



Healthy Mess
by Macca Ramos

HEALTHY MESS LIFESTYLE COURSE

A guide to
crushing the
confusion for
living a lifestyle
of wellness
that is right for YOU

#HealthyMess

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Welcome!

I am so grateful you're here! Let's get acquainted NOW so you can know my heart and why I created this course for YOU!

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Lightbulb Moments

Print this page to take notes and keep track of your Lightbulb Moments, as well as Questions that pop up!

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Drop the Pin

Find out where you are now to get to where you want to go! Dig deep here! This is the start of a new mindset shift in your health journey!

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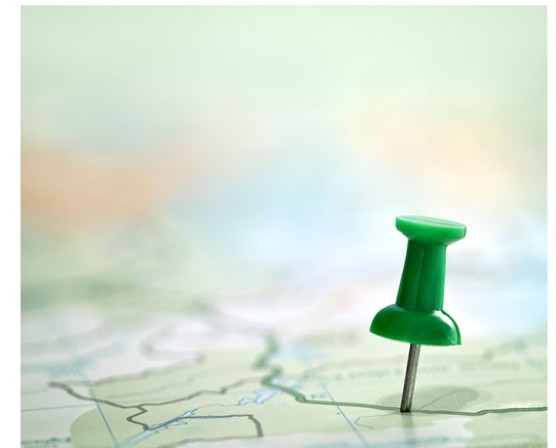
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See You Soon!

Closing course encouragements

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Welcome!

Welcome to your Healthy Mess Lifestyle Ecourse!!

I am Maca Ramos, founder of Healthy Mess, and I cannot wait for you to get started on this new path to a LIFESTYLE of wellness! As an ex- pack a day cigarette smoking, soda drinking, fast food lifestyle, workaholic who was addicted to her ADD meds, TRUST ME when I say that I am here FOR you and WITH you. I've walked this journey the last almost 10 years at my own pace and I encourage you to do the same. Some of you will dig right in and go ALL in. Others of you will take step by step in ways that are conducive to your life and family needs - GREAT! Do exactly what YOU need to do when you need to do it.

As you know, this is not going to be like anything you've done before. There are not a lot of rules and restrictions to adhere to that won't last. These are LIFESTYLE choices you are going to be able to make once you've learned WHY and HOW to make them. Gone are the days of purchasing a plan just because it worked for someone else. What you're going to experience in this course is how to become an INFORMED CONSUMER and take control of your own health based on YOUR specific needs.



Be sure to print the available PDF pages from this ebook for your benefit. There is something so powerful about putting pen to paper when you do the Drop the Pin or write down your Lightbulb Moments and Questions! Take whatever aspects of this to our Healthy Mess Collective community on Facebook! I guarantee someone else has the same questions as you and YOUR lightbulb moments will serve to encourage others as well.

This is a marathon, not a sprint! It's not a plan for any type of fad and this course information is not going to go out of style! This is also the beginning of so much more to come. I am beyond ready for you to get started so here we go!

For Questions:

-Go to the PRIVATE Healthy Mess Collective Facebook group

-Email me :

HealthyMess@hotmail.com

Instagram: @healthymess_

During your course sessions, use this sheet to write down questions that pop up that you want to be sure to ask in the online community AND lightbulb moments that you don't want to forget. New information and ideas will stick with you the more you read them again and practice it in your life!

Questions

Light Bulb Moments

Establish Your Food Relationship

Do you eat for reward? Punishment?
Emotional? Mindless munching? Self loathing?

Why do you WANT to create better habits?

If the answer was "weight loss" -
WHY have you struggled with your weight? How
long have you struggled?

Your Eating Habits

Why do you eat how you do right now?

Where do your cravings come from?

Family Dynamic / Support

Do you have resistance from family members?
Are YOU resistant because of your past?

{Your own thoughts about who you are and why you may not be deserving of health}

Get honest about fears:

Do you fear hunger?

Do you fear deprivation?

Do you fear what others will think? Missing out?

Do you fear failure? Success?

Drop the Pin on Your Budget

Every season has a different budget so know up front that as you are making swaps and getting your pantry back in order with your eating habits, we are going to work together to make it all fit in your budget. Don't let this be an excuse to stay stuck in unhealthy living and eating habits. Say goodbye to your old "DIET" mentality!

This is the beginning of a LIFESTYLE change!
Last question for this first DTP:

ARE YOU READY!?

