

NOURISH YOUR FAMILY WITH JUNK FOODS COOKED RIGHT



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What brought you to this way of eating?

Health and healing

Environmental

Animal welfare

Healthy babies and kids

Longevity





Why do folks fall off the wagon?

Lifestyle isn't sustainable

Bored

Too difficult

Food doesn't taste good

Lack of connection

No regard for tradition

Food is...

Fuel

Medicine



Food is...

Fuel

Medicine

Culture

Tradition

Connection

Memories

History

Love



It's not the dish.



It's the ingredients.



Foods to avoid

- Industrial seed oils
- Grains, nuts, and legumes that haven't been properly prepared
- Industrially refined sweeteners
- Denatured dairy
- Synthetic vitamins
- Food dyes



Guidelines on

- produce
- meat
- eggs
- seafood
- dairy
- grains
- nuts, seeds, legumes
- etc...

An American Classic



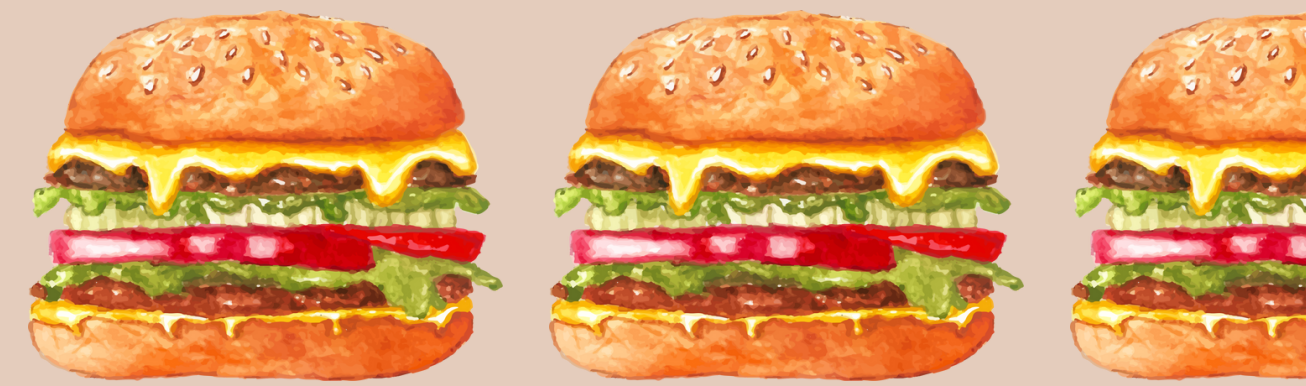
The Cheeseburger Meal



The elements of a cheeseburger

- Bun
- Beef pattie
- Lettuce
- Big Mac sauce (or other condiments)
- Cheese
- Pickles
- Onions

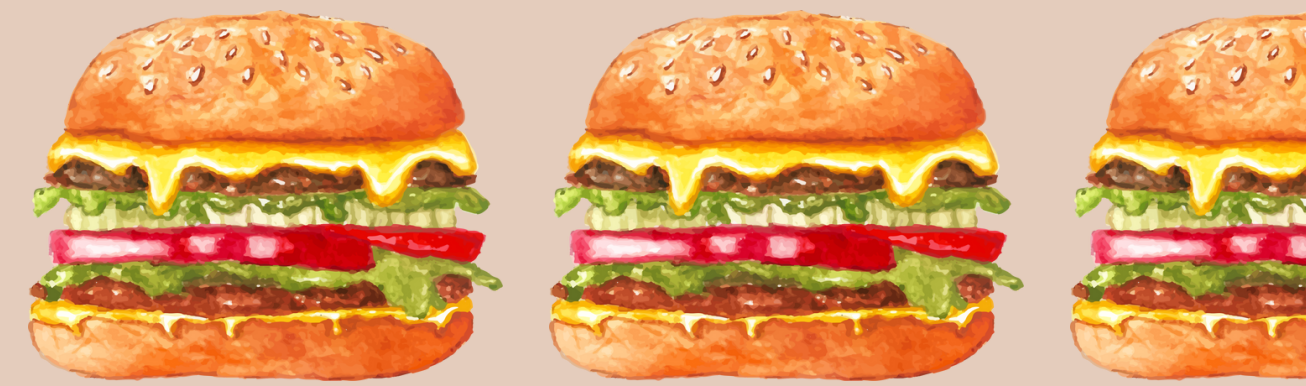
Cheeseburger Comparison



McD's bun

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or Less: Salt, Wheat Gluten, Potato Flour, May Contain One or More Dough Conditioners (DATEM, Ascorbic Acid, Mono and Diglycerides, Enzymes), Vinegar.

