



RAZMI WELLNESS HOW-TO GUIDE

# Fast and Frugal

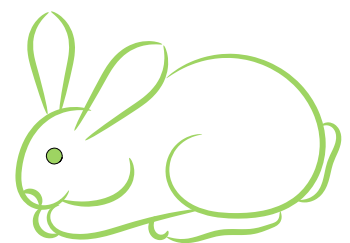


HOW TO SHOP FOR GROCERIES IN 15 MINUTES  
OR LESS

By Tania Abbatello

For Mom

Thank you for the bunnies and the rabbits!

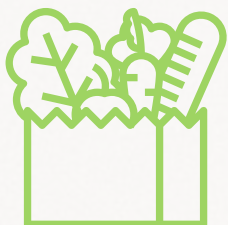


# Why I Wrote This Book



I have always hated grocery shopping. Trying to navigate the grocery store and looking around all of the aisles and being overwhelmed by all of the choices was just too much for me! Even those fluorescent lights buzzing overhead gave me anxiety! Going down one aisle and the next....seeing SO many different brands and types of each food! It reminds me of the scene from “Moscow on the Hudson” where Robin Williams' character, being from Soviet Russia, first wanders into an American grocery store and freaks out because there are just WAY too many choices of “Coffee....coffee...COFFEE!!!!”. However, once I learned what real food actually was, it made this experience so much easier!

I also realized that I certainly wasn't the only one who felt this way. Most of the people I spoke to expressed frustration at having to do the regular grocery shopping. Now, due to inflation, high prices are adding insult to injury. I hear people say all the time that they cannot afford to eat healthy food, but when you focus on only purchasing real food, it not only simplifies your grocery shopping experience, but helps you save money in the end! For me that means because I eat an animal-based keto diet, that I do not buy any grains, bread, cereals, or processed food of any kind. Eliminating these foods from my diet has done wonders for my health as well as the health of my wallet. The added bonus is removing the sense of overwhelm from the choices available in the grocery store.







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# TABLE OF CONTENTS

06

## INTRODUCTION

07 - 10

## CHAPTER ONE - THE HISTORY OF CONVENTIONAL VS. ORGANIC

The Dirty Dozen

The Dust Bowl

Conventional vs. Organic

11 - 13

## CHAPTER TWO - MEAL PLANNING

Meal Prepping

Printable Meal Planner

14 - 17

## CHAPTER THREE - YOUR PANTY AND FRIDGE

3 Step Pantry Organization

Tip: Your Grocery List

Printable Grocery List

18 - 21

## CHAPTER FOUR - BUYING IN BULK

Non-Perishables

Tip: Better Store Brands

22 - 26

## CHAPTER FIVE - PRODUCE

Small Local Farms

DIY and Subscription Boxes

Tip: Making Produce Last Longer



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# TABLE OF CONTENTS

27 - 32

## CHAPTER SIX - MEAT, POULTRY, AND FISH

### The Deli Counter

Fish

Beef

Pork

Poultry

33 - 35

## CHAPTER SEVEN - EGGS AND DAIRY

Eggs

Dairy

36 - 38

## CHAPTER EIGHT - SAVING TIME AND MONEY

### Time and Money Saving Tips

Tip: Shop the Perimeter

39

## BUT WHAT ABOUT...???

40

## CONCLUSION

41

## ONE SHEET RECAP

42

## ABOUT ME

43

## NOTES

44

## A WORD FROM OUR SPONSOR





# Introduction

In this guide, I'll show you the most efficient and cost-effective solutions for buying groceries for a low-carb, keto, paleo, ketovore and/or carnivore diet. Like our hunter gatherer ancestors, we still need to use discernment and be cautious of foods that appear to be tasty but are actually harmful. Like a brightly-colored mushroom that magically pops out after a gentle rain, there are many "foods" that look appetizing but may actually make you sick! It's very easy to get distracted from what real food is, and I'll go over the ways to determine how.

