

— PURE —

Whole-Food & Plant-Based Support

Module 3

Low Cost Meals and Journaling

Disclaimer

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Module 3 Guide

Low Cost Meals

- Seasonal Eating
- Shopping Tips

Journaling

- Finding Time
- How to
- Assessment

Walk

- Why
- When
- Where

Low Cost Meals

Ask about discounts. Ask your local grocery stores if they have a senior discount or a loyalty or discount card. Besides getting items at a lower price, you may also get store coupons.

Use coupons to help you save money. Remember that coupons only help if they are for things you would buy anyway. Sometimes, another brand costs less even after you use the coupon.

Consider store brands—they usually cost less. These products are made under a special label, sometimes with the store name. You might have to look on shelves that are higher or lower than eye level to find them.

Be aware that convenience costs more. Avoid instant foods like rice or oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.

Look at unit prices. Those small stickers on the shelves tell you the price but also the unit price—how much the item costs per ounce, per pound, or for a standard number. Compare unit prices to see which brand is the best value.

Low Cost Meals

Try to buy in bulk, but only buy a size you can use before it goes bad. If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.

Focus on economical fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.

Think about the foods you throw away. For less waste, buy or cook only what you need.

Make smart choices. This is where whole-food, plan-based shopping will actually save you money. Forego meat, processed foods, baked goods, and snacks.

Adapted from <https://www.nia.nih.gov/health/10-tips-eating-healthy-budget>

National Resources for Locating Help with Food Costs

There are several ways to learn more about programs that offer help with meals or food costs. You could contact each program listed above separately, or you could use one of these services:

- [Eldercare Locator](#) or call 1-800-677-1116 (toll-free)
- [Federal and state benefit information](#) or call 1-800-333-4636 (toll-free)
- [National Council on Aging](#) or call 1-571-527-3900

Low Cost Meals

Eating seasonally is easier when you “eat local”. Eating clean and organic is easier when you eat local. There are a lot of reasons to eat seasonally.

Eating seasonally costs less. When you eat seasonally, you eat when there is an abundance. When it is in more demand with less supply, it will be more expensive.

Locally grown food tastes better. Food that is not in season is grown in a hothouse or it is brought in from different parts of the world. It doesn't ripen the same or taste as good.

Fresh foods have more nutrients. The foods that travel less will not lose as many nutrients.

It is almost impossible in most climates to buy local all the time.

- **Best:** Grow it yourself
- **Next:** Local Farmer's Markets or CSA's (Community Supported Agriculture).
- **When all else fails:** Choose imported seasonal fruits and vegetables. (i.e. kiwi from New Zealand, avocados from Chile etc.)

Finding Time to Journal

Finding Time

Creating a new habit can be difficult. If you are crunched for time, these tips may help you fit journaling in:

- Try going to bed 20-30 minutes earlier in the evening. Don't go to sleep right away. Use the quiet time to reflect on your day.
- Utilize the time you have alone. Sit down and write once everyone else is out of the house.
- Find a coffee shop or juice stop on your way to or from work and take 15 minutes out of your day to stop. Sitting alone is like bonus self time and gives you the time you need to write and enjoy the surroundings.
- 15 minutes before you start your work routine may be the time for you. You may think it will cause you to stay later at work to get everything accomplished, but writing is like a workout; it is amazing how spending the time journaling can buy you more time in your day. Your head will be clearer, and you can do your job and handle people more efficiently and effectively.

Finding Time to Journal

Journaling in the evening allows you to clear the cobwebs from your brain and clear out everything that has been weighing on your mind. You'll notice the effects almost immediately.

If you have a hard time falling asleep at night, you may be pleasantly surprised with how much journaling can help. It helps to focus you, and you will find that you do things that you would have skipped over otherwise. Even if it is just a little bit, try to do this every day.

You can experiment with different times until you find one that works for you.

How to Journal

How to Journal

Putting Pen to Paper

Choose your outlet

- Pen and Paper (a notebook, diary, binder)
- Computer (you will want to keep it private)

Let go of any expectation

- The main goal is to honestly account for your feelings, thoughts, actions, and the events of your day
- Don't force it. Allow yourself to flow. If you are blank, something as simple as recounting the events of your day will work, you may be surprised with the emotions and thoughts that emerge as you write

How to Journal

Focus on feelings, thoughts, and objective facts

- Usually writing the story of your day is the most effective way to reap the benefits of journaling
- If you feel blocked, try writing poetry, letters, or list of events of your day and elaborate

Do it daily

- When journaling, it is quality over quantity. If you had an uneventful day, still write. It may end up being a short entry or you may uncover something bigger you never realized was there

Find a time that works for you

- Make journaling a working part of your daily routine. This will help you be consistent with your writing.

Self-Assessment

Benefits of Self-Assessment

Life is messy – Writing it out can help sort it out

- **Clarify your thoughts and feelings.** Do you ever seem all jumbled up inside, unsure of what you want or feel? Taking a few minutes to jot down your thoughts and emotions (no editing!) will quickly get you in touch with your internal world.
- **Know yourself better.** By writing routinely you will get to know what makes you feel happy and confident. You will also become clear about situations and people who are toxic for you — important information for your emotional well-being.
- **Reduce stress.** Writing about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present.

Self-Assessment

- **Solve problems more effectively.** Typically we problem solve from a left-brained, analytical perspective. But sometimes the answer can only be found by engaging right-brained creativity and intuition. Writing unlocks these other capabilities, and affords the opportunity for unexpected solutions to seemingly unsolvable problems.
- **Resolve disagreements with others.** Writing about misunderstandings rather than stewing over them will help you to understand another's point of view. And you just may come up with a sensible resolution to the conflict.

Walk

Walking

Researchers at the Harvard School of Public Health found that walking half an hour a day cut the overall risk of heart disease by 18 percent. In a study of the benefits of walking for people with diabetes, the Centers for Disease Control and Prevention, found that just two hours of walking per week can reduce the risk of death from heart disease by 34 percent.

Enjoy your walk! Walk with a friend, walk with music, listen to a class or self improvement audio while you are walking.

Walk

If you're worried about how brisk walking might affect your health, talk with your doctor before you start a walking program.

- Start with a short-term goal. For example, walk for 5 or 10 minutes every day. Or increase your number of steps by 300 to 500 each day.
- After you've made walking a habit, set a longer-term goal. You may want to set a goal of walking briskly for at least 30 minutes a day or work up to 10,000 steps a day. You can try to do this 5 days a week or more.
- You can wear a pedometer to track your steps each day.
- To stay motivated, find a walking partner, such as a family member, friend, or coworker. Daily dog walks are also a great way to keep up your walking routine.

Adapted from webmd

Assessment

Five positive changes this week?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your main concerns?

What can you do in the next week to bring you closer to your goals?

How did you feel?

Assessment

	Weight	Sleep	Constipation/ Diarrhea	Energy	Mood
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					