Cheeseburger Comparison

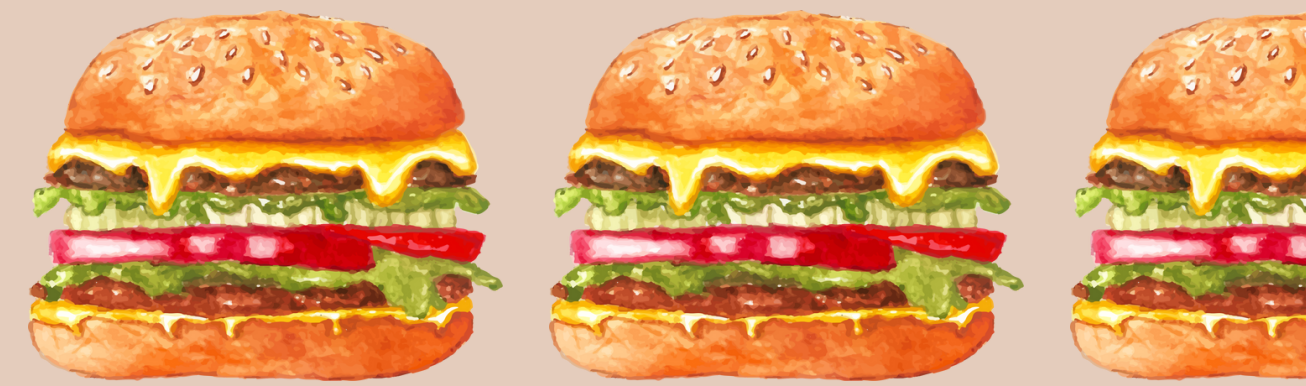


Homemade bun

Flour, Water, Salt



Cheeseburger Comparison



McD's cheese

Pasteurized Process American

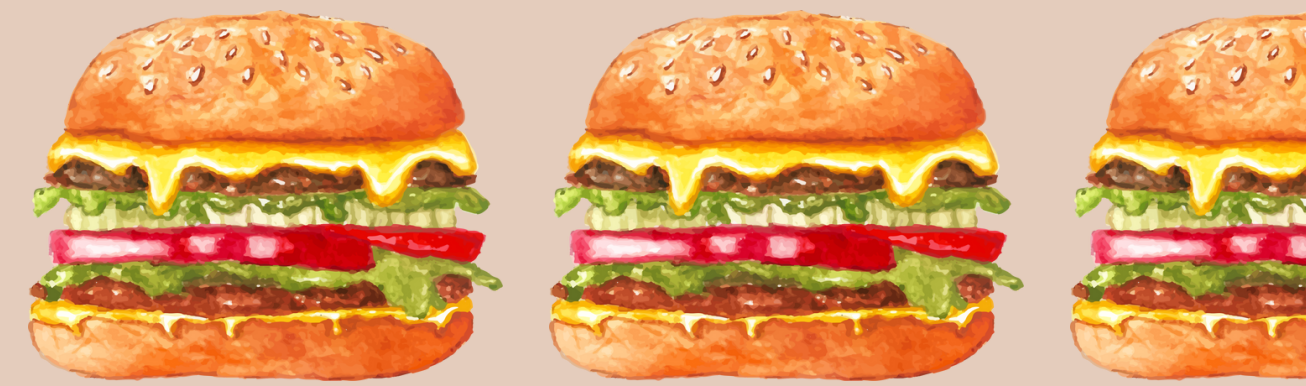
Cheese: Milk, Cream, Water,

Sodium Citrate, Salt, Cheese

Cultures, Citric Acid, Enzymes, Soy

Lecithin, Color Added.