When you're armed with a plan and foreknowledge of the terrain, you can float through the grocery store as if you're a butterfly aloft a gentle summer's breeze!

*Helpful hint!*

*I've provided resource links throughout this guide. The best way to access this information, is to RIGHT-CLICK on any link to open it in another tab or window. This will assure a smoother reading experience.*







# Chapter One

## The History of Conventional Versus Organic



Organic, conventional, grass fed, cage-free, free range, pastured; what does it all mean? It may seem confusing on the surface, but it's actually quite simple. Organic means that there were no chemical pesticides or herbicides used in growing the produce, meat, eggs or dairy. There are several standards that indicate whether something is organic, and the easiest way to tell is to just check the label.





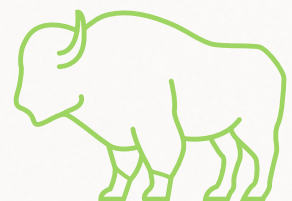
The term "conventional" means that it was produced in a conventional manner using chemical pesticides and herbicides. If you want to avoid chemical herbicides and pesticides, it's best to go for organic. However, in some cases, it may not actually be necessary. The Environmental Working Group has a list they put out every year called The Dirty Dozen and The Clean 15. This list makes it easier to decide where to spend more money on organic and where it is not necessary.







In the 1930's, The Dust Bowl occurred when the topsoil of the United States Great Plains was first exploited for farming purposes. This topsoil was a wonderful, extremely deep, and naturally cultivated biodynamic ecosystem in which the American Bison simultaneously tilled and fertilized huge swaths of grasslands. This resulted in the world's most rich and beautiful soil which led to the creation of America's Bread Basket. Unfortunately, when conventional farming came, farmers broke this topsoil which caused it to dry out and contribute to drought. Another devastating factor was the intentional, near extinction of the bison by the federal government in an attempt to starve out the Indigenous population. In a dramatic twist of karma, most of the top soil then blew completely off in huge dust storms and all of that rich soil ended up being lost.





This greatly contributed to The Great Depression which caused severe poverty and famine throughout the United States during the 1930s. Since then, the nutrient levels in our soil have suffered. Conventional farming tried to replace what was lost but was only replacing nitrogen, phosphorus and potassium. These nutrients provided just enough to make the produce look palatable, but did not result in the rich nutritional profile that was provided by the original topsoil. Consequently, produce is now lacking in many nutrients. Fortunately, many small biodynamic and organic farmers are trying to recreate the natural process.







# Chapter Two

## Meal Planning



One way to get a better handle on the foods that you're going to need for the week is by meal planning. Figuring out ahead of time what you need for all of your meals for the week is much easier if you plan ahead. This is also extremely helpful if you're trying to stick to a more healthy diet. Making sure that you include good quality meats, eggs, dairy (if applicable), low carb vegetables and fruits is much easier when you plan your meals. Gathering together a list of recipes really helps you to get organized.



When you plan your meals, you are also able to cook once a week and make up large batches for the entire upcoming week. Meal prepping can be done in various ways. You could make several large batches of different meals, or stick to just one if you prefer. Packing them up into containers and storing them neatly stacked in the fridge or freezer really saves time during busy weekdays. Alternatively, you can prep all of your raw ingredients for each meal and cook them each night. This is like having your own meal prep service but it's MUCH more cost effective!



Planning all of your meals ahead of time also helps you to more easily get into the habit of eating only healthy, real food. It saves valuable time during the week because you don't have to think about what you're packing for lunch or making for dinner. It saves money because you are less likely to waste food.



*Print and use the next page to plan your meals for the week.*



# Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

## NOTES

[illegible]



# Chapter Three

## Your Pantry and Fridge



Organizing your pantry and refrigerator is crucial for saving time, money, and preventing food waste.

Keeping everything clearly marked and easily visible allows for a quick inventory assessment and really helps in determining which items to add to your shopping list.

