



SIMPLE EATING Guide

KEEP it SIMPLE!

Here's a **SUPER** simple list of a just few ideas for **Breakfast, Lunch, Dinner, Snacks & Drinks** for those who really struggle simplifying their eating habits **IN ORDER** to put their health on the right track.

This is definitely not ***THE ANSWER*** to any weight loss issues, but it **IS** a good start!

It's not going overboard on health foods, or low fat anything, just simple **everyday foods** you could either, grow or make yourself, with the exception of meat etc.

Remember not to over indulge on food, eat slowly and only what's **necessary for function**, keep **hydrated** with water, do your best to avoid foods or drink that don't offer your body some decent **nutritional benefit**.

BREAKFAST

1) **EGGS**

Either poach, scramble, omelette, your choice.

Add other ingredients to make more nutrient dense.

E.g : tomato, capsicum, onion, garlic, spinach, avocado, mushrooms,

Again, your choice.

***IF** on toast, choose wisely, a healthy, seed/grain bread is good.

2) **MUESLI**

Best if homemade, simple mix of oats, nuts, seeds, oil & honey baked in oven until crunchy.

Eat with Yoghurt & Berries!

***IF** store bought, find healthy version with least additives, salt, sugar etc.

3) **YOGHURT with chia & fruit**

Small bowl of Greek Yoghurt, spoon full of chia seeds, handful of berries.

The chia and yoghurt will keep you full, if you aren't much of a breaky person.

LUNCH

1) **VEGES**

Steamed Vegetables. Healthy, quick, never over cook, just bright & crunchy. More variety the better.

IF desired, can be accompanied by palm size of meat, but watch the sauce!

Good dressing is always simply lemon juice.

2) **SALAD**

Bowl of salad, or used in a grainy bread **Wrap**, a good variety of salads.

Greens like spinach, lettuce, kale, plus others such as tomato, capsicum, beetroot, carrot, onion, cucumber etc. Even added nuts e.g pine, cashews, pistachios etc give it a few different flavours and adds more value.

Again, can dress in simply lemon juice. Also, can have added meat in bowl or wrap, such as chicken, turkey, beef, lamb etc of your choice.

3) HEALTHY CARBS

If you want to eat bread, again, a seed/grain bread that's healthy, with slices of avocado, tomato, feta cheese can be an easy option without overdoing carbs, but making sure other quality ingredients are used as well.

OR simply bake a small sweet potato, great energy snack, a healthy carb, again

can add some sides or meat, such as maybe homemade baked beans, fish, salad etc.

DINNER

1) VEGES (with/without meat)

Simple Meat & Veg can never go wrong. If vegetarian, just veg is great too!

Steamed veges are always quickest and easiest.

Pan Fry, Grill, Roasted or Steamed can be your choice of methods to cook meat, with healthy oil such as Olive/Coconut, again, go easy on sauces.

2) SALAD (with/without meat)

Just as easy as above, if not easier, is Meat & Salad, again, with or without the

meat.

Cook meat as chosen, meanwhile chop and prepare the salad. Can't get easier. Remember variety on the salads.

Lemon juice is a good enough dressing.

3) HEALTHY CARBS

A vege pasta can be made from zucchini, egg plant etc. Sauce homemade from blended tomatoes, garlic, onion, herbs & spices. A Little cheese is ok :)

SNACKS

1) FRUIT

A few pieces a day is good, either a banana, apple, orange etc (obviously a lot greater choice than just these) between meals is fine, but only 2-3 a day.

too much fruit, will mean more exercise ;)

2) NUTS / SEEDS mix

A good old fashion bag or container of a nut & seed mix is great, for fibre, healthy fats etc. Almonds, Brazil and pistachios are some of my favourites.

Again they are simply to give you energy between meals, not to gorge on because you're hungry.

3) VEGES / SALAD

What's wrong with a carrot?

Chunk of cucumber?

Sometimes snacking on these is the best, as they require no preparation, and have zero to barely any sugars, salt, fat etc, just good nutrients, so veges can be your more frequent go to snack for sure!

3) YOGHURT / CHIA TUB

Either a small tub of greek yoghurt flavoured with berries keeps sugars low, and protein, fibre, calcium etc high OR a homemade chia pudding is so easy! Simply soak a small tub or bowl of chia seeds in water for a few hours or overnight in the fridge, then add either coconut milk and blended fruit, or just the blended fruit.

Chia has amazing properties and will keep you full until the next meal.

DRINKS

1) WATER

Nothing beats water. Your body needs water to function and heal, so why deprive it.

If you get bored, add a squeeze of lemon

to flavour it, which also makes it a great alkalizing drink for your body.

2) TEA

Green, or White tea preferable. White Tea has amazing properties, less caffeine than the others, and adding a slice of ginger, and squeeze of lemon, boosts it even more.

Don't really need much more choice, as these 2 benefit you with little to no side effect, compared to other drinks.

REMEMBER, keep it simple!

w) www.simonsayspt.com

e) energy@simonsayspt.com



@simonsayspt