

25 Peachy Tips To Help You Feel Amazing On A Gluten-Free Diet



FOOD – IT'S HERE TO NOURISH AND ENERGIZE YOU!



- Let's be honest - any change always presents challenges at the beginning. It takes time and discipline to learn a new way of eating - but it's so worth it and trust us, after that initial period, it gets so much easier! In fact, once you have your go-to's down, it's just as easy to eat refined food as it is to eat healthily!
- Take baby steps and start by focusing on Whole, nutritious foods, such as vegetables, fruits, whole-grains that are gluten-free, beans, lentils, nuts, and seeds.
- Enjoy fruits in season. Do a quick google search to learn about the Dirty Dozen and the Clean 15. Use frozen berries for tasty and nutritious shakes.
- Watch out for sugar, starch and refined oils in gluten-free packaged foods - most are full of them. Pay attention to how these refined foods make you feel and try to reduce them.
- Learning and discovering is so much fun, especially when it's about feeling amazing! Dedicate a little bit of your "winding down" time few times a week to learning what organic and whole grains mean. How does food contribute to your wellness as fuel and medicine? Listen to your body and how certain foods make you feel.
- Try a few recipes and start creating a repertoire of your delicious and easy favorites. Save the ones you really like and your list will grow quickly. Your list doesn't need to be long, because you will want to make them again! Some ideas include:

- Sandwiches
- French toast
- Gluten-free snacking bars
- SOUPer simple vegetable soups
- Salads- they don't have to be boring. Add toasted nuts, seeds, lots of other veggies, beans, quinoa, arugula, and sprouts



25 Peachy Tips To Help You Feel Amazing On A Gluten-Free Diet



COMMUNITY – YOU HAVE FANS READY TO CHEER YOU ON IF YOU KNOW WHERE TO LOOK!



- 1. Talk to your family and friends about your gluten-free lifestyle. Be candid and open so they can understand what gluten-free means and support you.
- 2. Focus on the positives and find the support you need.
- 3. Whether you were diagnosed with celiac disease or an allergy, have a gluten sensitivity, or because you just feel better gluten-free, you are taking control of your health and it is not a fad diet, educate those who do not understand.
- 4. Find gluten-free recipes to make together that everyone can enjoy. Enjoy a delicious gluten-free meal at a nice restaurant with family and friends.
- 5. Find a support group on social media or in person. You can find recipe ideas, best practices, products, and restaurants to check out!
- 6. Volunteer at a local organization you are passionate about or do something nice for a friend.










25 Peachy Tips To Help You Feel Amazing On A Gluten-Free Diet



MOVEMENT – MOVE EVERY DAY!



-  You don't have to be a professional athlete to get your move on! Go for a walk. Get out in nature. Connecting to nature and your body will keep you grounded and help you be more in the moment, which is never a bad thing.
-  It seems it's always a bit of a challenge to fully wake up after getting out of a cozy bed in the morning. There is no better way to say good morning and wake up your body than a few deep stretches right as soon as you get up, still in your PJs. Downward dog or bending down and touching your toes are our favorite!
-  Aim to cook at home three times a week. The rest of the week, do whatever you want! Get your favorite takeout, order-in or if you're traveling, get some GF room service! On the nights you do cook at home, work with your partner or friend to cook together. Get up on your feet and move about the kitchen. We have some super easy recipes from our friends at @lemonsandleggings that will really help you live your best life!
-  Park in the back of the parking lot and take the stairs.
-  Track your steps. Use a Fitbit or tracking device for extra motivation.
-  Do yoga. Find a class near you or follow along with online videos from the comfort of your living room.
-  Dance in your kitchen, when walking your dog, or in front of your mirror. Try a standing desk at work. If you can't, then at least get up every hour and stretch those muscles.









