



— Food for Health —

Wellness Newsletter

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Quick and Healthy Lunch Ideas

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Your body hears
everything your
mind says.

— Naomi Judd



Can You Relate? Overeating Processed Foods

No one sets out with a goal to devour a bag of potato chips in one sitting, and yet it happens to the best of us.

Maybe chips aren't your nemesis, but chocolate chip cookies really test your willpower. Whatever the food, I want you to know that I hear you and we are all in this boat together.

Mastering food cravings can feel impossible, like you are under the spell of food. In a way, you are! Ultra-processed foods full of sugar, salt, and fat depend on these very ingredients to make them palatable and in many cases, hyperpalatable.

Translation: they make you want to eat more. It's no accident, they were designed that way!

So, if you know it's impossible for you to stop eating chips once you open the bag, don't open the bag! Better yet, don't buy them in the first place. Instead, replace them with Fx™-approved alternatives that have the flavor and texture you are after.

For example, when you're craving:

- **Crunch:** Munch on a bag of Brad's veggie chips or a handful of Biona chickpea snacks.

- **Chocolate:** Enjoy two squares of Alter Eco 70% cacao sea salt dark chocolate.
- **Sweet:** Fill a pitted medjool date with Heinen's fresh ground peanut butter and a sprinkle of Heinen's cacao nibs. My favorite sweet treat!
- **Savory:** Spread a tablespoon of Dare vegan balsamic fig cheese or Cypress Grove purple haze goat cheese on a Sushi Chef nori wrap. Arrange a few slices of Sweet Snaps peppers in the center, roll up, and enjoy!

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QUICK AND HEALTHY LUNCH IDEAS FOR EVERY DAY OF THE WEEK

Whenever I opened my Strawberry Shortcake lunchbox and found a bologna, cheese, and mustard sandwich on white bread, I knew it was going to be a good day at John Glenn Elementary School. And if mom tucked a chocolatey snack cake beside it, good quickly became great!

That was 1982. Even though my lunches today look nothing like those early years, they still excite me, but in a more health-fulfilling way. The fact that I get to decide how many nutritional boxes I check with each lunch I pack fills me with a sense of empowerment.

In this article I pulled together the best Fx™-approved lunch options Heinen's has to offer. These feel-good lunches come together in a flash and offer everything you need for maximum brain power and energy!

To make the most of this midday meal, I recommend stuffing your lunchbox with one suggested Fx™-approved main dish (sandwich/ wrap, soup, salad, or grab-and-go frozen meal) and 2-3 side dishes.

Fx™-Approved Main Dishes

PICK 1

SANDWICHES AND WRAPS

- Overstuffed Sprouted Turkey Sandwich:** Try serving Two Brother's organic oven-roasted turkey on Ezekiel or Silver Hills Bakery sprouted bread with leafy greens, broccoli sprouts, tomato, avocado, and a dollop or two of Cedar's Reserve Za'atar and Tahini Hommus.
- Baconless BLT:** This plant-based version of a BLT calls for seitan in place of bacon. Seitan is a meat substitute made from wheat gluten that mimics the flavor and texture of chicken. Assemble two slices

of heated Upton's Naturals bacon seitan, Buckeye Fresh lettuce, and sliced tomatoes on lightly toasted Ezekiel or Silver Hills Bakery bread spread with Hummus Goodness hummus.

- Nut Butter and Fruit Wrap:** Spread 1-2 tablespoons of Heinen's Fan Favorite fresh ground walnut, peanut, or almond butter on an Ezekiel sprouted wrap or Siete almond flour wrap (gluten-free), add a row or two of fresh blueberries, raspberries, diced strawberries, or bananas and sprinkle with Heinen's organic ground flaxseeds or chia seeds. Roll up and enjoy!

- Buffalo Chickpea Sandwich:** Heinen's canned chickpeas stand in for chicken in this plant-based version of a buffalo chicken salad sandwich. See the last page of this newsletter for the recipe!

SOUPS

- Amy's light in sodium lentil soup
- Karine & Jeff Mediterranean harvest soup
- 18 Chestnuts Tuscan tomato soup
- Dr. McDougall's split pea soup cup

SALADS

- Leafy Green Garden Veggie Salad:** Throw together a quick leafy green salad with your favorite diced raw veggies and Melissa's steamed beets. Top with a Freshe Aztec Ensalada tuna meal and drizzle with Livwell creamy miso Caesar dressing.
- Wild Planet Quinoa and Tuna Salad:** Serve with Top Seedz crackers.

- Creamy Fruit and Nut Salad:** Top one container of Cocojune coconut yogurt with Heinen's Fan Favorite fresh cut fruit and sprinkle with a tablespoon of Heinen's organic ground flaxseed and 1/4 cup of raw walnuts.