Starting with a clean slate and following these 3 steps can help you to quickly organize your pantry and refrigerator.

*Be on the lookout for another, more detailed guide coming soon on minimalism and organization in the kitchen!*





### *Rotate:*

Rotating your stock is crucial to avoid wasting food and money, and prevents mold growth that could pose a health risk. Neglecting to rotate items often leads to forgetting about items that are pushed to the back of the fridge or cabinet.



### *Purge:*

To keep your kitchen in order, it is recommended that you purge old items by pulling everything out of the fridge or pantry, deciding what stays and what goes, and cleaning all of the surfaces.

### *Reorganize:*

Categorizing items using bins and organizers makes everything more visible and saves time when figuring out what is needed for a shopping trip.



A word about  
expiration  
dates.

Expiration dates are not necessarily indicative of if something has gone bad. Canned goods can last beyond the sell-by date, but perishables like deli meats, require closer attention to the expiration date. Inspect and use your discretion when determining if food is still safe to eat.



## TIP : Your Grocery List

Creating a grocery list is a simple way to ensure that you remember everything you need for your shopping trip. My mother taught me that grouping items together based on their location in the store, saves time and allows for a quicker shopping experience. Over time, the need for a list may become less important. Creating categories based on the store's layout can also be helpful. Following these techniques can lead to an efficient shopping trip in as little as 15 minutes!

*Print and use the next page as your shopping list. Use the headings to group the categories of items that you need. Think about what you tend to buy more of and use the larger sections for those categories.*



GROUP ITEMS TOGETHER ACCORDING TO  
WHERE THEY ARE LOCATED IN THE STORE





# Grocery List

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# Chapter Four

## Buying in Bulk

Your weekly shopping trips will generally consist of buying produce, meats and dairy items. If you're on a low carb, keto or carnivore diet this really simplifies the shopping experience. It is totally possible to buy almost all of these items in bulk, provided that you have a chest freezer in the basement, garage or out-of-the-way area of your home. Chest freezers tend to be more economical and efficient and require less energy to operate than a traditional refrigerator so having one in addition to your regular refrigerator ends up being cost effective in the end. I found that the 7 square foot model serves a family of 3 quite nicely!







The best way to get the most out of quality meats is to purchase them in bulk from a local farm if possible. My local farm of choice allows me to buy a full steer, side, and quarter side of beef at a time. The quarter side fits very well in my 7 cubic foot freezer. With the bulk of my meat purchasing out of the way, I am free to take advantage of when meat items are on sale at my local grocery store and will only purchase them then. Having a freezer full of meat also contributes to having peace of mind as I do not have to run out to the store any time I need something for a meal. I love being able to just go to my basement and pull out what's required to make an excellent dinner!



If you do not have a local farm available to you, another way to buy in bulk would be to order from a subscription service. Subscriptions auto ship certain items to you regularly. This is also a place where a chest freezer would come in handy. Once you figure out your weekly requirements, you can store whatever is not used for the week and get ahead. You can then take advantage of your local grocery store when items are on sale.





It's most cost effective to find non-perishables and pantry items when they're on sale and purchase them only then. You can even order these items online and have them delivered to your home in bulk. Another way to accomplish this would be to join a large buyer's club. Keep in mind however, that due to the sizes of the individual containers being quite large, once opened, you will be required to use all of the product in a particular period of time.







## Tip: Better Store Brands

To save money on quality food, consider buying your local grocery store's "better" brand, which often includes organic and specialty items at a discounted rate. Some stores, such as Aldi and Trader Joe's, mostly sell their own brand and offer good quality food at lower prices. This simplified approach to shopping also helps to limit choices and reduce overwhelm.



TAKE ADVANTAGE OF GROCERY STORE  
CHAINS "LESSER EVIL" BRANDS.