Traffic Light Eating



GREEN LIGHT FOODS

All Fruits + All Vegetables

YELLOW LIGHT FOODS

| | |
|---------------|-------------------------------|
| Pasta | Chicken/ Turkey / Fish |
| Rice | Nuts & seeds |
| Bread | Beans & Legumes |
| Tortillas | Olive oil |
| Eggs | Organic Cheese & Greek Yogurt |
| Lean Red Meat | |

RED LIGHT FOODS

| | |
|---------------------------------|--|
| Added Sugars | Fried Foods |
| Alcohol | Fruit Juice |
| Candy | High Calorie & Sugar Salad Dressing |
| Cookies | Hydrogenated Oils |
| Creamy Sauces | Pastries |
| Deli Meats w/ Nitrates/Nitrites | Sodas (Diet or Regular) |
| Doughnuts | White Bread / Rice |
| Non-organic Meats | Sugar and Preservatives |
| French Fries | <i>MORE THAN 10 INGREDIENTS LIKELY MEANS IT IS RED LIGHT</i> |



We have so many packaged foods available with better ingredients these days! If you know what each ingredient listed is and there are 10 or less ingredients in the packaged item, it is likely Orange Light! Still slow down or even think of a better choice. Remember your goals here, whatever they are for you!

Brand Recommendation SWAP SHEET

| Food | Recommended Brand | Specific Name | Food | Recommended Brand | Specific Name | Food | Recommended Brand | Specific Name |
|---|---|---|------------------------|--|---|-------------------------|--|--|
| Cereal (Read Ingredients & strive for the 3-6-3 rule) | Kashi Cascadian Farm Ezekiel 4:9 Nature's Path Kay's Naturals Living Intentions One Degree Magic Spoon | | Ice Cream (Dairy) | Halo Top Keto Pint Rebel Yasso | | Packaged Snacks/Cookies | Late July Back To Nature Simple Mills Enjoy Life Made Good Boom Chicka Pop Luke's Organic Hippeas Bubba's Paleo Puffs | Peanut Butter Minis Chocolate Chip Cookies |
| | | | Ice Cream (Non Dairy) | GoodPop Nada Moo! So Delicious Van Leeuwen Daiya | Freezer Pops | | | PopCorn |
| Chips | Siete Late July Jackson's Honest Farmhouse Culture Food Should Taste Good Late July Beanfields | | Yogurt (Dairy) | Stonyfield Siggi's Green Valley (Lactose Free) Wallaby Organic | | Nut Butters | Justin's RX Nut Butter Barney Butter Nuttzo | |
| | | | Yogurt (Non Dairy) | Kite Hill CoYo Forager CocoYO Coconut Cult Culina Yogurt | | | | |
| Bread & Tortillas | Dave's Killer Bread Udi's Siete | Tortillas | Salad Dressings/Sauces | Primal Kitchens TesseMae's The New Primal/Noble Made Yai's Thai Rao's Homemade | All Pasta Sauces | Grain Free Granola | Sunfood Super Foods Purely Elizabeth Paleonola WildWay | |
| | | | | | | | | Seasonings |
| Pasta/Rice | Jovial Banza Tolerant Lotus Foods Lundberg Family Farms POW! | | Condiments | Crofter's Premium Spread All Brands Red Boat Eden Foods | Jelly Coconut Aminos Fish Sauce Organic Apple Butter | Granola | Purely Elizabeth Safe + Fair Go Raw Autumn's Gold | |
| | | | | | | | | Coffee Creamer |
| Packaged Meat | Applegate Pederson Farms Safe Catch Wild Planet Aidells Chicken Sausage | | Protein/Granola Bars | RX Bar LaraBar Perfect Bar Bulletproof Collagen Protein Power Crunch Kids | | Oils | 4th & Heart Primal Kitchen | Ghee Avocado Oil |
| | | | | | | | | Bread/Pancake/Muffin Mix |
| Beef Jerky/Meat Sticks | Chomps The New Primal Mission Meats | | | | | Baking Powder | Pamela's Baking Powder | (Aluminum + Corn Free) |
| | | | | | | | | Candy/Chocolate/Chocolate Chips |
| Broth/Packaged Soups | Kettle and Fire Pacific Foods | All Soups + Broth Cream of Mushroom +Chicken | | | | Syrup | ChocZero | |
| | | | | | | | | |
| | | | | | | Frozen Foods | Amy's Caulipowered Kid Fresh Dr. Praegers Applegate | Frozen Pizza Frozen Pizza Chicken Nuggets/Meatballs/Fish Sticks Chicken Nuggets/Corn Dogs |

FAMILY FOOD QUESTIONNAIRE (AGES 5+)

Hey family!! These questions are all to help the main cook in your home to be able to make sure you FEEL your absolute best as you take this new journey together into healthier living! It's meant to be adventurous and FUN! If you haven't already sat down to go over "GREEN/YELLOW/RED light" foods, after you make your list, DO THAT as a family! Learning how food affects your brain and body is SO interesting and important for everyone. You're being such a big help by filling this out! Family = Team! You're all in this together!

Ready to answer a few questions?! Here we go!

