



— Food for Health —

Wellness Newsletter

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Healthy Products for Grilling

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If you can't see anything
beautiful about yourself,
get a better mirror,
look a little closer,
stare a little longer.

– Shane Koyczan



How to Love the Skin You're In

If you've ever taken care of a baby, you know that when they're hungry they either smack their lips or put their hands to their mouth, and if you miss these early hunger cues, they remind you with a loud cry.

As you look around to find the closest source of food, you spot the cookie jar on the kitchen counter. Do you feed them a chocolate chip cookie? Of course not! Although it's the most convenient option, it's not what their precious little body needs. Moreover, you wouldn't dream of feeding a baby something that isn't good for them. Why? Because you love, honor, and respect them.

Now let's talk about us.

Feeding our body healthfully is more than eating vegetables. It's a process that begins by developing a deep respect for our body, which gives rise to a loving desire to care for it like we would a tiny baby.

Loving and respecting your body doesn't mean disregarding the areas of your health that need improving. That would be irresponsible. But understand this very important point: you can't begin to successfully tackle weight, cholesterol, blood sugar, or any other problem without respecting and honoring your body first... as it is right now.

It sounds easy enough, doesn't it? Easy until you try applying it to real life.

I'm here to show you how. But first, you must be willing to take a little trip beneath your skin.

R-E-S-P-E-C-T: Find Out What It Means

Aretha Franklin wrote a song about respect in the 1960s, and although her message was different, the definition is the same:

respect (verb) to consider
worthy of high regard

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Fx™-APPROVED PROTEINS FOR GRILLING SEASON



Most of us eat three meals a day, that's about 90 opportunities a month to add variety to our plate. The reality is that we tend to be creatures of habit, eating the same foods every day. Sure, we stray from the norm when we're inspired to try a new recipe, but for the most part we like our routine. Besides, getting creative with meals takes time and energy most of us don't have.

Lucky for you, I'm the type of person who thrives on the excitement of discovering ways to mix up my meals. So, relax and get inspired with this list of Fx™-approved plant and animal proteins at Heinen's for all your grilling needs. Also included are condiment, seasoning, and bread suggestions to add flavor and nutrition to your next cookout!

Fx™-Approved Plant-Based Proteins

- **Heinen's Black Bean Veggie Burgers or Santa Fe Chickpea Veggie Burgers:** Made fresh by Heinen's butchers and available in the Meat Department next to other delicious ready-to-cook plant-based options. These burgers are so delicious they earned the title of Heinen's Fan Favorite!

- **Actual Veggies Veggie Burgers:**

Also located in the Meat Department, these bean and vegetable burgers are made from real food and no junk! Varieties include truffle (with shitake mushrooms, oats and chickpeas), black (with black beans and carrots), orange (with sweet potato, carrot, cauliflower, and navy beans), and green (with kale, broccoli, spinach, pea and navy beans).

- **Cleveland Tofu:** Tofu is a spongy protein made from soybeans. It adopts the flavors of whatever it's cooked with or marinated in, like Bragg organic coconut aminos and Heinen's extra virgin olive oil. Whether you're watching your fat intake or looking for a meatless meal to enjoy on the deck, pick up a container of non-GMO, Kosher Certified Cleveland Tofu from the Meat Department.

Fx™-Approved Seafood

Fish is a great way to meet Fx™ Pillar 3: Dose with omega-3 fats every day.

- Wild-caught sockeye salmon or Heinen's wild frozen sockeye salmon
- Wild fresh tuna or Heinen's wild frozen ahi tuna
- Farm-raised fresh ruby or rainbow trout
- Wild-caught fresh halibut

Fx™-Approved Poultry

These carefully sourced, preservative- and added hormone-free poultry solutions are all located in the Meat Department.

- **Bilinski's Organic Chicken Sausages:** A healthy and easy grilling option packed with high-quality protein and no fillers or preservatives. Varieties include spinach feta, wild mushroom, and mild Italian.

- **Plainville Organic Turkey Burgers:** Humanely raised on family farms and fed an all vegetarian diet, these juicy patties are delicious fresh off the grill!

- **Amylu Greek-Style Fully-Cooked Chicken Burgers:** A quick meal solution for last minute cookouts, these burgers feature a savory blend of spinach, feta cheese, and red peppers.

- **Applegate Organics The Great Organic Uncured Turkey Hot Dogs:** Sugar free and full of flavor, these delicious dogs are made from all natural ingredients and taste just as good as their beef and pork counterparts!

- **Pasturebird Boneless Skinless Chicken Breasts:** Offer 3x more omega-3s, 50% more vitamin A and E, and 21% less saturated fat than conventionally raised chicken.

Fx™-Approved Grass-Fed Beef and Bison

Upgrade to these grass-fed beef and bison options for more omega-3 fats!

- PRE Beef Burgers
- Applegate Organics The Great Organic Uncured Beef Hot Dogs
- Force of Nature Bison New York Strip, Sirloin, Ribeye, Filet, and Patties
- Heinen's Organic Beef Short Ribs
- Heinen's Organic Strip Steak

Fx™-Approved Condiments, Seasonings, and Buns

- **Hero Bread Hot Dog and Hamburger Buns:** High in protein and fiber, these soft and flavorful buns toast perfectly and are a great alternative for those not wanting the blood sugar spike that typically follows traditional white bread.