Cheeseburger Comparison

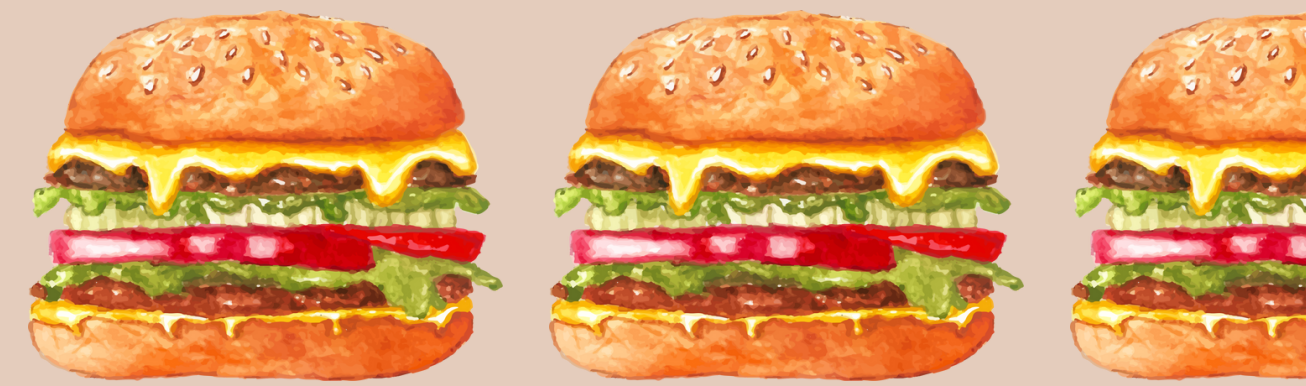


Homemade cheese

Raw milk, Cheese culture,

Rennet

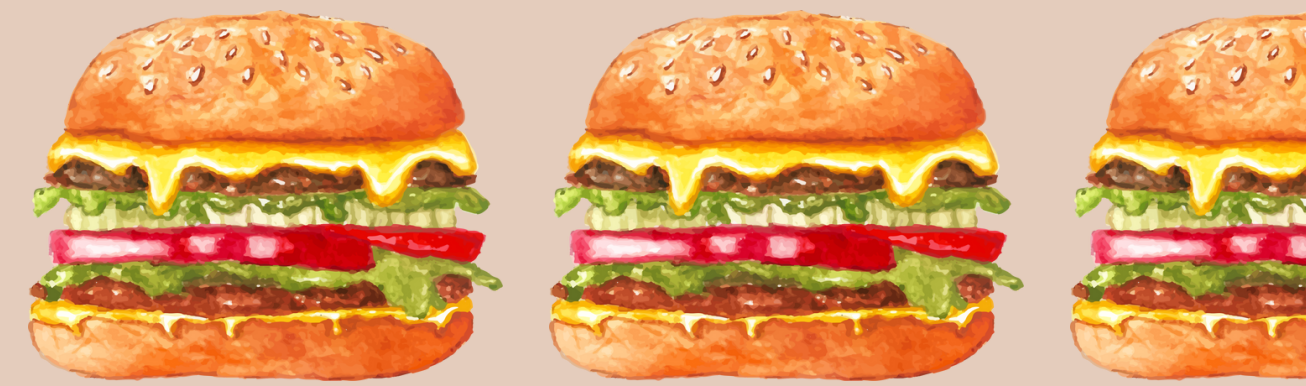
Cheeseburger Comparison



McD's Big Mac Sauce

Soybean Oil, Sweet Relish (diced Pickles, Sugar, High Fructose Corn Syrup, Distilled Vinegar, Salt, Corn Syrup, Xanthan Gum, Calcium Chloride, Spice Extractives), Water, Egg Yolks, Distilled Vinegar, Spices, Onion Powder, Salt, Propylene Glycol Alginate, Garlic Powder, Vegetable Protein (hydrolyzed Corn, Soy And Wheat), Sugar, Caramel Color, Turmeric, Extractives Of Paprika, Soy Lecithin.

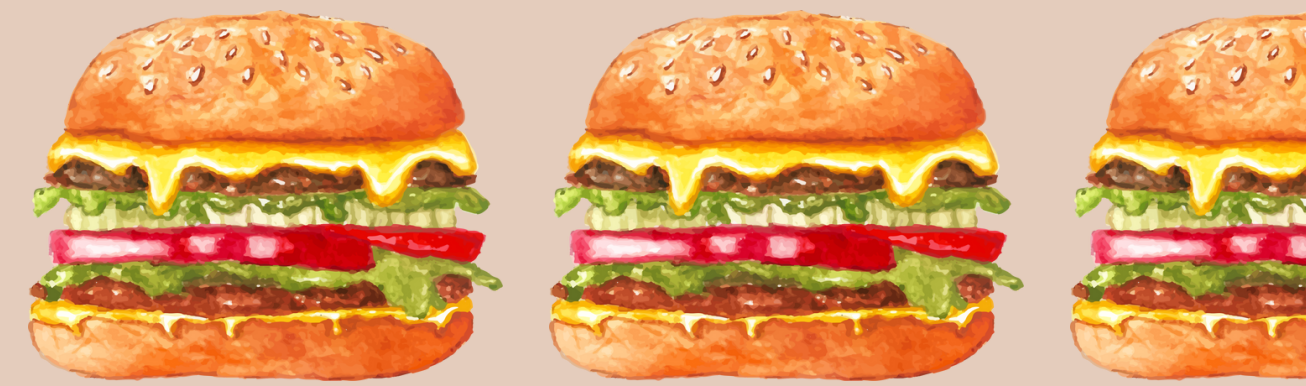
Cheeseburger Comparison



Homemade Big Mac Sauce

Mayonnaise (Eggs, Lemon juice, Bacon grease, salt),
Pickle relish (Cucumbers, Onion, Salt, Honey, Apple
Cider Vinegar, Whey, Mustard Seeds, Turmeric),
Onion, BBQ sauce (Kombucha, Coconut Sugar, Salt,
Pepper, Cayenne, Paprika, Onion powder, Tomato
paste, Red pepper flakes), Mustard (Brown and
yellow mustard seeds, Mustard powder, Salt, Water,
Culture, Vinegar, Honey), Paprika, Salt, Garlic
powder, Onion Powder

Cheeseburger Comparison



McD's beef pattie

100% Pure USDA Inspected Beef, Salt, Pepper

Homemade beef pattie

Beef, Salt, Pepper





The elements of a cheeseburger

- Bun - sourdough or sprouted
- Beef pattie (season well with S&P)
- Lettuce (organic)
- Cheese (raw cheddar)
- Pickles (lacto-fermented)
- Onions (organic)
- Big Mac sauce (homemade!)

Don't want to make every single element from scratch?