GRAB-AND-GO FROZEN MEALS

- Blue Zones Kitchen burrito bowl or heirloom rice bowl
- Heinen's organic farro and quinoa with broccoli and feta bowl
- Amy's Kitchen vegetable pot pie
- Amy's Kitchen black bean burrito
- Amy's Kitchen Thai red curry
- Kevin's Natural Foods roasted tomato chicken pasta bowl
- Path of Life southwest mango quinoa blend

Fx™-Approved Lunch Sides

PICK 2-3

- A cup or piece of fresh fruit
- Bottle of cold-pressed vegetable juice (Garden of Flavor mean greens, Garden of Flavor twisted roots or Suja organic celery juice)
- Raw veggies
- Mamma Chia squeeze
- Single serving pack of Heinen's raw almonds or one serving of Go Raw sprouted pumpkin or sunflower seeds
- Bag of Brad's crunchy kale chips or Brad's veggie chips
- Serving of seed crackers (Top Seedz or Mary's Gone Crackers)
- Serving of Bienia chickpea snacks

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Mel's Top Fx-Approved Bread Picks

- Bellwether Farms grassfed yogurt cup or Siggi's coconut-based yogurt cup
- One Nellie's free range hard-boiled egg
- Organic Valley grass-fed cheese stick
- New Primal beef or turkey stick or one serving of Pan's plant-based mushroom jerky
- One Fx™-approved nutrition bar (Over Easy, Wellwerks, Balanced Tiger, Wise Bar, Raw Rev Glo, Larabar, RxBar, That's It, Mezcla, or IQBar)
- A ready-to-drink smoothie (Remedy Organics plant-based power shakes, Noka Superfood smoothies, or Koa protein drinks)
- 1 serving of a sweet treat (Navitas Power Snacks, Melissa's pumpkin seed Clean Snax, Clusterbucks granola clusters, Joolies brownie date pops, or Undercover dark chocolate sea salt quinoa crisps)

Key Takeaway

Imagine packing a wholesome lunch that has the power to put you in the driver's seat of your health. Fortunately, this is a reality! Roll up your sleeves and get creative mixing and matching the above ideas to your heart's content.



Wholesome bread turns unwholesome when artificial and ultra-processed ingredients are added. Here are six Fx™-Approved breads at your local Heinen's that you can feel good about eating.



Silver Hills Bakery

A new line of bread full of whole sprouted grains to help you get more nutrition out of each slice. Bread made from sprouted grains differs from regular whole grain bread because instead of being ground into flour, the wheat berries are soaked in water until they begin to germinate. This simple step enables the activation of enzymes in the grain to unlock more nutrients.

Carbonaut and Hero Bread

Two unique, high fiber brands made from resistant starch—a dietary fiber that “resists” digestion in the small intestine and travels straight to your large intestine where it feeds the good bacteria in your gut.

These breads have a super soft and chewy texture. Toasting the bread lightly will give you a more traditional bread experience if you prefer.

Dave's Killer Bread

Kids and adults love this organic whole grain bread because it's soft enough to please all palates while maintaining its nutritional goodness. Made from whole wheat flour, tri-color quinoa, whole flax seeds, sunflower seeds and steel cut oats, Dave's Killer Bread is a smart step to elevate your breakfast toast, peanut butter and jelly, or Two Brothers turkey sandwich.

Food for Life

Food for Life offers a superior line of sprouted breads, English muffins, pitas, and wraps. They use a unique slow-bake process to preserve the natural fiber and bran benefits of grains. And just like the rest of the brands on this list, they do it without using any artificial ingredients.

Siete Almond Flour Tortillas

These tortillas are a gluten-free, grain-free alternative for fajitas, tacos, and quesadillas. Trust me, you won't know the difference!

BUFFALO CHICKPEA SALAD SANDWICH

The following recipe and photography were provided by local blogger Carolyn Hodges of *The Dinner Shift*.



Move over chicken, there's a new chick in town! Heinen's canned chickpeas stand in for chicken in this plant-based version of a buffalo chicken salad sandwich. Ready in about 10 minutes, it makes for a quick and healthy lunch and doubles as a dip or spread for your appetizer table.

Servings: 2-3; Prep time: 10 minutes; Total time: 10 minutes

Ingredients

- 1 can Heinen's organic chickpeas, drained and rinsed
- 1/3 cup Cedar's Reserve roasted red pepper hummus
- 2 Tbsp. Frank's RedHot buffalo wings hot sauce
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1 celery stalk, finely chopped
- 1 green onion, thinly sliced
- Salt, to taste
- Silver Hills Bakery little big bread
- Sliced tomato
- Spinach leaves

Instructions

1. Use a potato masher or fork to mash the chickpeas (don't over-mash – you still want some texture).
2. In a large bowl, combine the mashed chickpeas, hummus, hot sauce, garlic powder and onion powder. Mix until well combined. Fold in the celery and green onions, then season to taste with salt.
3. Serve the chickpea salad on lightly toasted bread topped with tomato and spinach.
4. Chickpea salad will keep in the fridge for 4-5 days.

CAN YOU RELATE? OVERTREATING PROCESSED FOODS *continued from front*

The perfection of this strategy is twofold: You take care of the craving and the urge to continue eating vanishes. Unlike the hyperpalatable foods, these better-for-you swaps are packed with the nutrients your body prefers.

Key Takeaway

We've all experienced regret at the hands of our food choices. Keep these three tips in mind and you will win every time:

1. Understand the foods that trigger you to overeat.
2. Don't buy those foods!
3. Spend your money on healthy swaps that naturally satisfy your cravings and nourish your body. If you need help finding the best options look for green Fx™-approved buttons on products across your local Heinen's!

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!

