



# Guiding Principles



# Guiding Principles

This program is all about empowering you with knowledge so that you can create your own healthy way forward. We don't have a list of rules that you have to follow and we hate the idea of deprivation and punishment when it comes to food!

So instead, we have created a list of Guiding Principles to help guide you – these will soon become your 'new normal' and will be the way that you do things, without any willpower needed!

Read through each of these now, and then you can print out the last page to stick somewhere you will see it every day. This will help remind you of these guiding principles, until they become your 'new normal'.

# 1. healthy upgrades

When making your food choices, rather than banning certain foods or favourite meals, see how you can upgrade some of the ingredients to be healthier.

For example, upgrade pasta or mashed potato to quinoa or basmati rice; upgrade dairy milk to nut milks; instead of ice cream for dessert, make the avocado chocolate mousse from our recipe guide instead.

If you are making spaghetti bolognese, upgrade it by adding lots of veggies into the sauce (grated carrot, zucchini and mushrooms work well).

You don't have to go without, you just need to upgrade!

The idea behind this principle is crowding out the 'bad' stuff with more 'good stuff'... and what ends up happening after a period of time is your body starts to CRAVE the new level of nutrition that you're feeding it.

This lesson includes an activity sheet for you to come up with some of your own healthy upgrades!

## 2. Eat Wholefoods

As Food Journalist, Michael Pollan, says – if your great grandmother wouldn't recognize it as food then don't eat it!

Eating wholefoods that are as close to nature as possible is the foundation for good health.

Basically the less processed a food is, the better it is for you.

Take those large bottles of vegetable oil or canola oil in the supermarket for example... these are industrialised oils that have been altered so they last longer on supermarket shelves – great for company profit, not great for your health!

Say yes to more live foods & no to processed or packaged foods that are far from their natural state.

Examples of whole foods include:

- Meat, poultry, fish & seafood
- Nuts & seeds
- Lentils, beans & pulses
- Fresh fruits & vegetables
- Wholegrains like rye, rice, quinoa, oats & spelt
- Healthy oils like olive oil, coconut, ghee & flaxseed oil

# 3. Stay Hydrated

Many of us are walking around dehydrated. Sometimes, we think we are hungry when we are actually thirsty and by the time you feel thirsty, you're already dehydrated.

Did you know that there's an equation for how much water you should be drinking? It's 35ml per kilo of body weight (capped at 4L).

Grab a stainless steel or BPA-free plastic water bottle and sip from it throughout the day. Carry it with you everywhere you go. When you feel like eating, make sure you first have some water, just in case you're missing the signal your body is sending you to drink water!

A good rule of thumb is that if your urine is not clear, you need to drink more water. Kids especially love to know this fact, and you will find them enthusiastically reporting on their wee colour every time they visit the toilet! It's a great way for them to connect the need to drink water and their body – you'll find they naturally want to make that wee clear!

So first thing when you wake in the morning is to drink a big glass of water to wake up your digestion and hydrate from the night.

What's your minimum water requirement?

## 4. Nutrient Dense

Here is the best news ever – we will not tell you to count calories in this program!

Why? Because it is not the answer to losing weight or being healthy.

Instead of worrying about calories, it is a far better approach to choose nutrient-dense wholefoods that are packed full of nourishment.

Here is a common-sense question for you: If you had a handful of raw almonds or a chocolate biscuit with the same amount of calories, which would be better for you?

Clearly, it's the almonds.

Yet many people if they were following a calorie-counting diet would choose the chocolate biscuit and then wonder why they could not lose weight (and had pimples!)

Choosing food for it's abundance of nutrients is a far better approach than trying to figure out how many calories it contains.

Later in this program, we will cover portion sizes that will also help you never have to count calories again!

## 5. 3 Meals & No Snacks

Getting a little more specific with this guideline... the idea here is to keep your blood sugar (and your energy!) nice and balanced with 3 healthy meals each day.

Traditional cultures enjoyed food in the following way:

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- A morning meal to break the fast from sleeping overnight
- A midday meal
- An evening meal

In between meals, we really don't need to be snacking on anything. Despite what you may have been told, constant snacking leads to poorer digestion and increased weight gain.

Try to stop to enjoy three meal breaks and in between your meals just have water. Very quickly you will notice your energy is more sustained throughout the whole day and you enjoy a happier tummy too!

# 6. Proteins, Plants, Fats

We will go through this in more detail in a future lesson, but for now try to balance each meal with these three keys:

**PROTEINS** - include protein-rich foods like lean meats, seafood, fish, poultry, nuts & seeds, cheese, yoghurt, tofu & pulses with every meal

**PLANTS** - a good portion of a balanced meal is made up of plant foods like vegetables, fruits, wholegrains, herbs & spices

**FATS** - healthy fats should never be feared! Add a tablespoon of healthy fats like olive oil, flaxseed oil, coconut oil to your meals to increase the nutrients and also help you stay full for longer

## 7. Ditch Deprivation & Perfection

In this program, we live by the 80:20 rule (or 90:10 for those die-hard perfectionists out there!)

Telling yourself that you can only eat super healthy foods 100% of the time - and never eat things like cake, chocolate, pizza or wine – is a sure-fire way to fail.

We are wired to want things that we cannot have. As soon as you start to set very strict rules around food and deprive yourself then your mind starts to obsess about what it cannot have.

Life is for living, and we want you to be able to enjoy a night out with friends. We don't want you to feel guilty for indulging in something not in the food guide.

Instead, we want you to know that if you do the right thing for your body 80% of the time you can still have a treat meal of a few drinks and not beat yourself up about it. You will still reach your health goals this way as it is a more sustainable, long-term approach.

Plus, the way we have designed this program is to include so many delicious recipes and meal options that you will find you start naturally craving healthy foods and no longer feel like you are 'missing out'!

That said, we expect you to be an adult about this and not use that small amount of leeway as an excuse to eat crappy foods all the time.

Okay?

## 8. Find Movement You Love

Punishing yourself at the gym or forcing yourself to exercise (when deep down it's something you HATE) is not the answer.

Instead, you need to find movement that you love – something that brings you joy!

For some, this is yoga. For others it's rowing on the river or lake. Or maybe hiking or walking. Others actually love the gym and feel amazing when they are lifting weights or taking a class.

Experiment with different ways of moving your body and see how you can build strength, flexibility and fitness without feeling like you have to drag yourself to do it.

To make it even easier for you, we will share some great proven ways to improve your fitness that only take 10-15 minutes a day in the last lesson of this program.

So now there can be no excuses, right?!

# *my guiding nutrition principles*

HEALTHY UPGRADES

EAT WHOLEFOODS

NUTRIENT DENSE

STAY HYDRATED

EAT 3 MEALS, NO SNACKS

PROTEINS, PLANTS, FATS

DITCH DEPRIVATION & PERFECTION

MOVEMENT THAT YOU LOVE



# 21 Day Self Care Tracker

It takes 3 weeks to form a new habit, so let's use this tracker to help you build a habit of daily self care!

Each day you need to complete one of the 'me time menu' activities and then you can tick it off on this chart.

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Start Date