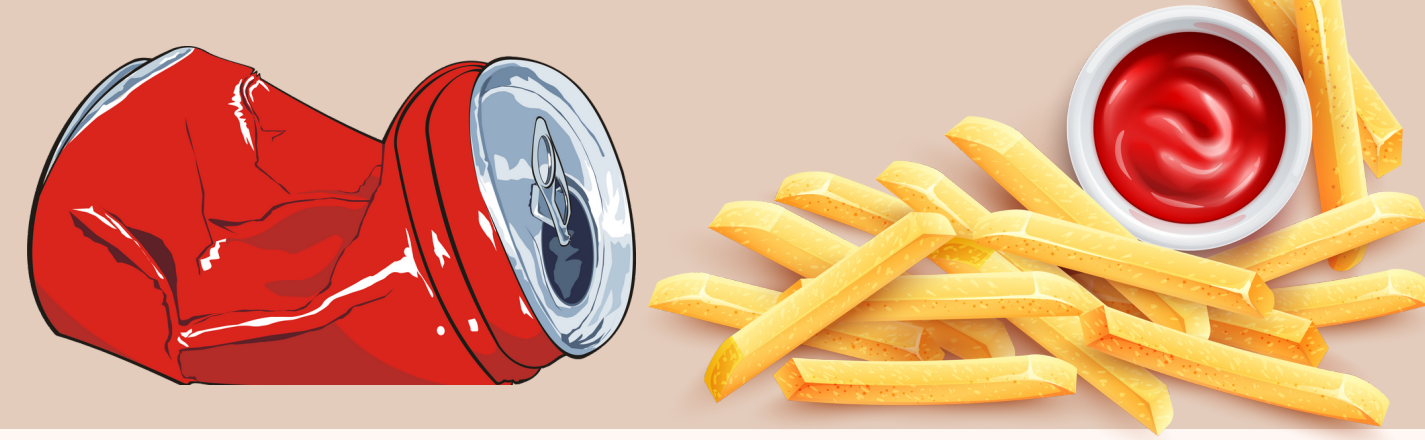


Check out the WAPF 2023 shopping guide

What about the fries
and a coke?



Sides Comparison

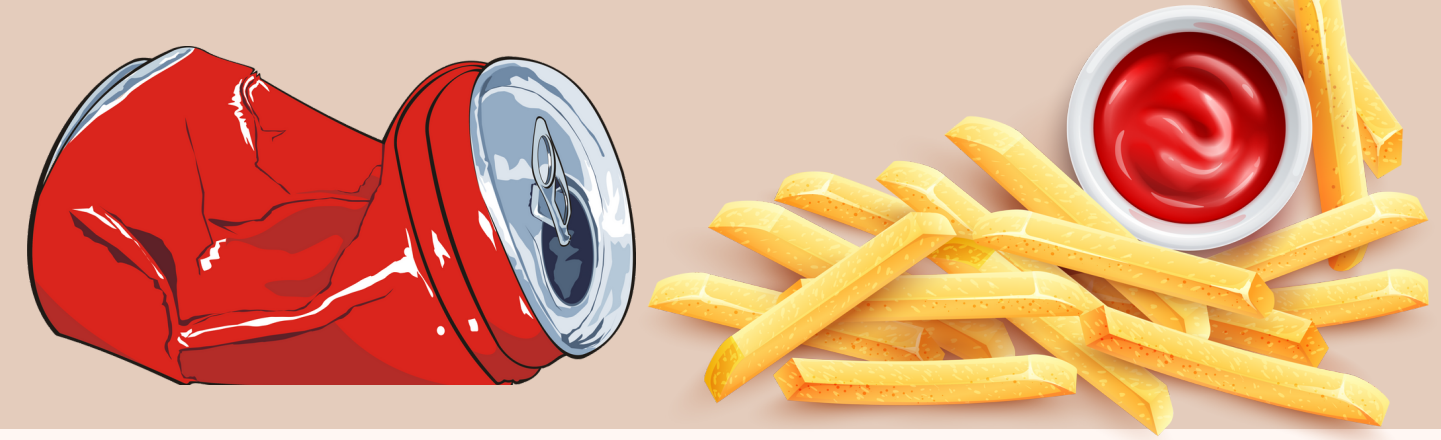


McD's french fries

Potatoes, Vegetable Oil (canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [wheat And Milk Derivatives]*), Dextrose, Sodium Acid Pyrophosphate (maintain Color), Salt.

*natural Beef Flavor Contains Hydrolyzed Wheat And Hydrolyzed Milk As Starting Ingredients.

