



GRACE
FAT LOSS METHOD

5 Essential Foods - These 5 essentials make all your foods taste delicious and help you lose weight!

“Stock your kitchen with these 5 Essentials to bring more flavor and taste to your food while satisfying your brain and body”- Grace Suh, the creator The Grace Fat Loss Method™

Disclaimer: This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided herein is for educational purposes only

5 Essential Foods high in Umami : aka the Yummy factor

Add one or more of these Umami foods to your dishes and recipes. You may find all of these ingredients at your local health food store or online.

1. Fish flakes (aka Bonito flakes)

- add to salads, sauces and sprinkled it on grilled or seared meats
- use a pinch
- high in minerals and has some omega 3 oils

2. Shiitake mushroom

- may be used minced or whole
- great to sauté with
- medicinal food in Chinese Medicine
- helps balance blood sugar and de-stresses the body and mind
- reduces inflammation

3. 100% Organic Tomato Puree

- add to soups, marinades, meats, sauces
- versatile

4. Seaweed Paper

- makes a healthy snack
- may be used to wrap avocado, turkey and chicken slices
- supports healthy skin
- promotes liver detox and helps keep your bowel movements regular
- high in minerals and is considered a super food

5. Coconut Aminos

- add to sauces, marinades, salad dressing
- replaces soy sauce, tamari sauce and sugar