

NUTRITIONAL BLUEPRINT



*Keep it Super Simple
and
Make it Your Own*

Everyday Awesomeness

Hey ladies! This is your nutritional blueprint, a guide to creating a way of eating that works for you long-term. It's a guide, not a rule-book. You get to fill in all the details so that your plan is aligned with your tastes, preferences, and goals.

Let this process be enjoyable--you are discovering what works for you and what doesn't. When something doesn't work that doesn't mean you have failed, it means you have gained valuable information.

I am not going to give you a meal plan in this program. Why? Because I don't want you to count calories, track macros, or weigh your food. I want you to focus on consistent moderation and apply my 5 nutritional guidelines to your everyday diet.

If you've read my *Super Simple Guide to Nutrition* you know that my 5 guidelines are:

- #1 Base your diet on real food
- #2 Increase your vegetable consumption
- #3 Strive for a balance of macronutrients
- #4 Include *fun* foods or treats in your diet every single day
- #5 Focus on progress not perfection

People tend to be either too loosey-goosey with their diet (and don't see results) or they are too rigid with their diet (and are unable to maintain it). We are on a quest for your happy medium, or your sweet spot, where you are making enough changes to see results, but not being so restrictive that you cannot sustain this way of eating for the long-term.

So how do you apply these guidelines in real life?

I'd like to see you eat fairly regularly throughout the day. You don't have to eat right when you get up if that's not your thing, but please don't go all day long on very little food. The goal is to keep your metabolism humming and your blood sugar relatively stable.

Some General Recommendations

- Eat 2 to 3 meals and 1 to 3 snacks per day. Some people like smaller portions more frequently, others prefer larger portions spaced farther apart. **You get to determine what works best for you.**
- **Aim for fairly equal amounts of carbohydrates, protein, and fats** (remember fats have more calories per gram than protein or carbs—9 vs. 4—so volume-wise you will have more protein and carbohydrates on your plate)
- **Begin incorporating more vegetables into your meals and snacks**—most carbohydrates should come from vegetables and fruits rather than processed carbohydrates like pasta, bread, rice, etc.
- **Eat food that tastes good!** Seems obvious, I know, but surprisingly many of us are willing to eat food that is pretty “meh”.
- Build treats into your day, every day. Treats can be anything that you don't necessarily consider to be healthy, but you really enjoy. And then do that... enjoy! **Savor the experience of eating your food.**
- If you have a setback—maybe you overeat or make a choice that you feel guilty about—accept it and move on. Perfection is not the goal. **We are shooting for a gradual progression toward your goals and establishing life-long habits.**

Sample Menu (a.k.a. What I Ate Today)

- Snack #1 (8:30 a.m.) = approximately ½ cup of roasted, unsalted cashews
- Meal #1 (12:30 p.m.) = Portobello mushroom cap topped with Canadian bacon, tomato, mozzarella, 3 fried eggs and sautéed (in coconut oil) onion, asparagus, artichoke hearts (canned) and roasted red peppers (jarred)
- Snack #2 (2:30 p.m.) = protein shake/mocha consisting of 1 shot espresso, 1 cup unsweetened vanilla almond milk, ½ tablespoon-ish Ghirardelli dark chocolate sauce, ice, 1 teaspoon cinnamon, ½ banana, and 1 scoop Isagenix protein powder blended.
- Meal #2 (7 p.m.) = sautéed (in avocado oil) veggies (onion, Brussel sprouts, baby carrots, red cabbage, broccoli, kale) and about 6 oz chicken with about ½ tablespoon pesto (store bought)
- Snack #3 (9:30 p.m.) = 2 of my *very, very special* margaritas consisting of 1 oz Skyy Blood Orange Vodka, 1 oz Sauza Silver Tequila, juice from ½ lime, and tonic, served martini style with a salted rim



Observations/Comments about Sample Menu

- This is a pretty typical day of eating for me. I don't eat the same thing every day, but I do tend to follow this pattern of 2 meals & 3 snacks with one of my snacks being a "treat".

- Notice how the meals have a nice balance of carbohydrates, protein, and fat and primarily consist of "real food" including 4 or 5 servings of vegetables in each meal.

- The first 2 snacks are also pretty well-balanced as far as macronutrients are concerned.

- The third snack (the *very, very special* margaritas) has absolutely no nutritionally redeeming value, but it something that I thoroughly enjoy.

Therefore, it **must** be included in my personal blueprint!

- Remember that some days you will be hungrier than others, some days you will be more stressed out than others...while the overarching goal is consistent moderation there will be lots of variation between days. This is to be expected and is A-OK!



Meal/Snack Ideas and Hacks

Cooking and preparing food from scratch can be very time consuming. I know that a lot of you feel your time is already stretched to the max.

So, let's make this work for you! Following is a list of quick and convenient snack and meal suggestions. This list is by no means comprehensive and I would love to hear some of the healthy and simple options you've come up with on your own.

Snacks

- Baby carrots and hummus
- Apple with peanut butter
- Deli meat and cheese roll-up
- Sliced cucumber topped with tomato and tuna
- Tuna and salsa
- Cashews
- Hard-boiled egg with guacomole
- Plain Greek yogurt (full fat) with blueberries
- Protein shake
- Prosciutto-wrapped asparagus or cantaloupe
- Beef jerky
- Sliced mozzarella and tomatoes
- Protein bar (low sugar)
- Sliced zucchini and spinach dip

Meals

- Steamed broccoli and pre-made turkey meatballs (available at a lot of grocery store delis) tossed in low-sugar marinara
- Sauteed chicken strips and mixed frozen vegetables in low sugar peanut sauce or pesto
- 3 egg scrambled with spinach, red peppers and mozzarella
- Lettuce wrapped sliced turkey, bacon and tomato "sandwich"
- Baked Portobello mushroom topped with Canadian bacon, tomato, canned artichoke hearts and mozzarella
- Baked sweet potato topped with butter and Greek yogurt (full fat)
- Pre-cooked baby shrimp mixed with Dijon mustard served over steamed mixed veggies (pre-packaged) with diced tomatoes and cheddar cheese

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