

WILDTREE MEAL PLANNING

Wildtree is an all-natural and USDA certified organic food company that specializes in fast yummy healthy affordable food that can make your life easier. No preservatives, chemicals, additives, dyes, GMOs, or artificial anything! Ingredients are from family friendly and eco friendly farms. Options for vegans, vegetarians and gluten free folks. They help busy people make healthy meals in minutes - something that we can all use. Wholist loves this efficiency and the food so much, we partnered with them!

Wildtree starts by having a full line of organic yummy yummy products that can replace your pantry staples. Wildtree products are an alternative for the things you would commonly buy in the center of the grocery store (sauces, oils and spice mixes). Typically, the convenient, time-saving, and also sometimes unhealthy 'dinner in a box' is located in the center of the grocery store. This provides an avenue for a healthy alternative, with the SAME convenience, great flavor, and at a very good value! Once you have the healthy products in your kitchen, then Wildtree steps in and teaches you how to menu plan. As a busy working momma, this has helped Pete and I tremendously in getting healthy food on the table in a simple and easy to prep way.

There have a million options. They are all good choices so feel free to explore. However, it can be overwhelming a bit to get started. Good news is that Wholist has done the work for you! Dr Hammerstedt has gone through and chosen ALL of the ones she can find that fit the WholeYou suggestions on eating healthy for weight maintenance and health. If you want us to set up your account for you with these prescreened options, let us know and we will set it up for you for only \$15 and you will be good to go for years (email hello@wholisthealth.com) or go to the link on the website to purchase. If you want to do it yourself, then follow the following instructions below.

HOW TO LOGON AND FIND THINGS:

- www.wildtreemeals.com - referral code T7F2U to sign up.
- There is an app as well for your phone, which is super convenient for grocery shopping. Search for Wildtree Meals.
- Go to MENU BUILDER and click on My Pantry. When you choose favorites and want to find them again, put Make Fast meals are in the My Collections section and the Make Ahead Freezer Meals under the My Products section.

MAKE AHEAD FREEZER MEAL BUNDLE.

- What this is: Freezer Meal Bundles are geared towards, prepping in advance and freezing for busy nights to come. This can fill up 10- 20 days on your calendar of meals depending who is in your family eating. This kit comes with a shop list, prep list, labels, recipe sheets and freezer inventory sheet! WE WOULD RECOMMEND starting here with a bundle. This is what we've done and it is basically it looks like this. You buy the bundle (\$70 ish), you get a box in the mail and open it up, get the grocery list it has in there and go to the store and buy the perishables recommended. Then it is about 1-1.5 hours of prep, where you follow each of the recipes and put the Wildtree sauces and spices and oils with the perishables into a freezer bag, label the bag with the recipe label and put in freezer. You end up with 10 bags, each of which feeds about 4 ish people. On the day you want to use it, thaw it and add just a couple other things that are listed on the label on the bag and VOILA. Every meal I've made has been really yummy. And More important super convenient.
- Which to choose on the Wholist plan:
 - Best are Get your Grill On, Backyard BBQ, Simply Wholesome. Primal Goodness is really good but it does have a bit of cane sugar in one of the sauces but is still an excellent choice.
 - I've tried a bunch of the other ones that are excellent as well, if you are in weight maintenance and not weight loss, choose any! If in weight loss, stick with the four above. Search for "WORKSHOP" in the products search to find the rest of the freezer bundles.

MAKE FAST MEALS

- What is this: The fresh cooking model is basically choosing individual recipes that work for you, you can add the ingredients of the recipe into a shopping list right in the order process so you know what to go buy fresh when it is time. They send you a shopping list, the sauces/ spices/ oils, and the recipe. You can prep the same day you want to make it, or even better, prep a handful of meals almost completely at once, put in fridge and then finish at time of need for a quick ready fresh meal. Easy peezy.
- Which to choose on the Wholist Plan: We went through a bunch of recipes and found these that we think are a great start. If you are in weight maintenance and not weight loss, try any of the others. (Some might not be the exact right name)
 - Garlic and Herb Goat Cheese Stuffed Chicken Breasts
 - Herb Grilled Shrimp
 - Herbed Quinoa Stuffed Grape Leaves
 - Garlic Herb Baked Chicken

- California Chicken Bowl over Quinoa
- Broiled Salmon with Mustard Dill Sauce
- Lemon Herbed Chicken
- Wildtree Wing Tofu Fries
- Chipotle Citrus Jumbo Shrimp
- Perfect Roast Chicken
- Herb Grilled Chicken and Fire Roasted Vegetables
- Garlic Grilled Fish
- Garlic Balsamic Chicken Skewers
- Baked Cajun Fish
- Homestyle Meatloaf
- Italian Burgers
- California Style Shrimp
- One Pan Steak and Veggies
- Roasted Cajun Chicken
- Garlic Pepper Chicken
- Slow Cooker flank steak
- Tuscan Pork Chops
- Roasted Ethiopian Chicken
- Wicked Good Salmon
- Grilled Cajun Chicken
- Cajun Sweet Potatoes
- Quinoa Stuffed Peppers
- Tzatziki kale salad (substitute full fat)
- Lemony Kale and white Bean Soup
- Shepard's pie skillet meal or the Veggie Shepards pie (substitute full fat, full beef, quinoa instead of potatoes)
- Asian Skillet Meal (substitute quinoa for rice)
- Asian Sloppy Joes (no bun)
- Creamy Tuscan Chicken and Asparagus (substitute for rice)
- Tuscan Cod
- Tuscan Pork Tenderloin
- Tuscan Skillet Soup
- Tuscan Skillet Meal
- Asian Salmon Skillet

Substitutions: if you are in weight loss mode and buying off of the main list of products, not the WholeYou collections or products lists, MAIN THING to look for is to substitute any grains with quinoa (or nothing) and be wary of added sugars...

Email with for questions!

- YUMMY HEALTHY WHOLEYOU Lemony Kale and white Bean Soup
- Shepard's pie skillet meal or the Veggie Shepards pie (substitute full fat, full beef, quinoa instead of potatoes)
- Asian Skillet Meal (substitute quinoa for rice)
- Asian Sloppy Joes (no bun)
- Creamy Tuscan Chicken and Asparagus (substitute for rice)
- Tuscan Cod
- Tuscan Pork Tenderloin
- Tuscan Skillet Soup
- Tuscan Skillet Meal
- Asian Salmon Skillet

YUMMY WHOLEYOU AND FAMILY.