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HW-006

WHOLE FOODS & INGREDIENTS GUIDE

A Practical Reference for the Kitchen and the Grocery Aisle

Version 1.0 • Available Now

Make the Good Choice the Easy Choice.

Stewarding Spirit. Body. Wealth.
Eat To Live Forever

KINGDOM LIFE FITNESS

Whole Foods & Ingredients Guide

HW-006 · Version 1.0

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CHAPTER 1

HOW TO USE THIS GUIDE

HW-004 explained why the Clean Energy Protocol works. This guide answers a more immediate question: what should actually be in the kitchen, the pantry, and the grocery cart to support it? Use this as a reference — flip to the category you need, not as a book to read cover to cover.

IN PLAIN LANGUAGE

None of this is a rule that every food outside these tables is forbidden. It's a starting reference for what tends to support steady energy, built on the mechanisms already explained in HW-004.



CHAPTER 2

EMPHASIZE VS. LIMIT

Category	Emphasize	Limit
Carbohydrates	Vegetables, legumes, whole fruit	Refined sugar, white flour, sugary drinks
Fats	Olive oil, avocado, nuts, seeds	Heavily processed vegetable oils, trans fats
Protein	Whole cuts of meat, fish, eggs, legumes	Heavily processed/cured meats as a daily staple
Beverages	Water, unsweetened tea, black coffee	Sugary sodas, sweetened coffee drinks
Snacks	Nuts, whole fruit, vegetables	Ultra-processed packaged snack foods

IN PLAIN LANGUAGE

This is a spectrum, not a wall. The goal is what you reach for most often, not perfect compliance every time.



CHAPTER 3

PROTEINS

Source	Notes
Eggs	Complete protein, versatile, inexpensive.
Fish (salmon, sardines, mackerel)	Also provides omega-3 fats; among the more nutrient-dense proteins available.
Poultry	Lean, widely available, neutral flavor works across many meals.
Beef, lamb	Choose grass-fed where accessible and affordable; not required.
Legumes (lentils, chickpeas, beans)	Plant protein with fiber included; a strong base for meatless meals.
Greek yogurt, cottage cheese	Higher protein than most dairy; check for added sugar in flavored versions.



CHAPTER 4

HEALTHY FATS

Source	Notes
Olive oil	A strong default for cooking and dressings.
Avocado	Also provides fiber and potassium.
Nuts and nut butters	Calorie-dense — a small handful goes a long way.
Seeds (chia, flax, pumpkin)	Easy additions to meals; flax and chia also provide fiber.
Fatty fish	Provides omega-3 fats alongside protein — see Chapter 3.
Coconut oil, MCT oil	Referenced in HW-002's optional Coffee step; used in moderation, not as a primary cooking fat.



CHAPTER 5

VEGETABLES

Variety matters more than any single "superfood." Aim to rotate across these groups rather than relying on one or two vegetables repeatedly.

Group	Examples
Leafy greens	Spinach, kale, arugula, romaine
Cruciferous	Broccoli, cauliflower, brussels sprouts, cabbage
Root vegetables	Carrots, beets, sweet potatoes
Allium	Onion, garlic, leeks
Squash	Zucchini, butternut squash, pumpkin
Nightshades	Tomatoes, bell peppers, eggplant



CHAPTER 6

FRUITS

Whole fruit includes fiber that slows sugar absorption — a meaningfully different experience for blood sugar than fruit juice or dried fruit, which concentrate sugar and remove or reduce that fiber.

Lower Sugar Impact	Higher Sugar Impact (enjoy more mindfully)
Berries (strawberries, blueberries, raspberries)	Dried fruit (dates, raisins, dried mango)
Apples, pears (with skin)	Fruit juice, even 100% juice
Citrus (oranges, grapefruit)	Very ripe tropical fruit in large portions



CHAPTER 7

HERBS & SPICES

Herbs and spices are one of the easiest ways to make whole-food meals genuinely satisfying — flavor without relying on sugar, excess salt, or processed sauces.

Herb/Spice	Common Use
Garlic, ginger	Base flavor for most savory cooking
Cumin, paprika, chili powder	Warmth and depth in proteins and vegetables
Basil, oregano, thyme, rosemary	Mediterranean-style dishes, roasted vegetables
Turmeric, black pepper	Often paired together; black pepper improves turmeric's absorption
Cinnamon	Adds natural sweetness perception without added sugar



CHAPTER 8

PANTRY STAPLES

A well-stocked pantry makes whole-food meals the easy default, not the effortful choice.

- Olive oil and a neutral cooking oil
- Canned or dried legumes (beans, lentils, chickpeas)
- Whole grains (rice, oats, quinoa) if included in your approach
- Canned fish (sardines, salmon, tuna)
- Nuts and seeds
- A rotating core of herbs and spices (Chapter 7)
- Sea salt and black pepper
- Vinegar and/or citrus for acidity in dressings and marinades



CHAPTER 9

BEVERAGES

Beverages are one of the highest-leverage places to make a change, since liquid calories and sugar are easy to consume without noticing — and directly relevant to HW-002's Hydration Reset step.

Supports the Protocol	Works Against It
Water (with a pinch of sea salt, per HW-002)	Sugary soda
Unsweetened tea, black coffee	Sweetened coffee drinks, energy drinks
Sparkling water	Fruit juice as a regular daily beverage



CHAPTER 10

READING LABELS & SIMPLE INGREDIENT AWARENESS

You don't need to memorize ingredient science to shop well. A few practical habits go a long way.

- Check the ingredient list, not just the marketing on the front of the package.
- A shorter ingredient list is often, though not always, a useful signal.
- Added sugar goes by many names — if several sugar-like ingredients appear, treat it as a sweetened product regardless of how it's marketed.
- "Whole grain" as the first ingredient means more than a "multigrain" label alone.
- When possible, choose the version of a food closest to its original form.

IN PLAIN LANGUAGE

The goal is awareness, not anxiety. You're building a habit of noticing, not a strict inspection every time you shop.



KLF PRINCIPLES

MAKE THE GOOD CHOICE THE EASY CHOICE

- A well-stocked kitchen does more for consistency than willpower ever will.
- Variety across whole foods matters more than any single ingredient.
- Awareness of what's in your food is a form of stewardship, not an obsession.
- This guide is a reference to return to, not a test to pass perfectly.



APPENDIX

ABOUT THIS GUIDE

This guide was produced by Kingdom Life Fitness for educational and informational purposes only. It does not constitute medical or nutritional advice, and it is not tailored to any individual's specific health needs, allergies, or medical conditions. Kingdom Life Fitness is not a licensed dietitian or medical provider. Consult a qualified professional before making significant dietary changes, particularly if you have a medical condition, allergy, or are pregnant or breastfeeding. The kingdom principle is stewardship — what you regularly bring into your home shapes what you regularly bring into your body.



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