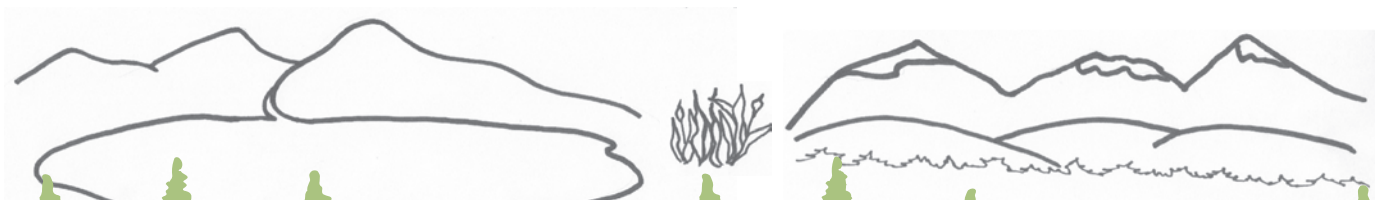
25 Peachy Tips To Help You Feel Amazing On A Gluten-Free Diet



LAUGH AND SMILE – DON'T TAKE YOURSELF TOO SERIOUSLY!



-  Express love and gratitude. Keep a gratitude journal. As you continue throughout your day, make a mental note of things you are grateful for. Right before you head to bed, consider writing them down and writing down any of your additional thoughts from the day.
-  Give a hug to someone every day. Physical touch is fundamental to human development and well-being. Studies show that physical touch activates the part of the brain linked to reward and compassion. It builds trust, soothes, strengthens the immune system, and is necessary to communication, health, and well-being.
-  Do you have any pets? Talk to them! Talk to them while feeding them, taking them for a walk, or cuddling on the couch!
-  Don't be afraid to be goofy a little bit (or a lot of bit!)
-  Watch a funny video or show on a regular basis. Try some stand-up too!
-  Listen to your favorite song, belt it out in the car, and dance like nobody's watching!





25 Peachy Tips To Help You Feel Amazing On A Gluten-Free Diet

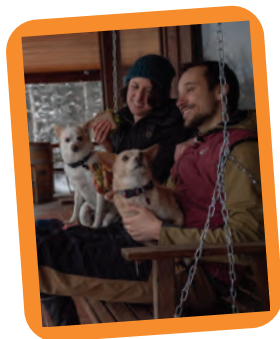


ENVIRONMENT – WE ALL HAVE A RESPONSIBILITY TO TAKE CARE OF THIS BEAUTIFUL HOME WE HAVE BEEN GIVEN.

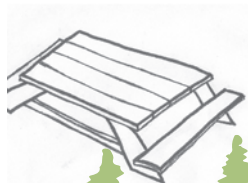


- Find ways to recycle and reduce your environmental impact.
- Connect with nature - get outside!
- Grow plants that are native to your area to support the local ecosystem.

FIND THE PURPOSE



- OK, happy campers, now we may get too sappy here, but we have to say it because we just believe it with our whole hearts.
- Choose the person you want to become. Be true to yourself and listen to your heart. Believe in love and the good. There are no shortcuts to the true-life journey and it is often treacherous. Embrace challenges life throws your way. They're teachers to help you become the best version of yourself. Dare, dream and choose adventure, whatever that means to you.
- Never stop learning, exploring, playing, and having fun. In short, be a happy camper.





Meet Your Bakers

We're Jan and Lacy. Back in 2010, we were a couple of college kids with a passion for all things healthy - especially food! We founded Happy Campers Gluten-Free with the desire to share wellness and our appetite for adventure. Sometimes that adventure takes a few unexpected turns, as did ours with a major battle with chronic illness.

Today, we're as passionate as ever about sharing our wholesome ancient grain bread with the world. It fuels our craving for everything life has to offer and reminds us that you can be a Happy Camper, regardless of what kind of slice life deals you! So get out there, eat a sandwich, give lots of hugs and high fives and be a happy camper with us!

We look forward to sharing more detail, resources and the "how-tos" on all these topics with you. Let us know your comments and questions, we'd love to hear from you! And please, let us know what tips are working for YOU to thrive in your gluten-free lifestyle! There is so much we can share and learn from each other and we can't wait to begin the journey.

Lacy + JAN

