



Resources

Dr. Frank Lipman , MD Functional Medicine.	https://drfranklipman.com/
Dr. Hyman is a practicing family physician and an internationally recognized leader, speaker, educator, and advocate in the field of Functional Medicine.	https://drhyman.com/
EWG's Dirty Dozen & Clean Fifteen – a list with the dirtiest (highest residue of pesticides) fruits and vegetables, and a list of the cleanest (least amount of residue).	Ewg.org
Food Activist Vani Hari , better known as “The Food Babe.”	https://foodbabe.com/
Health Activist Robyn Obrien	https://robynobrien.com/
Oxford Happiness Questionnaire	http://www.meaningandhappiness.com/oxford-happines-s-questionnaire/214/



NUTRITIONFACTS.ORG is a science-based nonprofit organization founded by Michael Greger, M.D. FACLM, that provides free updates on the latest in nutrition.	https://nutritionfacts.org/about/
Pesticide Action Network check it out to see what pesticide residue is found on everyday foods	https://whatsonmyfood.org/
Zach Bush MD a physician specializing in internal medicine, endocrinology, and hospice care:	https://zachbushmd.com/

MEAL KIT DELIVERY SERVICES
https://www.greenchef.com/
https://www.purplecarrot.com/
https://www.sakara.com/
https://www.sunbasket.com/



BOOKS

10-Day Detox Diet	Mark Hyman, MD
As a Man Thinketh	James Allen
Atomic Habits	James Clear
Change your Paradigm, Change your Life	Bob Proctor
Fiber Fueled	Will Bulsiewicz, MD, MSCI
How to Be Well	Frank Lipman, MD
The 5 Second Rule	Mel Robbins
The Four Agreements	Don Miguel Ruiz
The Power is Within You	Louise Hay
The Power of Awareness	Neville Goddard
The Rain Barrel Effect	Stephen Cabral
Think & Grow Rich!	Napoleon Hill
Wallace D. Wattles Trilogy	Wallace D. Wattles
Wishes Fulfilled	Wayne Dyer



PANTRY FOODS TO HAVE ON-HAND

Apple cider vinegar	No-salt-added peanut or almond butter
Red wine vinegar	Old-fashioned rolled oats
Baking powder and baking soda	Olives or capers
Balsamic or sherry vinegar	Pure vanilla extract
Beans: cannellini, navy, chickpeas or black	Raw almonds, cashews, walnuts
Brown rice and Long-grain white rice	Seeds: sunflower, flax, chia or hemp, sesame
Chicken broth	Salsa
Coffee	Salt: sea salt or kosher salt
Dried fruit: raisins, apricots or cherries	Spices: Rosemary, Oregano, Bay leaves, Curry powder, crushed red peppers, Chile powder, ground Cinnamon, cloves, cumin, ginger, nutmeg, granulated garlic
Eggs	Tea
Extra virgin olive oil	Tomato paste
Flour: all purpose, whole wheat or pastry	Tuna
Garlic and onions	Unsweetened plain soy, oat or almond milk
Grains: bulgur, quinoa, couscous or farro	Whole grain pasta
Honey	Whole grains
Lentils	

REFRIGERATOR FOODS TO HAVE ON-HAND

Vegetables	Salsa
Fruits	Hummus
Greens	Eggs
Fresh Herbs	Garlic & Ginger
Dates & dried fruits	Frozen Vegetables & Fruits
Nuts & Seeds	Frozen meats or plant-based proteins
Plant-based milks	Tortillas