



# A QUICK GUIDE TO HEALTHIER EATING FOR BUSY MOMS

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MAMA GETS FIT  
HEALTHY EATING MADE  
SIMPLE

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# Hi Babes

I know that eating healthy sometime FEELS so complex these days.

KETO, Shakes, Diet Plans, Nutrition Regimes you name it its out there! But NOOOO! I've done a ton of work on this so I promise to share something real and simple.

First and always foremost you got to ask yourself "Is this REAL food?" simply because I believe that our body is craving real, whole and pure food. Food that is easy to digest and meant to be consumed.

I hope this guid helps you fuel yourself with the food that was made for your body.

xx,



SEPTEMBER 9, 2021 | 10AM  
BUKIT TUNKU, KUALA LUMPUR

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## In The Word Of Ann Wigmore..

**"The Food You Eat  
Can Be Either The  
Safest And Most  
Powerful Form Of  
Medicine Or The  
Slowest Form Of  
Poison "**

# GET REAL

CHIT CHAT

Im going to be real with you!

After months of read up and research I found that in the world of 'holistic nutrition' there is a lot of romantic talk about fancy and exotic ingredients. Aswaganda organic morning drinks to self harvested eggs from ones backyard!

But HOW? I say, for a busy mom of two I just wanted to eat healthy. Simple Affordable Effortless kind of healthy eating. Nothing wrong in the "Fancier" components but this guide is for the EVERYDAY WOMAN Busy but who is wants to eat food that nourishes her.

I looked for ingredients that well first that we have all heard of and familiar with and that will be able to whip up delicious and nourishing meals. No hunting for wild mushrooms nor using exotic spices from rural italy in this guide.

They wont be boring just natural simple and readily available. Just remember to keep asking yourself when shopping whether the ingredients are pure food that your body understands.

Lets Go Shopping!

# My Grocery Shopping List

## **GOLDEN RULE - THE LOW DOWN**

### **1. PACKAGED FOODS ARE NOT OFF-LIMITS**

I want to be super transparent! - I eat chips, I eat carbs, I eat sweets. My weekly grocery list is NOT all veggies and sadness! Babes... to me, Real Food does not mean that you can't eat your favorite foods. Its about making the best choice on the purest ingredients.

### **2. CANNED GOOD & PANTRY ITEMS**

Its not exciting to buy flour, olive oil and seasonings, vinegar and coconut milk! I know that but all these mundane purchases are what creates the foundation of your delicious meals. I never thought I needed them but we are here and holy crap they are the base of everything I make now. Ok yes...im aware that buying all these items can add up to some caching \$\$ but the plus side is that they last long and you truly only need to buy them just a few times a YEAR!

### **3. USE REUSABLE BAGS**

Babes! Oh my god if you are not using reusable bags..well my question to you is **WHAT** are You **DOING**? Our world is so overwhelmed with plastic, so in doing my part to stay away from unnecessary plastic bag use - Ill just leave it at this - **'OUR WORLD NEEDS YOU TO START USING REUSABLE SHOPPING BAGS.**

shop [reusable grocery bags here](#)



The Absolute Beginners  
Guide to Healthy Eating

# How To Use This Guide

New to healthy wholesome food? Here's a curated list of the basics for you to start enjoying healthier meals.

*With Reena Mohameed  
Mom Blogger  
Entrepreneur at "Mama-  
Gets-Fit.com", you'll be  
well on your way to  
practicing and living  
healthier.*

Begin your fitness journey and find your healthiest self at [www.mama-gets-fit.com](http://www.mama-gets-fit.com)

- 1) Save the grocery list below ladies, print them out, write on them just whatever you want to do.
- 2) This is merely a guide so please do adapt it to be your own. Keep in mind this is a list for me and my family. Yes its general as to what we buy and I hope it inspires you.
- 3) IMPORTANT – Babes! We do not buy every single item every time we shop – we restock as needed.
- 4) Quality! Quality! Quality! Think about the nature of the ingredients...mostly is the REAL food! Start with small choices watch and your diet transform as you get the healthiest ingredients possible to consume.
- 5) Now if you're able do look into organic produce, quality meat and pure ingredients. Consider this statement : If we demand better food with our purchase it will manifest. Ok so I printed some grocery store friendly tshirts and reusable bags with that in mind. Check it out here. Pay the farmer? Or pay the Pharmacy? Funny Statement T-shirt Options.
- 6) If you are intimidated by their higher price in which I totally get, maybe this will help. I honestly find myself eating LESS often because my foods are sooo nutrient dense it keeps the hunger pangs down. Yes it costs more but you are nourishing yourself and will feel satisfied and vibrant.
7. Ok so I chose this list well basically I want it to be FUN. Food is suppose to be joyful and I do look forward to your thoughts and your share on your creation. So dear friend I find joy in eating and now Freedom in eating whole foods that nourish and I hope it inspires you too!

# Clean Eating Grocery Shopping List

CREATED BY MAMA-GETS-FIT.COM BLOG

## PRODUCE :

- LEMONS
- ONIONS/SHALLOTS
- SALD GREENS (2-3)
  - kale, spinach, arugula etc
- VEGGIES FOR ROASTING (3-4)
  - \*brussel sprouts, kale
- BWRRIES (1-2)
  - strawberries, raspberries
- FRUIT OF CHOICE (1-2)
  - apples, bananas, oranges

