

5 Easy Ways to Make Your Kitchen Healthier



Stock Your Pantry

Having ingredient essentials on hand facilitates your focus to eating well and eliminates unhealthy convenience food urges when hungry



Grains/Legumes/Nuts

Explore the world of high fiber, protein-rich, meat replacement beans & nuts to add a variety of textures and taste to your eating plan. Remember nut butters too



Naturally Sweet

In moderation, these natural sweeteners add sweetness and nutrition like: blackstrap molasses, maple sugar, local honey and monkfruit



Spice to Life

Incorporate spices like: garlic powder, turmeric, Himalayan salt, apple cider vinegar, cinnamon, cayenne, dill, Bragg's amino acid, Harissa, Chinese five spice, red pepper flakes, oregano, thyme & more



Add Quality Tools

Create variety with excellent food processing like: slow press juicer, knife sharpener, coffee/spice grinder, multi-functional cookers like "Foodie" and for the best water-Kangen ionized water



Want to learn more about adding health to your life? ♥ Ready to find your Mr. Right?

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