# Chapter Five

## Produce



Fresh produce is best when eaten seasonally. Most of the produce that you're eating was very likely grown a great distance away, especially if it's not in season. Unfortunately, because the produce is made to travel, It's usually lacking in flavor and even contains less nutrients than something that was grown closer to home. This is because produce is picked before it is ripe so it can travel long distances and not spoil. Picking produce before it's ripe does not allow all of the nutrients to make their way from the roots of the plant into the edible portions. Sourcing local produce is the best possible way to get all of the nutrients from your fruits and veggies.





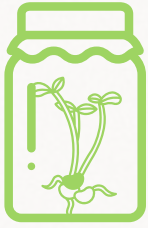


Because there are more nutrients in properly picked, organic fruits and vegetables, this is definitely where small local farms shine. Even if they're not certified organic, in most cases they tend to be more biodynamic which means they care for their soil and the nutrients that go into it. Cultivating quality soil is the primary goal of most small local farms. If the farm uses chickens, hogs and cattle to fertilize their soil, you can bet that there is a wonderful range of rich nutrients in your produce!



When you're only consuming fruits and vegetables that are seasonally grown for the area in which you are located, you can be sure that they were picked at the right time. There are several ways to do this. Finding a local farm with a community supported agriculture program or CSA, is a great way to not only support your local farm, but a great way to try new and interesting varieties of fruits and vegetables. There's nothing like being face-to-face with the person whose love and dedication created your next meal!





Another excellent way to get locally grown produce is to grow it yourself. This requires a learning curve, but if you start small with just a couple of things, you'll soon find that each year you'll have gained the experience and knowledge to grow whatever you wish. Even if it is an herb garden or sprout jar in your window sill, It's a great start. The satisfaction of growing your own food Is incredible at any scale!



If neither of these options are available to you, there are now subscription boxes that allow you to purchase produce at a discounted rate due to blemishes, overstock or misshapen items. I like to use Misfits Market. While you are not necessarily getting something that was grown locally, you are still getting high quality produce delivered to your home for a good price. Delivery services like this also allow you to purchase other items like meats, dairy and pantry items which will also lessen your need to go to a local grocery store.

[Use this link to check out Misfits Market for a special offer!](#)







## Tip: Making Produce Last Longer

Preserving your bulk produce haul/harvest doesn't have to be complicated or challenging. Here are a few tips to help you keep those fruits and veggies longer!



Wrap long and leafy items like celery and leeks in foil and put them in the veggie crisper in your refrigerator.

Use a dehydrator or blend fruits into a puree and place on a cookie sheet in the oven on low heat to make fruit leather.



Canning is a great way to make all of your hard work and/or money shelf stable for years!

Simply bag berries, cherry tomatoes and cooked veggies, and store them in the freezer.



A LITTLE BIT OF PLANNING GOES A VERY LONG WAY TO ENSURING THAT YOU HAVE DELICIOUS PRDUCE, EVEN IN WINTER!

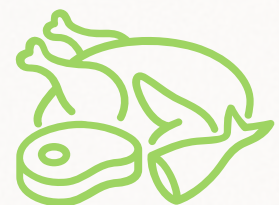


# Chapter Six

## Meat, Poultry and Fish



As mentioned earlier, buying meats in bulk is really your best bet. That being said, not everyone has the money to pay up front, nor the space to store a whole side of beef. Since, it'll be necessary for most of us to buy our meats in the store, here are some helpful guidelines to follow in making the decision of which items are worth buying. The deli counter is the first stop. There are ways to drastically reduce the wait time there. Meats, poultry and fish are an easy grab and go if you know what to look for. We'll dive deeper on how to, next!



