

*Love is a choice*

## In this Issue

Some of my  
grocery staples

How to become a  
Health Coach

Food Focus  
Greens

Recipe of the  
Month  
Pureed or blended  
Greens

## What color are your staples?

Ahhh, do you feel it? That hint of spring in the air? It seems that this was such a harsh winter for many of us nationwide. (Except for my friend who has called me during the winter to tell me how lovely it is out there! You know who you are!) How nice it will be this week to hit 75 degrees in North Carolina.

In this newsletter, I would like to answer two questions that have been asked of me recently – *What do I buy at the grocery store, and where did I go to school to become a Health Coach.*

Below are some of the items on my shopping list. Not everyone in my family will eat all items on this list, and every family is different, but this is what works for our lifestyle and taste buds! Just remember, the most important thing is to get as much **color** as possible in your daily dishes. Also, shop the perimeter of your grocery store for foods that are natural and have no ingredient labels. Cooking techniques can vary too, so experiment with different ways to create dishes you enjoy. There is no one right way.

Greens- red or green kale, Swiss chard, spinach, lettuce leaf  
Gala organic apples  
Bananas  
Papaya  
Ezekiel bread – always in freezer section  
Organic cream cheese / organic butter  
Coconut water  
Organic chicken to roast in the oven  
Wild salmon  
Reverse osmosis water – (has all of the minerals and none of the world's chemicals)  
Organic peanut/almond butter  
Fresh sourdough bread  
Organic or all natural cookies / or I make my own  
Rice milk or hemp milk  
Organic sliced turkey breast  
Carrots  
Asparagus  
Berries  
Greek yogurt  
Raw honey  
Whole grain crackers  
Kamut, whole grain or Ezekiel pasta  
*Anything else that might be in season and fresh*

To answer the **second question**, I graduated from the Institute of Integrative Nutrition (then affiliated with Teacher's College – Columbia University) in NYC. At the time I attended, I flew up there twice a month for classes, and also completed online tests and reading requirements. Since I have so much family up there, it was an added bonus to be able to see them during class weekends. I deeply valued my experience, and

919.656.2711

Corporate  
Workshops

Private Sessions

Friends Don't let  
Friends Eat Junk!

the teachers were brilliant individuals (Dr Mehmet Oz, Andrew Weil, Mark Hyman, Joshua Rosenthal etc). I would recommend the school to anyone, especially since they now offer distance learning that you can complete right from home. So, for those of you looking to start a new career, and still have a life of friends, children and family, the distance learning may be just what you are looking for. It was so awesome to be in a large class with ages that spanned from 17 to 70! Some students were doctors, therapists, or other health care industry professionals who were looking to enhance their knowledge and provide a more natural approach for their clients. Others were looking for ways to help themselves and their families with illness, or start a business based on healing, like myself. Whatever your reasons, it will surely change your life. Visit [www.integrativenutrition.com](http://www.integrativenutrition.com) and, for a deep tuition discount, tell them Jeanine sent you! They are offering huge discounts for all who enroll by March 31<sup>st</sup>. Love Yourself to Health.



## Greens

As we come out of the long and snowy winter season, our bodies begin to naturally crave a more detoxifying diet. The nuts, squash, stews, and fatty, warming foods that we may crave during fall and winter, are now replaced with more salads and fresh fruits. The seasons don't change from one day to the next, and your diet doesn't need to change dramatically either. Taper off your winter diet, and favor foods that are bitter, astringent, and green. For more information on how to eat with the seasons, *The 3 Season Diet* by John Douillard is an informative and eye opening reference. If you enjoy the Greens First products, you can purchase them at [www.greensfirst.com/5185](http://www.greensfirst.com/5185).



## Simple Greens side dish

Full of calcium, vitamins and minerals, these greens will be a wonderful and healthy addition to any main dish, or perhaps they will be your main dish!

Prep time: 10 mins

Cooking time: 10-15 mins

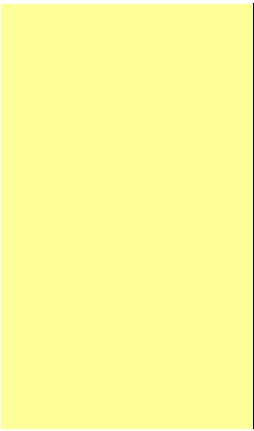
Yield: 2-4 servings

### Ingredients:

- 2 bunches of greens(mix and match chard, spinach, greed or red kale)
- Optional- ½ chopped onion, 1 scoop plain yogurt, turmeric – all optional variations for flavor
- pinch or two of salt

### Directions:

1. Tear up greens and rinse well. (I like to remove the hard stem from the middle of chard and kale)
2. Add about 1-2 inches of water to a large pot and bring to a simmer, add salt, onion and spice if you like. Then add greens- pot will be full.

- 
3. Simmer with lid almost completely on until greens are cooked down thoroughly. Water should be almost absorbed. If it seems too watery then quickly and gently strain and place back in pot to blend.
  4. Use a hand blender (or quickly zap in a blender) until it has the desired consistency.
  5. Tip- You can add a few peeled pieces of sweet potato during the simmering process, or anything else you might like to blend in there. Experiment and see what tastes good. The greens cook way down, so you can even use 3 or 4 bunches of greens if you are feeding 4 or more people. The scoop of yogurt can add a nice creamy texture when blended.

---

**Love Yourself to Health**  
**[www.jeaninefinelli.com](http://www.jeaninefinelli.com)**

**Jeanine Finelli**  
Health Coach  
[www.jeaninefinelli.com](http://www.jeaninefinelli.com)