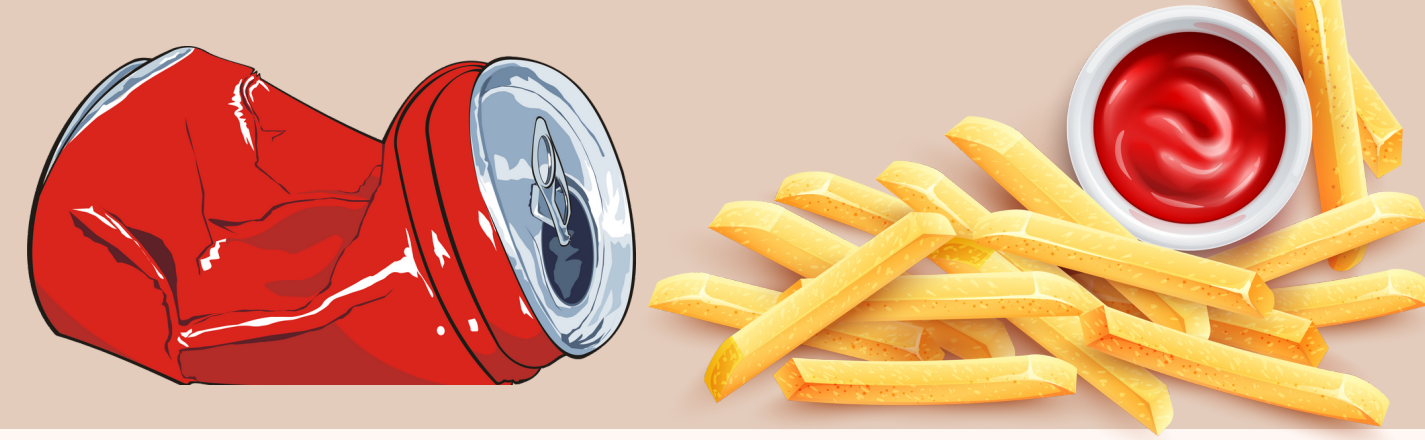
Sides Comparison



Homemade french fries

Potatoes, Duck Fat, Salt

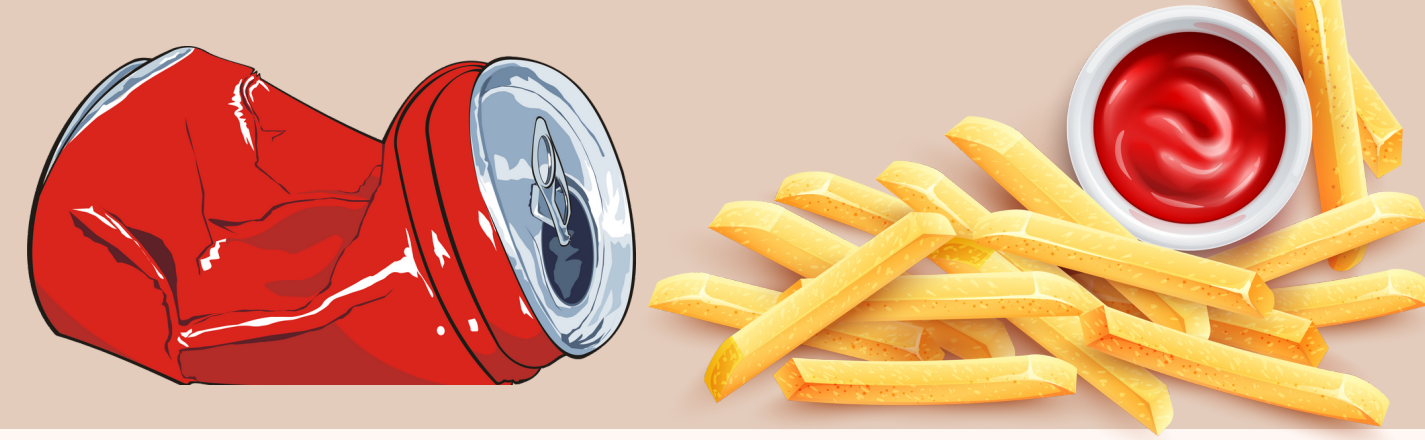
Sides Comparison



McD's Coke

Carbonated Water, High Fructose
Corn Syrup, Caramel Color,
Natural Flavors, Caffeine.

Sides Comparison



Homemade Coke Water Kefir Soda
Water Kefir (Water, Sugar, Kefir
Grains), Molasses, Orange Zest,
Lemon Zest, Lime Zest, Dried
Lavender, Nutmeg, Cardamom,
Cinnamon, Ginger, Vanilla Bean

What about dessert?

"McDonald's Baked Apple Pie recipe features 100% American-grown apples, and a lattice crust baked to perfection and topped with sprinkled sugar. There are 230 calories in McDonald's apple pie. Pair it with a Hot Caramel Sundae for your own twist on Apple Pie A-La-Mode!"



Apple Pie Comparison



McD's Baked Apple Pie

Apples (apples, Ascorbic Acid, Salt, Citric Acid), Enriched Flour (bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm Oil, Water, Apple Juice Concentrate, Modified Food Starch, Invert Syrup, Contains 2% Or Less: Yeast, Salt, Cinnamon, Sunflower Lecithin, L-cysteine (Dough Conditioner), Yeast Extract, Enzyme, Beta-carotene (color).