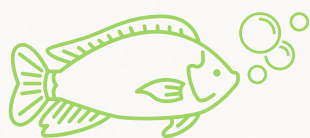


The deli counter is a great place to get sliced lunch meats and cheeses but it's not without its own pitfalls. Avoid the prepared foods as they're usually made with processed ingredients and you'll pay a premium for the convenience. Also, many processed lunch meats contain nitrates, which can cause sensitive people to experience intestinal distress. The added nitrates are what give meat a bad rap. Any study linking meat to cancer is an indictment of the processing, not the meat itself. That being said, there's a fantastic variety of non-nitrate, organic, and even "lesser evil" store brand deli meats. However, you will not normally find them at the deli counter. They tend to be located by the deli counter or further along the perimeter, near the bacon. While this also saves time as you're not waiting at the deli counter, these items also tend to be pricier.



If you are planning on visiting the deli counter you can save wait time by using the deli kiosk some stores place right by the entrance. You can put your order in as soon as you get to the store. Just like the old days when they would give you a ticket with a number on it, they will call your number when your order is ready over the loudspeaker.





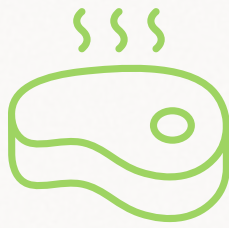
Fresh fish is generally a healthy food choice, but selecting quality fish can be challenging due to environmental contaminants and overfishing. Farm-raised fish, such as salmon, can have high levels of inflammatory omega-6 and require antibiotics due to the unnatural diet and close quarters. Large fish, like tuna and swordfish, have higher mercury levels due to the concentration of the metal from the many smaller fish in its diet.



The best fish options are smaller varieties. There are some brands of canned tuna that specifically indicate on the label that they are from younger and smaller fish. That being said, it's still best to limit canned tuna to only once a month. Wild salmon is a much better choice than farmed, but the price tends to be higher. Be aware of breaded frozen fish products. They tend to be loaded with processed flours and seed oils. This more than negates the health value of the fish itself. Imitation crab meat is another option to be aware of. It is just another processed food that may even contain gluten. If you're on a low carb diet, this may not be a good choice. It's best to stick to raw, fresh and frozen, plain fish, and shellfish as a general rule.



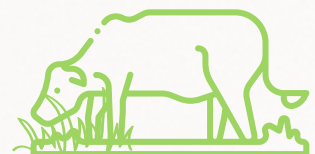




Most of the beef that you see in the store has been finished on grain and corn. That means that it did, in fact, eat grass for most of the time, but towards the end, it was fed grain and corn to increase the fat or marbling. This makes for very tasty steaks, however It increases the levels of omega 6 fatty acids which are not necessarily bad in moderation, but due to the excess levels in the Standard American Diet, they are being shown to be very problematic.



Grass fed, grass finished beef contains a better fatty acid profile with more omega 3 fatty acids. These cuts of meat tend to be a little leaner and the fat profile is a little different. In most cases, it is best to try to get grass fed whenever possible even if the beef is not organic. If you find this out of your budget, don't worry, eating conventional beef is just fine most of the time.





Pork has been a controversial choice throughout history. Many cultures and religions forbid eating pork for very good reason. Pigs and humans share very similar physiology as well as diseases and parasites. This notion alone turns some people off. However, most people cannot resist a nice crispy slice of smoky, salty bacon. Recently, the standards on pork have been severely loosened. This is great for the industry but not so great for the consumer. Choosing pork products wisely and limiting it, might be in order. Try to select unprocessed pork chops and loins. There are also delicious, uncured, non-nitrate bacon brands for your weekend breakfasts. I like to bake the bacon in a glass baking dish, and save the rendered lard for cooking. It makes an excellent dairy free alternative to butter for most of your cooking needs!







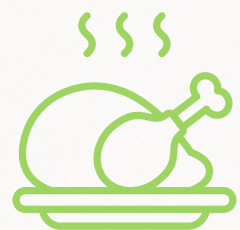
Chicken, turkey, duck, and goose are excellent, tasty, and healthy choices and also come with labels like organic, free-range, and natural or antibiotic-free. Once again, organic is defined by the diet of the poultry.