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- **Heinen's Sauerkraut:** Offers a nice boost of probiotics to keep your gut happy and healthy. Add to hotdogs, burgers, or potato salad!
- **Heinen's Organic Grass-Fed A2 Cheeses slices:** Easier to digest than the more common A1 cheeses, so everyone can enjoy a slice on their veggie, turkey, or grass-fed beef burger.
- **Heinen's Organic Ketchup:** Free from preservatives, high fructose corn syrup, artificial colors, and flavors! It's how ketchup should be made.
- **Heinen's Organic Dijon or Stone Ground Mustard:** Has a bold flavor with simple ingredients!

- **Noble Made BBQ Sauce:** Low in sugar and naturally sweetened.
- **Siete Botana Sauces:** Drizzle these flavorful all-purpose sauces over grilled vegetables, burgers, and even sorbet! Each variety is made with real ingredients and no seed oils. Varieties include Chamoy (sweet and tangy blend of fruit and peppers), creamy jalapeno, and traditional (garlic, pequin peppers and guajillo peppers).
- **Primal Kitchen Chipotle Lime Mayo:** Made with avocado oil.
- **Primal Kitchen Chicken Dippin' Sauce:** Great for burgers and grilled chicken.
- **Mina Harissa Moroccan Mild Sauce:** Elevate your grilled meat, seafood, and veggie

dishes with this blend of red peppers, extra virgin olive oil, and red chili peppers.

- **Two Brothers Blackened Seasoning:** Adds a smoky, savory flavor to grilled meats, fish, and vegetables.
- **Bragg Organic Coconut Liquid Aminos:** Great for marinades, this lower sodium alternative to soy sauce is made from organic coconut blossom nectar and apple cider vinegar.

Key Takeaway

Life is short, and so is summer. Go ahead and try something new! You just may find another favorite staple to add to your tried-and-true grilling season collection.

HOW TO LOVE THE SKIN YOU'RE IN *continued from front page*

To begin the practice of honoring your body, simply place your hand over your heart and feel it thumping ever so gently. Contemplate the fact that this small but mighty organ is tasked with the job of beating around 100,000 times in 24-hours to keep you alive without stopping for a lunch break!

Now slide your hand over to your right ribcage and just above your stomach. That's where your liver is located. Living up to its name, it filters more than 250 gallons of blood in 24-hours. Without this filtration system, we as humans could not survive.

These are just two examples of your body showing you how much it loves you. We need not do anything but breathe and we are taken care of. I guess the question we should really be asking ourselves is, how could we not love and honor something that loves us this much?

The Healing Power of Forgiveness

Ending this article without mentioning the freeing power of forgiveness would be, well, unforgivable. And I'm not talking about forgiving others, though that's always a wise thing to do for your own mental and physical health. I'm talking about forgiving yourself. In fact, I find it's often easier to forgive others than it is to forgive myself. Can you relate?

For example, are you still holding a self-grudge for:

- Gaining those ten (or 20, 30, or 40) pounds?
- Giving up on your daily exercise commitment?
- Polishing off that bag of potato chips when no one was looking?

If you answered yes, understand that you'll never be able to improve until you forgive yourself.

Every time you engage in negative self-talk or self-pity, it doesn't just end there. Instead, you plant a seed

in your brain and slowly become that person! You didn't start that way; you talked yourself into it.

Leave the past in the past, let go, and forgive yourself so that you can move on. Even better, laugh at your imperfections—like your secret love of kid's cereal (that's one of mine). It just proves you are human!

With a clean slate you are now ready to begin the journey towards self-improvement, but this time with results you can feel deep down inside.

Key Takeaway

I don't think you realize just how amazing you are, both inside and out. In the words of poet and writer Shane Koyczan: "If you can't see anything beautiful about yourself, get a better mirror, look a little closer, stare a little longer."

So go ahead and love, honor, and respect the skin you're in, because it only gets better.

GRILLED TOFU AND MUSHROOM SKEWERS

The following recipe and photography was provided by Christina Musgrave of Tasting with Tina.



This healthy meal is best served over a big salad filled with fresh produce from Heinen's. Using extra firm tofu in this recipe is key – it helps keep the tofu from falling apart on the grill.

Servings: 8; Prep time: 60 minutes; Cook time: 10 minutes

Ingredients

FOR THE SKEWERS

- 2 blocks Cleveland Tofu
- 2 Tbsp. Bob's Red Mill corn starch
- 1 lb. sliced white mushrooms
- 1 white onion, cut into squares
- 2 green peppers, cut into thick squares
- 2 garlic cloves, minced
- 2 Tbsp. Bragg organic coconut liquid aminos
- 2 Tbsp. Heinen's balsamic vinegar
- 2 Tbsp. Heinen's extra virgin olive oil
- 1/2 tsp. sea salt
- 1/2 tsp. black pepper

FOR THE SALAD

- 1 cup fresh microgreens
- 1 cup mixed greens
- Diced cucumbers, for serving
- Diced tomatoes, for serving

Instructions

1. Drain the tofu and dry with a towel. Cut into 1-inch squares and gently toss with corn starch in a bowl.
2. Combine the tofu, mushrooms, onion, green pepper, garlic, coconut aminos, balsamic vinegar, olive oil, salt and pepper in a large bowl. Mix the ingredients well and marinate for at least 1 hour.
3. After marinating, alternate tofu, mushrooms, peppers and onions on grill-safe skewers.
4. Preheat the grill to medium heat. Cook for 3 minutes on each side, or until cooked, but not overly charred.
5. Serve the skewers over a large salad with microgreens, mixed greens, cucumbers and tomatoes.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!