Apple Pie Comparison



Homemade Apple Pie

Crust (Flour, water,

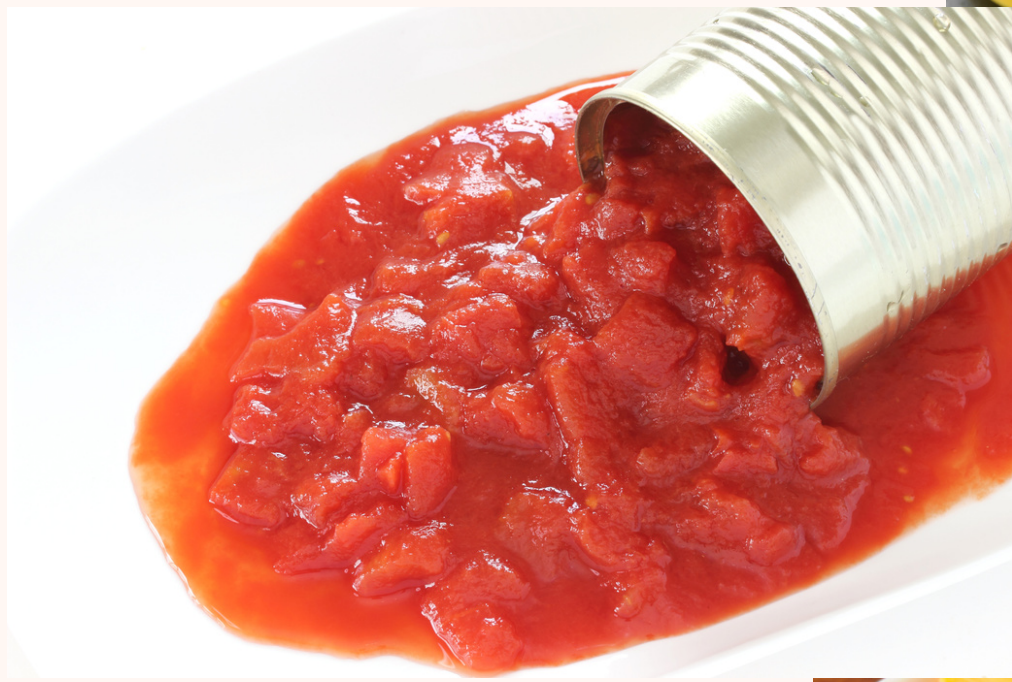
lard/butter, salt) apples,

butter, coconut sugar,

cinnamon







Roman Dish

1. Ground beef
2. Macaroni noodles
3. Canned, diced tomatoes
4. Cheddar cheese
5. Salt and pepper

Next Level Roman Dish

1. Ground beef - use an organ meat blend
2. Macaroni noodles - properly prepared noodles, boiled in bone broth
3. Tomatoes - organic tomatoes in a glass jar
4. Cheese - raw cheddar, not broiled
5. Salt and pepper
6. Optional - add in some extra veggies to bulk up the meal, and add flavor and nutrients.





Don't forget dessert!



Ice Cream Comparison



Bluebell, "Homemade Vanilla" Ice Cream
Milk, cream, sugar, skim milk, high
fructose corn syrup, natural and
artificial vanilla flavor, cellulose
gum, vegetable gums (guar,
carrageenan, carob bean), salt,
annatto color

Ice Cream Comparison

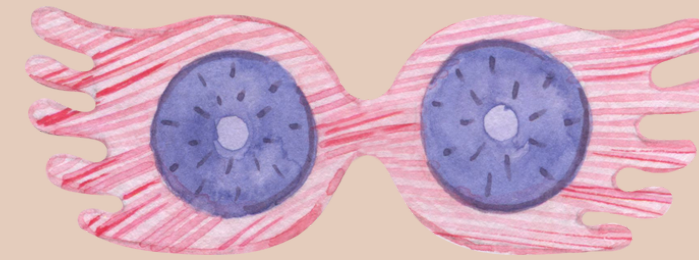


Actually Homemade Raw Milk Ice Cream

Raw milk, raw cream, egg yolks, maple syrup, vanilla



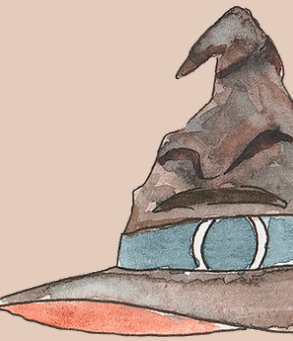
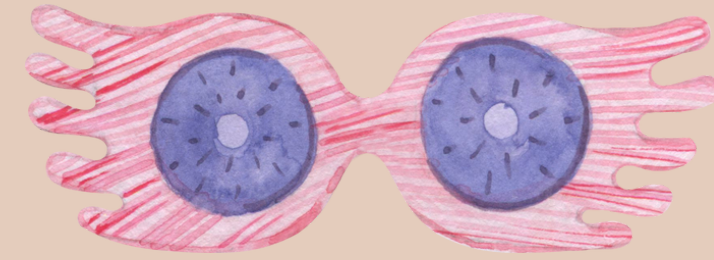
Butterbeer Comparison



