

Baby Steps for Transitioning to Traditional Foods

1. *Arm yourself with support.*
 - √ Partner up with a friend or mentor, if possible, who desires to make this transition as well, or who already has done so.
 - √ Purchase Nourishing Traditions, Eat Fat, Lose Fat, or Meals that Heal
 - √ Join an online forum such as DiscussingNT.yahogroups.com, cookingtf.com Traditional Foods Forum
 - √ Check out the Real Food Media Network at <http://realfoodmedia.com>
 - √ Feel free to e-mail me: carriethienes@hotmail.com for a personal cheerleader and coach!

2. *Expect to live in the kitchen and make peace with it.*
 - √ Take some time to re-organize your kitchen, de-clutter, and make space for Real Food prep!
 - √ You'll need to designate a place for all of your cultures and mason jars!
 - √ Consider purchasing some child-sized cooking utensils and a stool. Create an appropriate work space so your children can assist you while you cook.

3. *Prepare to become a hunter-gatherer and forget one-stop shopping.*
 - √ Contact your local chapter of the Weston A Price foundation. The leader will be a storehouse of information on buying clubs, real milk, grass-fed meat and poultry, and other local resources.
 - √ Find your local Azure Standard drop-off and get signed up with Azure.
 - √ Research local CSAs and join one www.localharvest.org and www.eatwild.com
 - √ If you are able, consider keeping a few backyard chickens and growing your own food in the garden.

4. *Start weekly meal planning: Breakfast, Lunch, and Dinner.*
 - √ For two weeks, I want you to simply plan your meals. I don't care if it's traditional food or not, I just want you to get down on paper what you are eating for a two-week period.

5. *Identify your strong and weak spots.*
 - √ Based on the "Real Food" chart, identify the foods you ate for the last two weeks.
 - √ How many "Real Foods" do you have?
 - √ How many "Edible Imposters"?

6. *Perform the Pantry Purge.*
 - √ Get rid of the imposters. Donate them to a local food bank if unopened.
 - √ Be sure to get rid of all soda, refined flour products, refined sugar (unless it's only to feed your kombucha scoby), soy-based junk food, packaged products with more than 7 ingredients.

7. *Begin your Real Food Makeover by "converting" one meal per week.*
 - √ Take your Imposter-laden meals and replace them with wholesome counterparts.

- √ Example: Replace white pasta with brown rice flour pasta from Trader Joe's. Replace Ragu with a homemade, broth-based tomato sauce. Add grass-fed ground beef and you have spaghetti.
 - √ Refer to your resources (in #1) for additional ideas on how to transform those weak spots.
 - √ If you really need inspiration, consider purchasing KerryAnn's Traditional Foods Menu Mailer at www.cookingtf.com. Tell her Carrie Thienes sent you there! She also has a wealth of recipes to browse at www.tfrecipes.com
8. *Gradually* continue to replace the "food-like substances" with *real* food in your diet.
- √ Continue this, each week adding another Real Food meal to your weekly menu plan.
9. Challenge yourself with 1 new food per week. Some ideas:
- √ Make Sauerkraut.
 - √ Make Yogurt, Kefir, or Fil Mjolk.
 - √ Make bone broth.
 - √ Make a new salad dressing from Nourishing Traditions or www.tfrecipes.com.
 - √ Make lacto-fermented ketchup, mustard, or mayonnaise.
 - √ Make soaked oatmeal or quinoa flake porridge.
 - √ Make kombucha.
 - √ Make sourdough bread.
 - √ Make an organ meat of choice.
 - √ Make a soaked flour quickbread.
10. Don't sweat it, don't become a Pharisee, infuse your cooking with love, and your family will truly be nourished!