## MEAT/FISH :

PICK 2-3 OF THE FOLLOWING

- GRASS FED BEEF
- GRASS FED LAMB
- WHOLE CHICKEN / EGGS
- FRESH/FROZEN SALMON
- FRESH/FROZEN PRAWN

## GRAINS:

- BASMATI RICE OR QUINOA
- NOODLES
- BREAD
- CRACKERS
- FLOUR

## HERBS :

- SALT PEPPER
- BAKING POWDER
- BROTH CUBES, CHICKEN STOCK
- SPICES
- GINGER GARLIC FRESH HERBS

## DAIRY:

- BUTTER OR GHEE
- WHOLE FAT YOGURT (2 Tubes)
- MILK OF YOUR CHOICE
  - \*almond, coconut, whole milk
- HIGH QUALITY CHEESE (2-3)
  - \*fresh mozzarella, aged cheddar

## PANTRY ITEM :

- HIGHQUALITY OLIVE OIL
- LESSER QUOALITY OLIVE OIL
- VINEGAR
- SWEETENERS
  - \*raw sugar, maple, gula melaka
- SAUCES + CONDIMENTS
  - \*chilli sauce, mustard , dressings
- CANNED CHOPPED TOMATOES
- COCONUT MILK
- PEANUT BUTTER
- CANNED PESTO / FROZEN
- MARINARA SAUCE / FROZEN
- ALFREDO / FROZEN
- FLAX SEED
- CHIA SEED
- BEANS (2-3 cans)
  - \*chickpeas, black beans etc

## BEVERAGES :

- COFFEE/TEA
- MILO / JUICES

# produce

**Salad Greens** (choose 2-3) : Kale, Spinach, Arugula. I like using spinach/kale in smoothies and all options for salad bowls.

**Veggies for roasting** (choose 3-4) : Brussel sprouts, asparagus, cauliflower, carrots, sweet potatoes, pumpkin, zucchini

**Berries** (choose 1-2): Blueberries, raspberries, strawberries. I used them in smoothies and yogurt bowl.

**Bananas, apples, etc** : I use them in smoothies. Apples for lunch & or for salads too.

**Lemons** : For Drinking Water or Tea and cooking pasta, fish and sauces

# dairy

## **Butter / Ghee :**

Babes I promise fat is not the enemy. We Need em for healthy absorption of vitamins and for our hormones. Add quality butter/oil to your meals.

## **Whole-fat Yogurt :**

Greek yogurt is our favourite. Be mindful of the ingredient though.

## **Milk of your choice :**

Whole fat cow milk, almond milk, coconut milk.

## **High - Quality Cheese** (choose 2-3)

Fresh mozzarella, parmesan, cheddar to name a few. Occasionally i buy Bree great for salads.

# meat + fish

**Note :** We source our meat from local grass fed farms. But use what is available.

**Eggs :** Pasture-raised is always preferred. But again we buy what is available.

## **Whole Chicken:**

Cooked rotisserie chicken is a favorite in our home.

## **OPTIONAL**

for salads, sandwiches get smoked salmon or hard salami.

# nuts & beans

## **Nut Butter :**

Peanut Butter, Almond Butter, Cashew Butter for sandwiches and yogurt bowls. Can also be used in smoothies and for baking

Flax Seed : For smoothies , yogurt bowl and for baking

Chia Seed : For Smoothies, yogurt bowl and for baking.

# grains

## **Basmathi Rice :** High

Quality Rice is SO GOOD. love the texture.

## **all natural chips :**

We love chips all chips. just be mindful of the ingredients pick the simplest ingredients and enjoy.

## **All natural granola**

(pick the ones with the least sugar content.

# seasonings

## **Seasonings :**

sea salt, pink Himalayan salt, green pepper, curry seasoning, kurma seasoning, cumin, turmeric etc. seasoning is the KEY to good food.

## **Fresh Herbs:**

Basil, mint, cilantro, parsley, dill, fresh ginger,fresh garlic etc.

# pantry

## **High Quality Olive Oil**

: To be used for salad dressings/dips and sauces.

**Lesser Quality Olive Oil** : Use this of cooking/roasting.

**Vinegar** : For making salad dressings and for cooking.

**Apple cider vinegar** : morning lemon drink

## **Stock Cubes** :

Chicken stock , veggie stock, beef stock.

## **Collagen Powder** :

You know I have a love affair with collagen. Great for hair growth, eyelashes and nails.

**Honey** : Raw I buy Australilna honey but the choice is yours.

# canned

## **Canned Chickpeas**:

i think I have chickpeas 3-4 times a week. I adore them, Great carb sourch and protein it keeps me satiated. Add them to salads or eat em as a snack.

**Canned chopped tomatoes**: Great for flavouring so many dishes.

**Coconut milk** Curcila for many 'Malay' dishes. Make amazing sauces and curry with them.

**Canned Pesto** : For sauces on bread, pasta even salad.

# beverages

## **Coffee** :

Organic or not I love coffee. Pick yours

## **Tea** :

For hot drinks, as medicinal always good to have tea around.

**Juices** : pick the ones with the least sugar content

## Meal Prayer -

Bismillahirrahmannirahhim.

Allahumma barik lana

fima razaqtana waqina athaban-nar.

Translation:

In The Name Of Allah

Most Graceful and Most Merciful

O Allah! Bless the food

You have provided us and save us  
from the punishment of the hellfire.

# WEEKLY GROCERY LIST

- Meat
- Vegetables
- Canned Food
- Fruit
- Cleaning Supplies
- Beverages
- Herbs
- Breakfast Food
- Toiletries
- Cereals and Breads

that's a  
wrap  
ladies!



**We cannot** wait to see how you babes use this list. If you want to make my day tag me with #mgffoodlist so I can see your recipes your creation. I am excited to see our very own personal shopping list mix and matching in your life! Shriek! So yeah signing off with ... Bon A Petit! **Cheesy?** **I know...But who really cares!**

p.s. READY TO GET STARTED?

xx,  
Reena

**CLICK THE BUTTONS BELOW TO SNAG EVERYTHING I MENTIONED IN THIS GUIDE**

