



— HOW TO —
SWAP AS
IF YOUR
LIFE
DEPENDDED
UPON IT
— because it does! —



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What's in your pantry and refrigerator? Seriously, you need to take a look because I believe that **what goes down the pie hole will either heal you or kill you!** Your health is directly connected to the food you eat and the food your food ate.

I've built my medical practice around the idea of helping people from the inside out. Many chronic diseases are caused or worsened by food. Obesity—which is a national epidemic—could be drastically reduced if people started using a more common sense approach to choosing what to eat.

Our culture, however, is more content to medicate symptoms than eradicate causes. I could go into a long list of reasons that's true. I could tell you all about the power of the pharmaceutical and food industries. Maybe we can have a conversation about those things later.

Right now, I want to give you some practical guidelines for buying food. I want to challenge you to evaluate what you have in your pantry and refrigerator and be willing to make some significant changes. Why? **Because your life depends upon it.**

This won't be easy. "Easy" is what got us to where we are. It's easy to buy and prepare processed food. It's easy to open a can and pour it in a pot. It's easy to sit in the car at the fast food drive-thru. How's "easy" working for you?

Changing how you think about food is going to be hard. You will need some help along the way. That's why I'm here! So, let's get started!





BEFORE YOU SHOP...

When was the last time you emptied your refrigerator, freezer, and pantry? Are there items that are out of date or unusable? So, before you head to the store, you need to take inventory of what you have in stock.

It's pretty easy to get rid of food that is ruined or expired. It's much harder to eliminate food that is fine, but you shouldn't eat. Let's start with the easy things first.

EMPTY YOUR REFRIGERATOR

Unload everything from every shelf and drawer. You might as well go ahead and clean it while it's empty.

-  Start with fresh fruits and produce. Check them to make sure they are all eatable. If so, place them back in the refrigerator. Throw away anything that doesn't measure up.
-  Check out your dairy products. Here's where it might be a challenge. I recommend you minimize your consumption of dairy.
-  Set aside anything that has a high sugar content. That includes ketchup, pudding, sweet pickles, etc. Most people don't realize where sugar is hidden.



- Watch for anything that contains soy, corn, dairy, gluten, sugar, peanuts, and eggs. These items can be problematic, so minimizing or eliminating them is a smart decision.

EMPTY YOUR PANTRY AND CABINETS

Unload everything from your pantry and cabinets and look for anything containing the seven items listed above. Again, if you really want to eat better, you'll need to get rid of a lot of packaged food.

If it came from a plant, eat it. If it was made in a plant, don't! - Michael Pollan

This is a big shift for many people today. From boxed macaroni and cheese to frozen pizzas, we have grown accustomed to foods that have long lists of ingredients and long shelf lives.

Some practitioners tell their patients to read labels and count calories. That is hard to sustain over the long haul. I tell my patients to eat things that don't have labels (organic fruits, vegetables, locally sourced meats, etc.). Once you've cleaned out everything, it's time to transform your **shopping list** into a **swapping list**. I'll show you how...



THE DANI WILLIAMSON SWAPPING LIST

Here are some food swaps that will help you eliminate some of the sugar, chemicals, hormones, etc. from your diet.

	YOU LIKE THIS	TRY THIS
MEAT	Hamburgers (high fat, corn fed beef)	Grass fed lean ground beef
	Chicken	Organic, boneless, skinless chicken breasts
	Pork	Pasture-fed pork tenderloin
	Steak	Grass fed beef tenderloin
FISH	Fried or battered fish	Grilled/broiled/baked wild caught salmon Sole or canned wild caught tuna or salmon
BEANS	Refried / with added fat	Black beans Kidney beans Navy beans
SNACKS	Potato chips	Crispy kale chips Sweet potato chips (home made with no oils) be aware many chips and snacks have hidden fats...it's best to make them yourself
	Traditional dips	Hummus
	Salted nuts	Roasted, unsalted almonds, cashews
	Pudding or ice cream	Yogurt topped with fresh berries
PANTRY STAPLES	Corn oil	Extra virgin olive, coconut, palm fruit, grape seed oil
	Whole Wheat flour	Almond or coconut flour
	White sugar	Stevia, xylitol
	Jelly	Fruit spread
	Peanut butter	Almond butter (single ingredient, grind it yourself)
	Salad dressing	Lemon juice and olive oil



	YOU LIKE THIS	TRY THIS
DAIRY	Milk	Almond, coconut, cashew milk
	Yogurt	Coconut or almond yogurt
	Cheese	Dairy free cheese substitute like Daiya
	Butter	Ghee (clarified butter)
STARCHES	White potatoes	Sweet potatoes
	Rice	Brown rice, quinoa , lentils
	Pasta	Spiralized zucchini
OTHERS	Ketchup	Salsa
	Mayonnaise	Avocado or tahini
	Cereal with gluten	Rice Chex

For added flavor use herbs, lemon juice, and salt-free spices to enhance taste without added calories.

You can find more healthy ideas at daniwilliamson.com