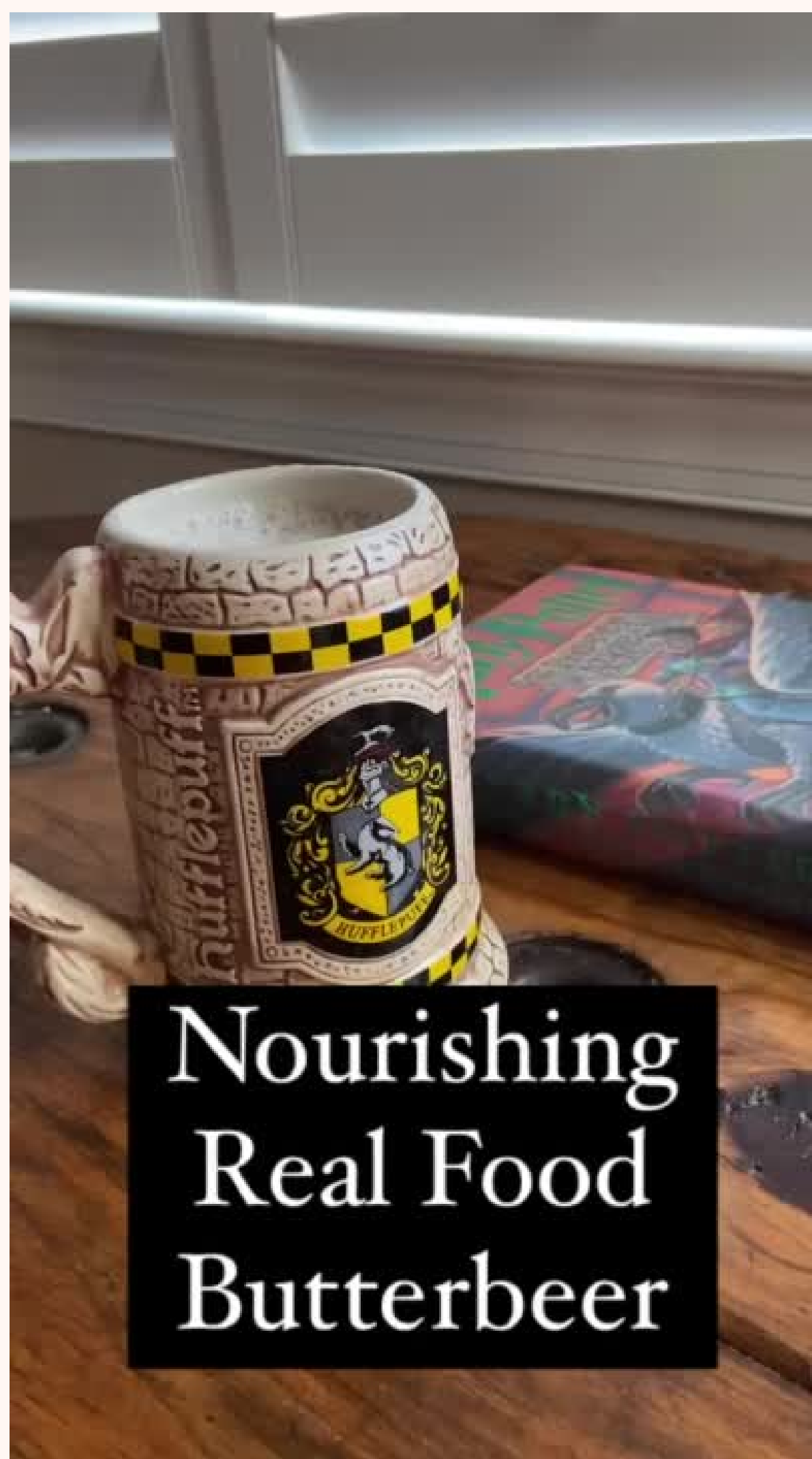
Butterbeer soda with cream

Flying Cauldron butterscotch beer, non-alcoholic
(Sparkling filtered water, unbleached cane sugar, vanilla extract, natural caramel, **natural flavors, stevia rebaudiana leaf extract**), *Fluffernutter marshmallow cream* (**corn syrup**, sugar, egg white, vanillin), *Smucker's Butterscotch Flavored Syrup* (**Corn Syrup, High Fructose Corn Syrup, Nonfat Milk, Fructose, Modified Corn Starch, Contains 2% Or Less Of: Salt, Potassium Sorbate (preservative), Polysorbate 60, Sodium Citrate, Sodium Phosphate, Natural Flavor, Yellow 5, Yellow 6**)

Butterbeer Comparison

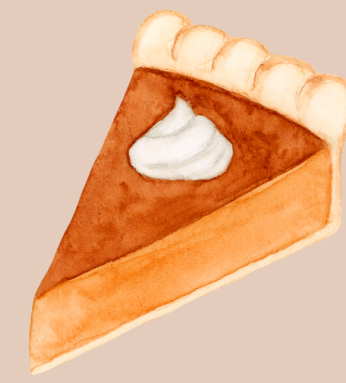


Homemade butterbeer
raw milk, raw cream, egg yolks,
maple syrup, cinnamon, vanilla



Nourishing
Real Food
Butterbeer

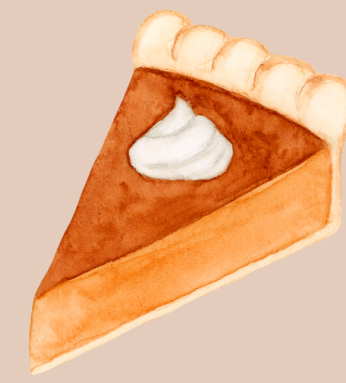
Pumpkin Pie Comparison



Costco Pimpkin Pie

Filling: pumpkin, water, sugar, dry skim milk, glucose solids, dried whole egg, flour, whey powder, modified manioc starch, canola oil, modified cornstarch, salt, agar, potassium sorbate, spices, Crust: flour, shortening (palm and soya oils), water, sugar, salt, Glaze: water, sugar, corn syrup, pectin, citric acid, carrageenan, xanthan gum, potassium sorbate, artificial flavor, sodium citrate, calcium chloride, mono and diglycerides, canola oil, sodium phosphates, color

Pumpkin Pie Comparison



Homemade Pumpkin Pie

Crust: flour, water, butter/lard, salt,

Filling: pumpkin puree, eggs,

granulated sugar, ginger, cinnamon,

salt, cloves, nutmeg, lemon zest, creme

fraiche

Don't forget dessert!





Let's figure it out together!

Cream of Soup Comparison

Campbell's Cream of Mushroom Soup

Water, mushrooms, vegetable oil (corn, canola and/or soybean), cream, modified milk ingredients, soy protein, monosodium glutamate, tomato paste, flavor, yeast extract, dehydrated garlic

Cream of Soup Comparison

Homemade Cream of Mushroom Soup

Butter, flour, bone broth,
cream/milk, garlic powder,
onion powder, mushrooms

Ranch Seasoning Comparison



Hidden Valley Ranch

Maltodextrin, Buttermilk, Salt, Monosodium Glutamate, Garlic*, Onion*, Lactic Acid, Calcium Lactate, Spices, Citric Acid, Less Than 1% Of: Calcium Stearate, Artificial Flavor, Xanthan Gum, Carboxymethylcellulose, Guar Gum, Natural Flavor.

