

How to Start



Eating

Real

Food

First, what the heck is real food and aren't I eating it already?

Real food is defined as whole, minimally processed food.

It is food, as real as it gets.
Not from a factory, from the soil.

There are more nutrients and less artificial chemicals (think enhancers, stabilizers, thickeners, flow aids, preservatives and flavours), which means it can tell you when you're full (really full, as in "we have all the nutrients we need for now and are ready to get to work, so stop eating so I can do my job!")

Real food feeds your body,
makes you feel great
and leaves you glowing.

Real food leaves you satiated for hours, stabilizes your blood sugar for long term energy, reduces inflammation and delivers macro and micro nutrients to every corner of your body.

It's easy.

Let's start now!

Start your day right.

Eat a good Breakfast.

So many think breakfast is a waste of time and just not worth it, but eating a hearty meal before you start your day is a great way to adjust your cortisol levels, kick start your brain and have a slow and steady release of energy to power you through the morning.

But what should you eat?

For starters, kick your cereal habit! Most cereals are highly processed foods, high in sugar and low in everything else you need.

Want to be a Cereal Killer? Print off my handy cereal alternatives!

What we need to start our day right:

Make sure you get some protein!
(eggs, yoghurt, sausage, beans)

Include some good fats in your meal
(avocado, cheese, coconut)

Gets lots of fibre
(veggies, whole grains, fruit)

Think about breakfast as just another meal, which opens up tonnes of options for what you can have! Dinner for breakfast? Yes please!

Getting through the afternoon...

So many people complain about the dreaded afternoon slump, but this doesn't have to happen!

Wolf down that cream cheese bagel before heading back to your desk? Not enough!

The afternoon slump is what happens when you eat a lunch lacking in some protein, fat and fiber.

Lunch is an amazing chance to load up on flavour and nutrition- pack your lunch full of veggies, leftovers or a new creation.

Whole Bowls can be made ahead of time for busy weekday solutions.

Spinach and feta quiche with fruit salad-great for energy!

A stew on Sunday tastes better the day after! Load up with veggies and enjoy with a thick slice of sourdough.

Shredded beef tacos with tomato salsa and guac. Bring extra to share...

Chicken skewers, brown rice palif and a big salad-everything can be made ahead of time!

Tuna melt on sprouted grain bread, chock full of celery, carrots and peppers and smothered in grass fed cheddar.

End your day right!

Love ending your day with a big meal? Make it real food and this is a great idea! Dinner is a way of preping your body for the "fast" (aka, sleep) you are about to have, so fuel it with all the stuff it loves!

Filling up on nutrient dense foods is also a great way to curb the late night munchies that hit so many of us. Eat a balanced meal, and that can keep your blood sugar from plummeting, which keeps you from running to the snack cupboard.

This is also the time to plan for tomorrow-make extras that can be easily be recreated into mouthwatering, enviable lunches.

Here's an example of smart planning in action!

Slow cooker beef, mashed baby potatoes with skin and sauteed leeks (a family fav!), roasted veggies and mixed greens with berries, pecans and goat cheese.



Shred leftover beef for tacos!

While the roast is cooking, make fresh salsa in the food processor and fresh guac in a bowl. Put right into containers for work the next day!



Use undressed salad as base for whole bowls, add roasted veggies, sliced avocado, and leftover palif and chicken skewers from another meal. Dress with viniegrette from dinner.



Throw leftover beef in slowcooker overnight with veggies, stock and thickener for delicious stew the next morning. Pour over mashed taters for a hearty lunch. An apple rounds it off.

Don't Forget:

Big changes can't be made overnight!

To make these improvements stick, start making a few adjustments at a time, try new recipes to find your new family favourites.

When you do take the time to cook a delicious and nutritious meal, make extras!

A little extra work means a lot less work later!

Keep a well stocked fridge and pantry for quick meal solutions. When your scrambling for anything to eat, quick and easy meals are better than ordering out.

Make sure to have fun and love what you're cooking! Make it a family affair, play some music, taste as you go.

Life is too short to eat food you don't like.