Chicken is the most widely available form of poultry and is a great, lower cost option for a special occasion or regular weeknight dinner. Contrary to some of the popular information about its health benefits, choosing pieces like legs and thighs with the skin on and on the bone, provide a far better and more satisfying nutrient profile than boneless, skinless white meat. Making up a large batch of thighs for dinner means having a delicious and easy lunch the next day.

Turkey can also be a "heritage" breed which means that it is an original domestic breed that's more closely related to its wild cousins. These birds tend to be leaner and a bit richer in flavor but the overall nutrient value is much higher. Because of this, they are definitely more expensive.

Duck is a little less commonly found but is incredibly delicious. Again, due to its rarity, it tends to cost more per pound but periodically adding it into your meal plan rotation, is a great treat. Duck fat is sometimes sold nearby. It is a decadent frying fat for veggies and is a perfect butter replacement for special occasions.

Goose is very rarely found in a typical grocery store in the US. They tend to show up around Christmas and can be an excellent alternative to turkey for special occasions.





# Chapter Seven

## Eggs and Dairy



When it comes to making healthy choices at the grocery store, selecting the right kind of eggs and dairy can be a challenge. With so many options available, it can be difficult to know which products are truly healthy and sustainable. However, by understanding the different factors to consider and making informed choices, you can make sure that the eggs and dairy products you buy are not only good for your body, but also good for the environment. In this chapter, we'll explore some tips for selecting eggs and dairy that are healthy, sustainable, and delicious.



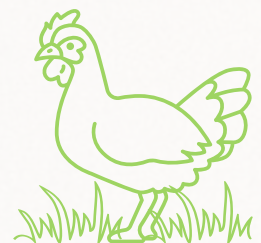


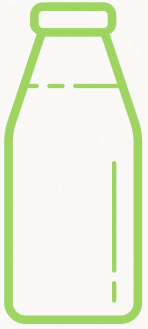


Due to inflation, eggs have almost become worth their weight in gold. Eggs are a near perfect food. Despite past controversies about cholesterol levels, eggs, particularly the yolks, contain nearly all of the amino acids, vitamins, minerals, and fatty acids required for a healthy diet. Organic eggs are from chickens that were fed organic feed. They may or may not have been caged for their entire life. Cage-free means that they were not in a cage and allowed to walk around and eat grubs to supplement whatever diet was provided for them. This does not necessarily mean that they actually did leave their cage. Free range means that the chickens had a larger area to go walking about and also eating whatever they would find in nature.



The holy grail of eggs is by far, pastured. These chickens live a nearly 100% natural life a chicken would lead in the wild. They're free to roam about a pasture in which other animals had been living. This is the healthiest diet for a chicken and these chickens produce eggs with a very deep orange yolk. If you can find and afford these eggs, I highly recommend it!





There are many types of dairy products available, including grass-fed, A2, organic, raw, homogenized, unhomogenized, and lactose-free. Grass-fed dairy comes from cows that only ate grass during milk production, which increases the omega 3 content and is more nutritious and less inflammatory than regular dairy. A2 dairy contains a different type of protein that tends to be more easily digestible. Organic dairy is from cows that are only fed organic grass and/or grain. Lactose-free dairy has had lactase, the enzyme that breaks down lactose, added to it to avoid causing intestinal distress for the lactose intolerant.



Raw dairy products are made from milk that has not been pasteurized. This means that it was not processed like regular milk. Pasteurization is a mechanism of applying low heat to the milk to kill off pathogens, but it also kills beneficial bacteria and alters the milk proteins. Some people find raw milk much easier to digest. Raw dairy products are usually found in health food stores and if you're lucky enough to live close by, you can get it right at the farm! Raw dairy is also not homogenized like regular milk which means the cream rises to the top. The cream can be mixed back in or skimmed off of the top and used in your morning coffee!







