than a flour wrap. They can be a bit pricey in small quantities so I recommend buying 50 sheet packs and amazon will offer the most affordable option.

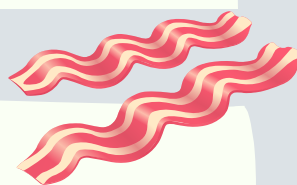
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26. TURKEY BACON

I like certain brands of turkey bacon not because I don't like bacon (I happen to love it) but because, depending on the brand, it offers a clean and affordable alternative to lunch meat. Find an option with the least preservatives. I will actually rinse the slices with water, squeeze to ring out extra moisture and throw it in the microwave for 30 seconds. Viola, lunch meat. I will tear off squares and eat it with a sharp sliced cheese and a little sauerkraut or dip it in some guacamole.



27. BACON

Easy and simple enough to cook for breakfast in the morning, but you can also bake a sheet of it and store it in the fridge for a quick snack by itself or a flavorful addition to salads, wraps... or, an adventurous trail mix. Once again, the key here is sourcing. I buy the Thompson Farms 5+ animal welfare-rated thick-cut bacon for a very reasonable price at my local Whole Foods. I reserve the fat for cooking over medium heat or lower and as a healthy addition to my dog's food.



28. CHOPPED UP FRUIT AND VEGGIES

I know, so obvious. But now with all the other ideas for dips and bacon, it gets a little more exciting. You could also sprinkle them with a seasoning blend and shake up in a sandwich bag for a nutrient dense kick of flavor. Pair fruit with Justin's nut butters or some cheese. So simple, so elegant and tasty.



29. EGG MUFFINS

A quick search in Pinterest will yield an infinity of ideas for this recipe concept. Find anything you have in the fridge or freezer. Meat, veggies, potatoes, cheese, herbs, and spices. Mix with scrambled eggs, pour the mixture into muffin tins, and bake. Quick breakfast, lunch or snack.



30. LEFTOVERS

Make a little extra at dinner. I've yet to find anything I had for dinner that didn't taste good after throwing it in the frying pan and pouring scrambled eggs over it for breakfast. Mexican, Thai, steak and potatoes... Eggs are a great low-hanging-fruit type option to buy the best quality at a very reasonable price when you consider the high nutrient quality, particularly in pastured eggs. (Eat the whole egg people, most of the nutrients are in the yolk.)

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31. BEANS

Buy Eden organics or use [this recipe](#) because the preparation method helps to break down some of the anti-nutrients that bind to and steal nutrients when digested and the lectins that can be abrasive to the gut lining. It also contains an enzyme that counteracts some of that muscular fruit action from this food. Easy soups, rice and beans, dips, or add it to salads. Rinse the can sludge from the beans before use. Prepared well and seasoned right they can make a great snack as well.



32. FROZEN RICE OR "RICE"

Trader Joe's has a few varieties. Super fast prep. Throw it in a soup, make a stir fry or get your rice and beans on.

Go for the white rice. Contrary to popular belief it's actually healthier for you. The shell or husk on brown rice can also be abrasive (again lectins) to the gut lining and our bodies are not equipped to break down this matter in order to absorb the nutrients from it. Frozen and ready-to-go cauliflower rice is a great option if you are avoiding grains or carbs.



33. FROZEN VEGGIES

Generally picked at the peak of freshness, blanched and flash-frozen, frozen veggies offer great quality, faster cooking, and often better color and shape retention. One pan, rice, veggies, beans and/or meat, fresh or dried herbs, cheese, greek yogurt (as a sour cream substitute), salsa, guac = endless possibilities, and you're basically just heating up and assembling food!

34. FROZEN FRUIT

Ready to go dessert as is, smoothy ready on a hot day with some greek yogurt and a little water, maybe some ginger or cinnamon. Add it frozen to a to-go bowl with a layer of greek yogurt, maybe a packet or a big dollop of nut butter or crushed nuts and/or chunks of dark chocolate on top and you've got a parfait for the road.



35. RAW BUTTER OR COCONUT OIL

Yep, this is the whole fatty coffee or tea concept. It really is a great option for some people to get some good quality fuel in their systems when they may be too rushed or just not ready to eat. Raw butter is a great source of Vitamin D and a very important and hard to attain vitamin K2 not found in pasteurized dairy. Add to smoothies for more of an ice cream-like mouthfeel.

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36. INSECT PROTEIN

I just had to throw it in. You can buy insect protein bars or purchase cricket flour and experiment with your own recipes. This is a super digestible, very sustainable protein eaten by a surprisingly high number of the world's population. There's no weird taste and it's finely ground so you don't have to worry about picking legs or wings out of your teeth.

37. PRE-COOKED AND PACKAGED HARD BOILED EGGS

I buy a box of 16 packs of 2 individually wrapped for less than \$10 at Costco. They stay good for over a month and are great for traveling (and saving money on breakfasts) and just busy days when you need to run out the door. And, you don't have to deal with cooking them just right or peeling them!

