



Kimberly Paige's

**SUPER SIMPLE
NUTRITION GUIDE**



Simple is Super

I don't believe in having a lot of food rules. If there is a rule, it's bound to get broken. When we break rules--even our own, or maybe especially our own--we tend to feel guilty and self-critical.

Ain't nobody got time for that.

I do, however, believe in guidelines around food. Guidelines are like rules' kinder, gentler, infinitely more compassionate cousin. So read on, my friend, and I will share my 5 Super Simple Nutrition Guidelines



#1 Base Your Diet on Real Food

I told you it was going to be simple, right? I see people go on complicated, detail-oriented food plans all the time. They typically don't last long because these details derail them and they give up.

Don't do that to yourself. Keep it simple. Simple is easy.

So, what does it mean to base your diet on real food? It means as much as possible choose food that is in its natural state or minimally processed. A lot of real food doesn't require a label--like fruits and vegetables. Other real foods like eggs, nuts, or seafood may have a label but it doesn't include a long list of ingredients.

Basing your diet on real foods means limiting the amount of packaged, convenience foods that you include in your diet. One easy way to do this is to do most of your grocery shopping around the perimeter of the store. This is where the produce, meat/seafood, and freshly prepared deli items are typically located.

#2 Increase Your Vegetable Consumption

Eating a whole bunch of vegetables on a daily basis does a couple of pretty awesome things for you:

- It allows you to feel fairly full and very satisfied without consuming excess calories. I hate to feel deprived and I don't like to experience chronic hunger. I do not want you to feel deprived and hungry either!
- Vegetables are super nutritionally dense. Your body is **happy** when its nutritional needs are being met. You are much less likely to experience cravings and urges to overeat when your nutritional needs are satisfied. **Vegetables rock.**

Gradually increase your intake of vegetables until you are eating about 5 to 7 servings (or more, if you like!) of vegetables per day. A serving size is approximately 1 cup of raw or cooked vegetables or 2 cups of leafy greens.



#3 Strive for a Balance of Macronutrients

Macronutrients are protein, carbohydrates, and fat. My recommendation is that you eat pretty evenly balanced amounts of each macronutrient. That's right--not low carb, not low fat, just a nicely balanced diet.

That being said **all protein, carbs, and fats are not created equal:**

- When available choose **higher quality proteins** such as grass-fed beef, organic & hormone-free, chicken, etc. Limit lower quality and highly processed proteins like packaged sandwich meats.
- When vegetables make up the majority of your carbohydrate consumption, you are **GOLDEN**. Limit processed carbs like packaged chips, crackers, breads, and pasta.
- My favorite choices for fats are avocados, avocado oil, coconut oil, olive oil, butter, nut butters, and nuts. **Yum!** Limit your consumption of deep-fried food (sorry French fries) and foods cooked in or baked with partially hydrogenated vegetable oils.

Per gram, fats are more than twice as calorically dense than protein and carbohydrates. So volume-wise you will be consuming less fat than the other macros. Please do not be afraid to eat healthy fats--they will actually assist you in meeting your goals, really, truly...don't be afraid of foods naturally high in fat.



*Here's an example of a balanced plate (not **perfectly** balanced down to the last gram or calorie, just generally balanced). More than half of the plate is vegetables and there is a decent size portion of protein (prawns). The fat in this dish (butter and peanut sauce) is included in the cooking process.*



#4 Include **Fun Foods or Treats in Your Diet Every Single Day**

Food is fuel *and* food is meant to be enjoyed. No foods are off-limits and if the majority of our diet is made up of real foods there is room for some indulgence every day.

Daily treats are better than weekly cheats, for sure. Weekly cheat meals tend to consist of eating a whole lot of food that you consider to be off limits in your everyday diet and lead to a binge mentality.

Daily treats are all about indulging in moderation. They are anti-binge and pro-self-love. They are a daily dose of pleasure that does not get misused or abused like a cheat meal.

So how do you moderate your treats? My recommendation is to allot about 200-300 calories for your daily treat. You don't need to track your calories day by day or get rigid about this, just know that your daily treat is a piece of cake not the whole cake, lol.

Some days your treat may be bigger than other days. Maybe your slice of cake is replaced with a glass of wine the following day. The idea though is that you are not saving up your treats so that you can go really hog-wild on the weekend.

The goal is to have a diet that is flexible and fulfilling enough on a daily basis that there is no need to feel you need to go off of it. You are not on a diet. You don't need to go off your diet. You choose real food most of the time, eat a shit-ton of vegetables, and allow yourself to eat foods just for the fun of it everyday.

Simple Simon.



#5 Focus on Progress Not Perfection

Have you heard of the “Slight Edge”* philosophy? It’s one of those crazy-simple and totally profound concepts. The basic idea is that small, simple changes in your habits maintained consistently over time shift the outcome in a BIG way.

Relatively small changes –like eating more vegetables on a regular basis or walking an extra 10 minutes on your lunch hour every day--will add up over time.

It sounds easy. Maybe you are even a little bit inspired (I hope!), but here’s the trick:

These small changes are easy to do AND they are easy not to do.

It’s like they’re so small we tend to think it doesn’t really matter. But it does matter...
over time it matters BIG TIME.

Because time is a big part of this equation!

When you do these small things, you will probably not see any immediate positive effects. On the flip side, if you don’t do these small steps you won’t notice any immediate negative consequences.

But—oh my gosh, this is huge! **Tune in here!**—over a period of years, the effects of these seemingly inconsequential choices become crystal clear.

The beauty of looking at our health through the lens of the slight edge philosophy is that it does not require us to make broad, sweeping changes. Instead we focus on the little things that we can do each and every day to move ourselves toward better health.

It's the slow, steady, gradual, boring, day- to-day stuff that shapes who we are.

*Jeff Olson is the author of the book *The Slight Edge Philosophy*



Bottom Line = Don't Over-Complicate Your Eating

Keep it Super Simple.

Eat mostly real food.

Eat lots of vegetables.

Don't be afraid of carbs or fat, but be aware that all types are not the same.

Treat yourself to daily small indulgences.

Make small consistent improvements and let go of the idea of perfection.

XO,

Kimberly Paige