# Chapter Eight

## Saving Time and Money

Learning to shop the perimeter is a game changer! Most grocery stores are laid out in the same manner. Because real food requires refrigeration, all of the unprocessed foods are located around the edges of the store. If you're following a diet that consists mostly of real food, this is the area in which you are going to spend most of your time. There will always be the occasional trip down the middle to get pantry items or dry goods such as coffee, tea, or condiments, but these things can be bought in bulk all at once and stored in a pantry for later use so you're not running to the store every week to grab them.





I like to park next to the carriage return. This way when I return with my groceries and I pack up my car, I'm able to return the carriage right there. If you're using the deli kiosk, start your grocery shopping trip on the opposite side of the store as the deli counter, this way when you get there, your order should be ready for you to grab and go!



Use your local grocery store's coupon app. Most grocery stores now have their rewards made available inside of a convenient app. This not only makes it easier to actually save money, but you'll be earning points towards gas or more groceries while you shop! Another excellent technology is the hand scanner. When your local store's app is installed on your phone, you are able to go into the store and associate it with the scanner. I find it's easiest to just bring all of my grocery bags in, Place them in the carriage and take the scanner on my grocery trip with me. When I've completed my shopping, I only need to scan the barcode at the register. This saves an incredible amount of time!

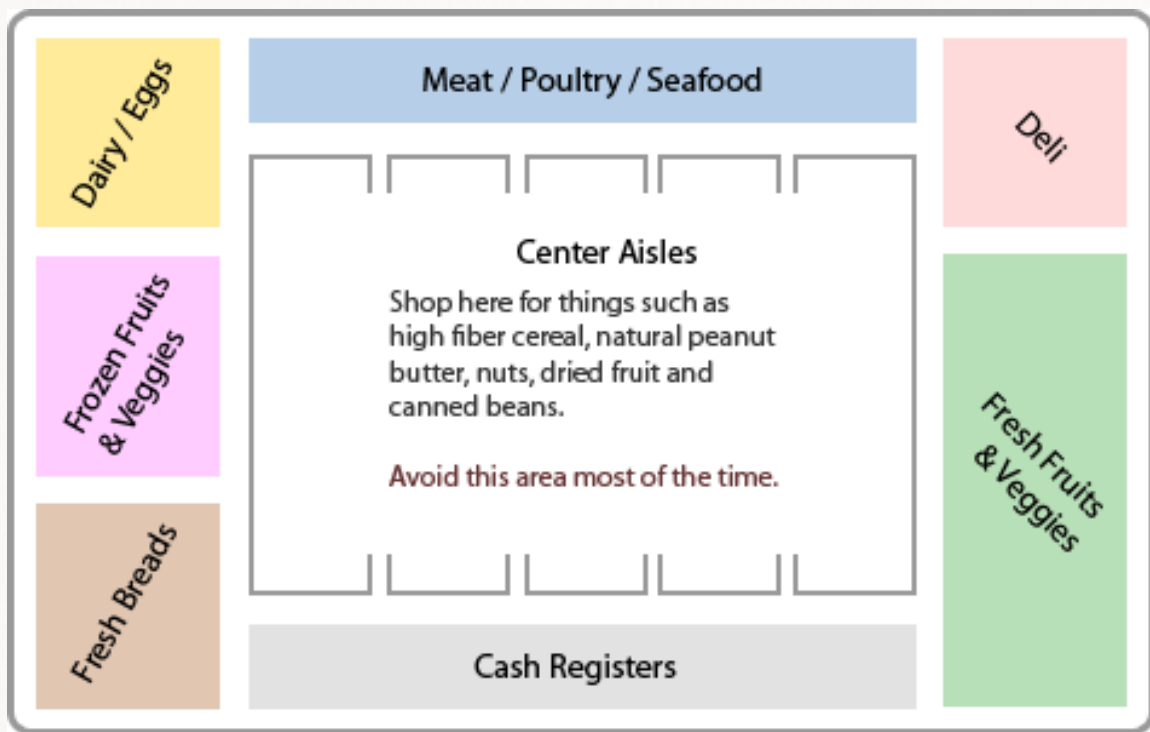






## TIP : Shop the Peremeter

Shopping for fresh produce, meat, and dairy along the edges of the store can lead to healthier food choices, save money, and time since there are fewer aisles to navigate.



