

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.

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.

They have a million options. They are all good choices so feel free to explore. However, to get started, I have gone through and chosen ALL of the ones I can find that fit my suggestions on eating healthy for weight maintenance and health (Wholist's WholeYou food plan, no sugar, no flour, healthy fat). They have been placed into a folder for you in your account to review but they are listed here as well.

WHAT TO DO:

1. Go to <https://wildtree.com/rep/hammerstedt>
2. Go to Shop and choose "Wildtree Kits" Make Ahead Meals.
 - a. *What this is:* Freezer Meal Bundles are geared towards, prepping in advance and freezing for busy nights to come. This can fill up 10- 20ays 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! I WOULD RECOMMEND starting here with a bundle. This is what I'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.
- b. Go through and find ones with little to no added sugar and less refined starches
3. Go to Shop and try the Wildtree Fresh
 - a. 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
 - b. I went through a bunch of recipes and found these that I think are a great start. If you are in weight maintenance and not weight loss, try any of the others,
 - 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)...

Email with for questions!

YUMMY WHOLEYOU FAMILY