Ranch Seasoning Comparison



Homemade Ranch

Dried buttermilk powder, dried parsley, dried dill, dried chives, garlic powder, onion powder, salt, pepper



Pizza Comparison



Dominoes Cheese Pizza

Crust (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Contains 2% or Less of The Following: Sugar, Salt, Whey, Maltodextrin, Dextrose, Dough Conditioners (Sodium Stearoyl Lactylate, Enzyme with Wheat Starch, Ascorbic Acid, L-Cysteine Monohydrochloride), Yeast.) Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Dehydrated Garlic, Soybean Oil, and Citric Acid) Cheese (Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Cellulose (Added to Prevent Caking), Nonfat Milk, Whey Protein Concentrate, Flavors, Sodium Propionate (Added as A Preservative))

Pizza Comparison



Homemade Cheese Pizza

Crust (flour, water, salt)

Sauce (tomato paste, tomatoes, onions, garlic, oregano, basil, salt, pepper)

Cheese (raw milk, rennet, salt)



Taco Comparison



Old El Paso Simple Ground Beef, Soft Shell, Tacos

Ground Beef, Old El Paso seasoning (Chili Pepper, Corn Starch, Salt, Onion Powder, **Maltodextrin**, Spice, Sea Salt (potassium magnesium chloride, salt)). Contain 2 % or less of: **Vegetable Oil (canola oil and/or soybean oil), Silicon Dioxide (anticaking agent), Citric Acid, Sugar****, Natural Flavor. ****Adds a trivial amount of sugar)**

Taco Comparison



Old El Paso Simple Ground Beef, Soft Shell, Tacos

Soft tortillas (Bleached Enriched Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Palm Oil, Glycerin. Contains less than 2% of: Baking Powder (sodium aluminum phosphate, baking soda), Mono And Diglycerides, Salt, Potassium Sorbate, Calcium Propionate (preservatives), Fumaric Acid, Hydrogenated Vegetable Oil (soybean, palm, and/or cottonseed oil), Dough Conditioner (salt, wheat starch, enzymes).)

Taco Comparison



Old El Paso Simple Ground Beef, Soft Shell, Tacos

Cheese blend (Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes And Annatto [Color]), Queso Quesadilla (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Asadero Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Starch And Cellulose Powder To Prevent Caking, Natamycin (Mold Inhibitor).) Lettuce

Taco Comparison



Homemade Simple Ground Beef, Soft Shell, Tacos

Ground beef, bone broth, onion, garlic, chili powder, crushed red pepper flakes, cayenne pepper, oregano, paprika, ground cumin, sea salt, black pepper, Tortillas: flour, water, lard, salt, Cheese: raw milk, cheese culture, rennet, lettuce



**Who feels
overwhelmed?**

Make it work!

- Stock freezer!
- Host food-prepping parties
- Host food swap party
- Vote with your dollar - companies and producers who are doing it right.
- Utilize simple swaps while shopping



Simple Swaps - chicken



Simple Swaps - flour



Simple Swaps - corn



Simple Swaps - milk



Simple Swaps - soda



Simple Swaps - chips



Simple Swaps - cereal



Simple Swaps - bread



Bread Comparison



Nature's Own Whole Wheat

Whole Wheat Flour, Water, Yeast, Brown Sugar, **Wheat Gluten**, Contains 2% or Less of Each of the Following: Salt, **Monoglycerides, Enzymes, Ascorbic Acid, Soybean Oil, Vinegar, Cultured Wheat Flour, Monocalcium Phosphate, Soy Lecithin.**

Bread Comparison



Homemade Sourdough

Flour, Water, Salt

Keywords:

- “nourishing”
- “nutrient-dense”
- “sourdough”
- “soaked”
- “real-food”



How to adapt recipes:

Vegetable oil
(baking)



Melted butter or
coconut oil

Vegetable oil
(frying)



Tallow or lard

White sugar



Honey, maple syrup,
rapadura, etc...

How to adapt recipes:

Cream of
Whatever Soup



Make your own

Flavor packet



Make your own

Chicken Stock
or Bouillon



Bone broth,
homemade bouillon

How to adapt recipes:

Salad dressings/
maranaides



Make your own or
buy one w/o seed oils

Mayonnaise



Make your own or
buy one w/o seed oils

Boxed rice



Soaked rice cooked
in bone broth

How to adapt recipes:

Canned beans



Soak and cook your own, or choose brands who do this before canning

Pasta



Make your own, or choose sourdough or sprouted

Breadcrumbs



Homemade with old sourdough, or choose a brand who does this

Most industrial ingredients can be substituted for a real food version.





Final question:

Can donuts with blue frosting and sprinkles be made in a real food way??

If we have time, we can go into this!

Lead by example and
with compassion



My hope for you...





NOURISHING JUNK FOOD

family favorites, made in a real food way

A cookbook by Corey Dunn
of For Nutrient's Sake

Free Mini Cookbook!

Code:
WISE2023

www.fornutrientssake.com



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Modern Ancestral Mamas
Podcast