1. How would you say you feel RIGHT NOW?

2. Have you ever noticed how your FOOD makes you FEEL? Yes No

-If the answer was NO, let's try that out, k?!
***After eating a GREEN/YELLOW/RED light snack, wait 15-20 minutes and write down how you feel!

3. What does "HEALTHY" mean to you?!

4. What is your favorite physical activity?

5. Are you open to trying new things even if you're unsure about them? Why or Why not?

NOW, a few questions about FOOD!

NAME YOUR TOP 3 FAVORITE:

BREAKFAST

- 1.
- 2.
- 3.

LUNCH

- 1.
- 2.
- 3.

DINNER

- 1.
- 2.
- 3.

FAVORITE MEAT

- 1.
- 2.
- 3.

SNACKS

- 1.
- 2.
- 3.

DRINKS

- 1.
- 2.
- 3.

FRUITS

- 1.
- 2.
- 3.

VEGETABLES

- 1.
- 2.
- 3.

(For Veggies, do you like them RAW or COOKED?)

What is your LEAST favorite:

BREAKFAST -

LUNCH -

MEAT -

SNACK -

DRINK -

DINNER -

FRUIT -

VEGETABLE -

** When you think about your family being healthy and happy together, what comes to mind? Where are you? What are you doing?

** What's one thing you'd like to learn about healthier eating?

Again, THANK YOU SO MUCH for filling this out!!! My kiddos have been enjoying this journey most days but some days I(Mom) don't get it ALL right. Be sweet to your Mama if you don't enjoy something. She's trying and remember, YOU ARE A TEAM!

Ingredient meal

GROCERY LIST

{YOU pick your Protein + Fresh Vegetables & Fruits}

-REMEMBER your Ingredient Label Reading and the Brand Recommendations sheet!

I almost didn't add sweeteners to the list because I don't use them except on a rare occasion when I'm baking a birthday cake or maybe in some homemade pancakes/waffles BUT I want this to be a resource you see make your life easier and perhaps you DO use/need sweeteners. There are many options but I'm including my favorites.

Herbs: I always have fresh Ginger & Garlic. The others ARE perishable but you can't go wrong growing a few or keeping them in a mason jar in the fridge when you need to add freshness and flavor to any dish.

Oils
Avocado Oil
Extra Virgin Olive Oil
Ghee
Coconut Oil
Sesame Oil
Grassfed Butter

Flours
Almond Flour
Coconut Flour
Gluten Free Flour
Unbleached Organic White Flour
100% Whole Wheat
White Whole Wheat
Spelt Flour
Oat Flour

Thickeners + Baking Essentials
Tapioca Starch
Arrowroot Powder
Aluminum Free Baking Powder
Vanilla Extract

Sweeteners
Maple Syrup
Local Honey/Manuka Honey
Swerve
Coconut Sugar

Vinegars
Red Wine Vinegar
Balsamic Vinegar
Rice Wine Vinegar
Apple Cider Vinegar

Starches
Spaghetti
Fusilli
Bow Tie
Elbow Macaroni
Basmati Rice
Sprouted Brown Rice

Spices
Kosher Salt
Pink Salt
Pepper
Garlic Powder
Onion Powder
Chili Powder
Paprika
Smoked Paprika
Cayenne
Crushed Red Pepper Flakes
Turmeric
Ginger
Cumin
Thyme
Rosemary
Oregano
Nutmeg
Cinnamon

Specialty Spices
Pumpkin Pie Spice
Apple Pie Spice
Taco Seasoning
Garam Masala
Curry Powder
Everything But The Bagel Seasoning

Canned/Packaged
Tomato Paste
Tomato Sauce
Spaghetti Sauce
Coconut Milk
Coconut Cream
Organic Chicken Broth
Canned Tuna
Canned Salmon

Nuts/Seeds
Sunflower Seeds
Pumpkin Seeds
Almonds
Cashews
Pistachios
Macadamia
Flaxseed
Chia Seeds
Favorite Nut Butters
(use from seeds/nuts above)

Refrigerated
Coconut Aminos
Franks Red Hot Sauce
Sriracha
Avocado Mayo
Yellow Mustard
Dijon Mustard
Fish Sauce
Minced Garlic

Herbs
Ginger
Garlic
Parsley
Cilantro
Rosemary
Basil
Thyme
Mint

Extras
Unsweetened Applesauce
Enjoy Life Chocolate Chips
Lily's Dark Chocolate Chips
Dried Raisins
Dried Cranberries

Freezer
Veggies

Ingredient Meal

What I have:
1 chicken breast
cauliflower rice
spinach
Curry Powder
garlic
ginger
coconut aminos
& avocado



What I did: Add oil of choice to a skillet. I used Avocado oil. Salt, pepper and chop chicken. Toss in pan and let cook untouched til brown on the bottom. Flip chicken to cook on the other side and add a bit more oil. Add some sliced fresh garlic and ginger for 30 seconds to infuse the oil then remove from the oil. Add in cauliflower rice + 1t curry powder + black pepper. Stir and cook together. Then add 1t coconut aminos and spinach. Let simmer all together a few more minutes then eat!

