



The  
**MIRACULOUS**  
**POWER** of  
Fruits & Vegetables

RESOURCE CHEAT SHEET

# Some Great Books on Nutrition

## **Life-Changing Foods**

From Medical Medium, this book explains how deceptively simple foods like fruits and vegetables can have HUGE impacts on your health and fitness and on your life as a whole. The book draws upon large numbers of studies and goes into great depth in describing why fruits and vegetables can help to heal, strengthen, and boost. Even some illnesses can be fought using the advice in this book. If you enjoyed *The Miraculous Benefits of Fruits and Vegetables* then you'll find this book to be equally fascinating.

## **Peak: The New Science of Athletic Performance**

This book by Dr Marc Bubbs is not primarily about nutrition but is rather aimed at athletes and coaches in order to help them get the most athletic performance following the principles outlined in huge amounts of research and study.

This does include large amounts of content pertaining to nutrition that could be useful for anyone. You'll learn some things that might surprise you – such as the potential limitations of looking at the GI rating of a food! There's so much here that you might need to bring a pen and paper with you!

## **The Four Hour Body**

This book from Tim Ferriss explains his experimentations in diet, exercise, and more, in a bid to make himself as healthy as possible with the minimum effort and time commitment.

The book does have some out-there ideas and preposterous claims. However, it *also* has some really interesting insights and good advice. So, if you're looking for a book that challenges the established idea of what you should be eating and perhaps gives you some interesting ideas... this might be that book!

## **Gut: The Inside Story**

One of the less-explored benefits of fruits and vegetables is the way they can strengthen your microbiome and produce extra neurotransmitters, digestive enzymes, and more.

# Useful Websites

## **BBC Goodfood**

<https://www.bbcgoodfood.com/>

So you now understand just how good for you fruits and vegetables are and you're eager to start getting more of them in your diet. Great! The next challenge will be finding ways of doing that. Thankfully, this website is absolutely jam-packed with great recipes that you can try.

The BBC Goodfoods website is so good in fact, that when the BBC briefly considered closing it down, there was a huge backlash which led to them keeping it open!

<https://www.bbcgoodfood.com/recipes/collection/smoothie>

And here would be the section on that website for smoothie recipes. Seeing as this is one of THE best ways to get more of those fruits and vegetables every day. And seeing as it is also one of the most delicious and easy!

## **Mark's Daily Apple**

<https://www.marksdailyapple.com/>

This website run by Mark Sisson is all about Primal Living. That means it's a paleo site, but it is also one that is extremely useful thanks to the way he tackles each subject by diving right in and sharing all of the relevant research and arguments for and against. Plus, the Paleo lifestyle and diet is one that goes very well with a commitment to eating more fruits and vegetables – as this is exactly what our ancestors would have done.

Mark also shares a lot of other tips for your training, mobility, mind, and general wellness. This is the perfect complement to your new healthier diet!

# Useful Tools

## **Nutribullet**

<https://www.nutribullet.com/>

While there are a lot of useful kitchen appliances out there for those wanting to consume more fruits and vegetables, one of the MOST useful is Nutribullet. This is a smoothie maker that is designed to make it extremely easy and simple to blend your fruit and then take it with you on the go. It also helps to minimize the amount of washing up you need to do, which is actually often a big barrier for people who don't consume enough.

## **MyFitnessPal**

<https://www.myfitnesspal.com/>

If you're looking for a way to increase the amount of fruit and vegetables in your diet in order to improve your overall health, then it is important that you don't accidentally create other problems. For example, you don't want to accidentally gain weight by consuming lots of extra calories along with those fruits and vegetables!

This is why it can be useful to think about the number of calories you are consuming at the same time. MyFitnessPal will help you to do this to a very large degree by letting you track every single calorie in your food. The app allows you to scan barcodes to easily log what you're eating, and will also let you look up common foods. You can even find things that you eat commonly even more quickly, meaning there's no need to search for those items again. This is a very useful tool indeed!

## **Wellman/Wellwoman**

Wellman and Wellwoman are a brand of multivitamin/multimineral supplements. While there are lots of such products on the market, this one is especially well formulated in order to include everything that you're likely to need. You'll find that with these supplements you aren't able to replace the natural fruits and vegetables in your diet... but that it can be a useful fall-back and that it can also help you to get even MORE from your diet changes.