SHOPPING THE PEREMETER IS A GREAT WAY  
TO SAVE TIME, MONEY AND YOUR SANITY!



# What About Grains and Dairy Alternatives?



When you're following a low-carb, paleo or keto/carnivore diet, these items are consumed sparingly or omitted entirely. This saves time, money, and overall health by focusing on only nutrient-dense foods. Also, grains contain lectins, oxalates and other anti-nutrients. Because grains are actually seeds, they pull as many nutrients from their environment as they can to grow. When you ingest grains, you are the environment! Due to the insoluble fiber content, those absorbed nutrients then leave the body as well and create deficiencies.



Since some people cannot tolerate dairy, it might just be best to avoid it altogether, including the alternatives like oat, almond, soy, cashew, hemp, and flax. These tend to be bad for the environment and contain seed oils. The best alternative is coconut milk.







# Conclusion

I hope all of the information provided in this little handy guide has now helped you to become a better informed, more efficient and frugal shopper. Now when you need groceries, you can squeeze the time in and not have to spend an entire afternoon or plan your life around your shopping trip!

*If you've enjoyed this guide and you've gotten some value out of it, please consider checking out my other guides coming out soon!*



# One Sheet Recap

1. Follow the Dirty Dozen/Clean 15 list
2. Practice meal planning
3. Utilize meal prepping
4. Organize your pantry/fridge
5. Rotate stock
6. Purge bad/old items
7. Use organizing bins
8. Use a categorized grocery list
9. Buy meats in bulk from a local farm or subscription box
10. Buy non-perishables in bulk from a buyers club store
11. Take advantage of “better” store brands
12. Buy produce when in season
13. Find a CSA
14. Grow your own
15. Order online via subscription boxes
16. Preserve extra produce
17. Use the deli kiosk
18. Stick with wild-caught, plain, fresh, or frozen fish
19. Grass-fed beef is better
20. Choose non-nitrate cold cuts and pork
21. Choose bone-in, skin on, dark meat chicken (organic is best)
22. Organic eggs are good, free-range is better, pastured is best
23. Organic dairy is good, grass-fed is better, raw is best
24. Shop the perimeter
25. Park next to the carriage return
26. Use the store’s coupon app and hand scanner
27. Avoid/limit grains
28. Coconut milk is the best dairy alternative





# About Me

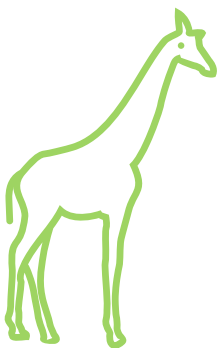
Hello! I'm Tania Abbatello a citizen scientist, holistic healing hacker, wellness educator, NASM certified nutrition coach and Kundalini yoga practitioner.

I have a BS in Biology , a background in IT troubleshooting, and a wealth of clinical experience in medical labs, hospitals, and dental clinics. This enables me to seek answers to complex health issues through medical research, understanding, and practices.



During my life, I have faced many health ailments. I've been misunderstood, misdiagnosed and mistreated. The delayed proper treatment and mainstream lack of understanding of these issues, has forced me to seek answers elsewhere. I've researched modalities that were outside of "societal norms" and learned to turn inwards to truly listen to myself.

I honor that prevention is so much better than cure in my coaching practice. I work alongside my clients to empower them to make decisions for themselves, take control of their health, and enrich their spirituality along the way. My mission is simple yet undeniably effective: to teach people to heal themselves!





## NOTES

*date:*

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