What YOU could do: Use any protein you like! Tofu, shrimp, steak ... anything works. Add in kale or snap peas instead of spinach. Whatever works for you! You could even have some rice made in the fridge and use that instead of cauliflower rice.

Ingredient Meal

What I have:
Ground Chicken
Bacon
Potatoes
Zucchini
& Squash



What I did: chopped and cooked bacon in skillet then removed from the pan. Chopped potatoes and added to the skillet with salt & pepper. Browned ground chicken in the same skillet with the potatoes. In a separate skillet, I heated 1/2 T coconut oil and lightly sautéed the zucchini and squash. Once everything was cooked, I tossed it all in a bowl with added chives and Sriracha!

What YOU could do: Switch up the proteins! In a skillet meal, the trick is picking your protein, veggies on hand, and seasoning. Do you want simple salt, pepper and coconut aminos? Do you want a Mexican flair with taco seasoning? How about an Asian flair with some fresh ginger and garlic? Anything goes!

Ingredient Meal

What I have:

Mango Jalapeno

Chicken sausage

zucchini

sweet potato

bell pepper

sweet onion



What I did: chopped sweet potato, drizzled with avocado oil and sprinkled with sea salt. Baked at 400 degrees for 10 min. Chopped the rest of the ingredients and added them to the sheet pan with sweet potatoes. Cook for another 15 min and serve!

What YOU could do: Basically swap out any protein as usual. The chicken sausage I used gives a lot of flavor so with other protein, a drizzle of Coconut aminos and your favorite seasonings would be amazing! Also, use any veggies that you like! The dish I made is wonderful if you sub out the sweet potato for mushrooms (no additional cook time needed) and serve it with spaghetti squash. It's AMAZING!

Ingredient Meal

What I have:
Pack of Chicken
party wings
ghee
New Primal
BBQ sauce
Japanese
sweet potatoes



What I did: preheat oven to 425 degrees. Drizzled Ghee over wings + BBQ sauce. Stir to combine. Lay on baking sheet and bake 40 minutes, turning over halfway through. At the same time, cut potatoes into wedges and coat with avocado oil or ghee. Sprinkle sea salt, pepper and lay on a baking sheet. Bake 20-25 min (no turning).

What YOU can do: instead of BBQ sauce, use a Buffalo sauce or 1T of Avocado Mayo, 1t Dijon mustard + Everything But the Bagel seasoning to coat the wings. Whatever your favorite sauce or spice is, do that! Serve with whatever veggies and fresh fruit you have! The options, as usual, are endless



Cooking Oils Smoke Point

Cooking Oil Heat

Avocado Oil - 520 degrees

Ghee - 485 degrees

Olive Oil - 375 degrees

Coconut Oil - 350 degrees

Sesame Oil - 350 degrees

Butter - 250 Degrees

See You Soon!

If you've gotten to the end of your course, I guarantee you're feeling inspired and ready to keep going on this lifestyle journey! I want you to remember that you can go back to videos at any time and let more information sink in. We all learn SO differently that there is no way for me to predict exactly how you'll feel or what you'll need but let me tell you, there is MORE. Go at your own pace and be realistic with yourself wherever you are. You may be ready to dive in to more information and to really go after transformation in your home, AWESOME! We have options in place for this.



1. The Healthy Mess Collective online community! Always always feel free to head over there during your course and after for inspiration, question asking, and more! Share your insights and how you're feeling! Share the struggles too! We will check in every Wednesday with "What's Working Wednesday" to see what you've been proud of the previous 7 days in your journey and what you've got for goals in the next 7 days after! You might be surprised how those little check ins really are great accountability and gentle motivation to keep you moving forward! In the group there will also be recipes, live cooking, and more information shared. It's such a beautiful space that I can't wait to see you connect in!

2. One on One Coaching!

Sometimes what we really need is that face to face encouragement and communication! If you want me to be more of a Personal Health Coach to you and help you through specific needs in your home, that's an option! I offer one on one services after this course as well! You can find pricing for Online Zoom sessions, In Home Pantry Makeovers, Meal Planning, and more at my website: www.HealthyMess.co ! Don't hesitate to email me any time as well to see about scheduling this! Quick questions can be answered via email (HealthyMess@hotmail.com), on Instagram ([@healthymess_](https://www.instagram.com/healthymess_)) or in the HMC Online Community. I'll be sure to let you know if I feel your questions would best be served with a One on One session!

For Questions:

-Go to the PRIVATE Healthy Mess Collective Facebook group

-Email me :

HealthyMess@hotmail.com

Instagram: [@healthymess_](https://www.instagram.com/healthymess_)