

## A Deep Dive into the Spiritual Practice of Nutrition, Nourishment, and Food Justice with Rev. Megan

### An Invitation to a Community Whole30 Program: September 11th - October 10th

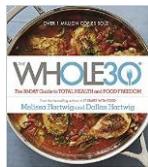
Some of my core spiritual practices are tied to concrete daily wellness practices. I am specifically passionate about how nutrition can be both physical and spiritual nourishment. In a world where it is all too convenient to grab a delicious packaged treat full of mystery ingredients from a producer we will never meet, I believe our bodies and souls long to get back to the root of things. Our bodies yearn to get back to whole nourishing foods, and our hearts call us back to the roots of community and connection with the people who produce the food.



While I have always been passionate about nutrition, a huge turning point in my physical and spiritual relationship with food and nutrition came when I did my first round of the Whole30 Program. For more extensive details you can visit: <https://whole30.com/> Basically the Whole30 program is a 30 day challenge focused on eating whole nutritious foods, while cutting out a lot of the foods that may not be making us feel our best. In short, you focus on eating a ton of vegetables, some fruit, a good amount of healthy fats, and some ethically sourced meat and eggs. The foods that are out for a month include sugar (and sweetener of any kind), grains, legumes, dairy, soy, and alcohol. I know, I know, how daunting! I thought the same thing! But I am so happy with the results of this program. It gave me a greater mindfulness about cooking, local shopping, and what a huge difference eating optimally made for my physical energy and spiritual clarity.

I am excited to invite a community of people to do this together because it is not only fun, its also supportive. I have learned so much about how to meal prep, where to shop, recipes, cooking tips, and discerning a healthy relationship with food. A core hope for this group is that I can share my knowledge through classes, shopping field trips etc... I also plan to have daily and weekly support in community through the internet, phone calls, and in person meetings. Once we get the group together, we can all decide on what might work best in in our schedules. I already have 2 awesome people signed on. Are you next? If you are interested in joining this challenge group, or have lots of questions before you commit, please reach out to me: [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

Also, I highly recommend checking out the Whole30 books.



*The Whole30: The 30-Day Guide to Total Health and Food Freedom:*

<https://whole30.com/whole30book/>

This book provides a basic outline of the program and a great cook book



*IT STARTS WITH FOOD:* <https://whole30.com/itstartswithfood>

This book goes in depth about the nutrition, physical, and emotional science behind the program